

I keep getting jealous when I hear about other people having sex?

June 26, 2019 | 69 upvotes | by [throwawayboyfriend5](#)

I'm not an incel, I am quite attractive but had lots of beta conditioning and grew up omega. I'm working on improving that. I'm not a virgin either. I'm young (21 year old). lay count is low though. only 2.

Now the thing is, i just feel pangs of jealousy and sadness when i hear about other people hooking up. I went to a pre-drinks recently with my sister's older friends (sister is 28F, friends 28F too. not attracted to them btw) and they were talking about hookups they had. I just felt pangs of jealousy, that I wanted to be that "Chad" who gets talked about.

I then met up with some friends from uni (not in uni anymore) and they spoke about a hookup they had. it just seems so casual for people. i feel like there is something wrong with me sometimes. i end up feeling jealous of people who have sex, those my age and even those older than me.

why do i have such strong jealousy? i am aware and self-conscious of it.

also i don't drink alcohol so can't do club or party hookups.

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

Comments

onpuzzle • 119 points • 26 June, 2019 11:30 AM

Why do you have such strong jealousy? Because you're not having access to something that you wish, that other people have access to. Work on yourself and the gates shall open.

TooManyThots • 4 points • 27 June, 2019 05:59 AM

Unless you're ugly

onpuzzle • 3 points • 27 June, 2019 11:56 AM

Plenty ugly people getting laid. They just need to work more on the other aspects of their lives

TooManyThots • 2 points • 27 June, 2019 01:26 PM

Ugly people fucking other ugly people. It will be hard to get girls others would respect you for.

AloofusMaximus • 40 points • 26 June, 2019 12:22 PM

You're not jealous, you're envious. Go put your dick in a few other humans and those feelings will go away.

throwawayboyfriend5[S] • -33 points • 26 June, 2019 12:24 PM

i don't drink alcohol so can't do club or party hookups.

AloofusMaximus • 85 points • 26 June, 2019 12:27 PM

Stop making excuses. You don't have to drink to do any of that. Stop being a pussy.

oofmydigestivesystem • 38 points • 26 June, 2019 12:27 PM

Nice excuse you've constructed for yourself.

[deleted] • 17 points • 26 June, 2019 03:53 PM

Oh in that case definitely just give up and be a miserable envious bitch the rest of your life

LonelyGale 1 points 26 June, 2019 03:25 PM* **[recovered]**

Alcohol is only a catalyst that makes hooking up easier. Betas go to parties but still don't get laid.

throwawayboyfriend5[S] • -7 points • 26 June, 2019 03:48 PM

I don't drink. I used to for a bit but had a serious problem with it so I stopped.

WarlaxZ • 4 points • 26 June, 2019 08:39 PM

Àhhhhh so previously when you drank at these parties you got laid like a rock star eh? Quit with the excuses it's a club not a pub, there's more to going out than just drinking yourself into oblivion

playboybunny420 • 2 points • 26 June, 2019 09:12 PM

lol ops post history tells me 1 of 2 was a gf idk any people w a drinking problem who have only railed a rando once (unless they were also a gf in which case what in the fuck)

EvanPetersDouble • 1 point • 28 June, 2019 11:25 AM

Then practice other substances but with caution.

DigitalDragonSlayer • 4 points • 27 June, 2019 02:35 AM

OP ever considered not being a faggot? Just for like one summer

EvanPetersDouble • 1 point • 28 June, 2019 11:24 AM

Smoke a joint or take Xanax.

points 26 June, 2019 05:53 PM

[permanently deleted]

johnson8420 1 points 26 June, 2019 08:31 PM [recovered]

i recently ate out a fat bitch on tinder. she didnt let me enter her. she was so fat, for a second there it felt like i was going to throw up. havent really had the desire to have sex after that.

Jabbermouth • 21 points • 26 June, 2019 09:19 PM

Why would you do that?

curvedbymykind • 7 points • 27 June, 2019 02:44 AM

I read this guys last reddit post and now I understand lol

[deleted] • 3 points • 26 June, 2019 10:49 PM

dude.....lol thats fuckin trife

HurricaneHugues • 2 points • 26 June, 2019 11:29 PM

Lmao bruh

[deleted] • 1 point • 27 June, 2019 01:01 AM

I mean I love eating pussy but I save that shit for LTRs. Not looking to get mouth cancer from some hoe lol

nobody_thinks • 1 point • 27 June, 2019 11:48 AM*

wut the fuck. lol. just read your post about it. pretty funny.

johnson8420 1 points 27 June, 2019 08:02 PM [recovered]

yeah ive never been with a skinny in-shape bitch. i have a low n-count. only 3 if you count that eating out even tho it wasnt piv. then it drops to 2. and theyve all been fat. idk what its like to be with an in shape woman. they all seem to hard to get. like they know their smv and its easy for them to get it.

nobody_thinks • 2 points • 27 June, 2019 08:08 PM

you will man don't worry about it. we used to say that fatties are like scooters, fun to ride just don't get caught on them.

FWIW based on your post, the main thing holding you back is talking to much and asking for permission. Just use body language and kino escalation. Like just lightly shove her for no reason or whatever. from there escalate.

youre doing great.

johnson8420 1 points 27 June, 2019 08:12 PM [recovered]

yeah i know giving too much info about yourself is a bad thing. and i didnt really ask for permission in that scenario. it was just netflix and chill which was really my first netflix and chill so i didnt know the protocol lol. at this point to get with a skinny inshape bitch id rather go to a brothel in Nevada, where it can be done legally. just tell em im a virgin (which might be easy to believe lol) then theyll be like awww come here. they think its an honor lol.

nobody_thinks • 1 point • 28 June, 2019 01:44 AM

at this point to get with a skinny inshape bitch id rather go to a brothel in Nevada
naw man i don't recommend that path. Just keep building.

try whiskey before a date. don't have coffee or any stimulant before a date. you want calm not nervous energy. if you take meds, try to figure out when you are least stimulated.

i dunno man I have the feeling that you kind of get it based upon your post. Autism is an advantage because you have less emotional reactivity. it's just the learning curve is probably longer because you interpret things literally.

johnson8420 1 points 28 June, 2019 02:00 AM [recovered]

haha the thing with autism is you get better at integrating socially as the years of your life go by. i think it was on the jimmy kimmel show where they had this one super smart autism guy on and they asked him how are things going for him socially, he replied that basically he has gotten used to social things aka human behaviour over the years. i think that holds true for me as well.

nobody_thinks • 3 points • 28 June, 2019 02:05 AM

yeah man don't worry about it. BTW autism is to a certain extent a bullshit disease. like we live in peak feminism in the history of the world. men with highly masculine ways of thinking just don't really fit in by default to the system so they just label it. but society is the problem. just look at how fucking degenerate it is.

johnson8420 1 points 28 June, 2019 02:14 AM* [recovered]

BTW autism is to a certain extent a bullshit disease. like we live in peak feminism in the history of the world. men with highly masculine ways of thinking just don't really fit in by default to the system so they just label it. but society is the problem. just look at how fucking degenerate it is.

I hyper agree. it may be a bullshit disease. but im going to take advantage of it and own it the same way a woman would use her pussy-pass.

I think you can actually get on social security disability because of it. so theres that bonus too.

depends on where/which areas you go to in the country/world. you may fit in somewherr besides your hometown.

EvanPetersDouble • 1 point • 28 June, 2019 11:21 AM

You're the iconic mascot persona of TRP. Very funny guy lol.

SICFJC • -1 points • 27 June, 2019 10:28 AM

Tinder only works for 9s and 10s

PM_ME_CHILL_MUSIC • 9 points • 26 June, 2019 02:36 PM

There are other ways to get laid other than attending to parties and drink alcohol. Stop coping so hard and start approaching

menial_optimist • 1 point • 26 June, 2019 07:51 PM

Don't mope, approach! Rejection is preferable to Regret!

Vikingcel • 24 points • 26 June, 2019 12:17 PM

Get hookups and you'll stop being jealous.

throwawayboyfriend5[S] • -41 points • 26 June, 2019 12:24 PM

i don't drink alcohol so can't do club or party hookups.

Vikingcel • 24 points • 26 June, 2019 12:35 PM

You can be at the club etc. without drinking.

You can get hookups through other means than night game.

You say you're good looking. Hop on tinder and get laid.

throwawayboyfriend5[S] • -8 points • 26 June, 2019 03:24 PM

Hooking up with a drunk chick while I'm sober...In 2019? No way haha not with metoo going on

Vikingcel • 30 points • 26 June, 2019 03:29 PM

Fuck hookers. No other way for you to get laid with this attitude.

throwawayboyfriend5[S] • -6 points • 26 June, 2019 03:49 PM

I want to get laid without paying or using alcohol. So cold.approaches ?

Vikingcel • 22 points • 26 June, 2019 04:00 PM

Daygame. Social circle. Tinder.

RepC • 8 points • 26 June, 2019 07:50 PM

Holy fuck stop being a pussy. You want fucking pussy? Got find some . It's not gonna find u with that mindset

dadfrombrad • -2 points • 26 June, 2019 08:58 PM*

Me and my redpilled friends go by fake names. Never give your insta out.

rcvrsal • 7 points • 26 June, 2019 12:31 PM

This is far from the truth. If you're at the party age still, run it.

throwawayboyfriend5[S] • 4 points • 26 June, 2019 03:24 PM

So go to parties sober ?

xddm2653 • 4 points • 26 June, 2019 06:06 PM

Stop being a pussy and get shitfaced

throwawayboyfriend5[S] • 5 points • 26 June, 2019 06:51 PM

lol fuck no. I said on here I don't drink. i had a serious drinking problem for two years. it nearly destroyed me. i had to go to forums like stopdrinking to curb it. haven't drank in 1 year now.

xddm2653 • 0 points • 26 June, 2019 07:27 PM

You had a drinking problem and only got laid twice? That's weak

thechaosz • 2 points • 26 June, 2019 06:53 PM

Drunken hook ups are a huge part of people's numbers. It's life on easy mode.

At least learn to be around girls who are drinking?

I love booze so I can relate in no way to your position.

throwawayboyfriend5[S] • 1 point • 26 June, 2019 06:55 PM

yeah i kno it's easy, the problem was that my weight loss sort of coincided with me going to uni, so going to uni while still in beta/fat boy mindset was a shock when i got attention, hence why i was only able to hook up with 2 girls. missed loads of opportunities.

then i gained a drinking problem. now I know i can't go back to drinking, despite being somewhat more confident than when i first lost weight.

[deleted] • 1 point • 26 June, 2019 10:49 PM

start drinking and doing coke fggt

thrwy75479 • 11 points • 26 June, 2019 01:06 PM

It's normal. The only way to fix it is to have more sex.

BoringLawfulness • 14 points • 26 June, 2019 04:51 PM

Don't get mad, get eTrade

cpotpiel • 3 points • 26 June, 2019 07:18 PM

Don't get mad, get glad. *whips out trash bag*

QueenSlapFight • 4 points • 26 June, 2019 07:21 PM

Oh you found one of my condoms

oofmydigestivesystem • 7 points • 26 June, 2019 12:17 PM

Go lift some heavy ass motherfucking weights. Then meditate. If that doesn't work, lift heavier.

Vikingcel • 69 points • 26 June, 2019 12:37 PM

Doesn't work. Giving advice like this doesn't make you sound alpha, it makes you sound retarded.

360_no_scope_upvote • 7 points • 26 June, 2019 04:48 PM

How is anyone gonna find you attractive if you blend into the background like an NPC?

Vikingcel • -1 points • 26 June, 2019 06:48 PM

Spouting buzzwords, but no content. Ironic.

Cheeseking11 • 2 points • 26 June, 2019 10:03 PM

The content is in the sidebar. We don't need to give each person a complete encyclopedia of advice when it is already packaged and ready to review.

Telling a person to get off their ass and lift weights or meditate is meant to serve as the fire that lights under their ass to get them moving.

Vikingcel • 4 points • 26 June, 2019 10:19 PM

He's not asking how to get laid. He's asking why he has the jealousy.

He's jealous because he's not getting laid.

Lifting and meditation won't make him lose the jealousy.

Cheeseking11 • 1 point • 26 June, 2019 10:24 PM

You are doing what an average man does in a relationship which is try to solve the woman's problems for them. The most effective way is to guide them to figuring out the answer themselves.

If he reads the full sidebar and puts into practice what he reads then yes he will no longer be jealous because he'll be too fucking busy to notice.

Also meditating and lifting weights will get him laid more often. He won't be as jealous if he's up to his eyeballs in clunge.

Vikingcel • 1 point • 26 June, 2019 10:40 PM

The most effective way is to guide them to figuring out the answer themselves.

Where do you even get that from? By figuring the answer out themselves you mean reading the answer elsewhere (sidebar)? He has a question, I have the answer. No need to jerk myself off while 'answering'.

he'll be too fucking busy to notice.

Unless he'll be too busy to talk with other people and hear about their hookups, no.

Also meditating and lifting weights will get him laid more often.

He's not asking how to get laid. If he's here, chances are he already does lift anyway.

He won't be as jealous if he's up to his eyeballs in clunge.

Yes. He won't be jealous if he starts getting laid. As I was saying the whole time.

My summary of your advice

Fapfapfapfap

Cheeseking11 • 1 point • 27 June, 2019 06:43 PM

Where do you even get that from? By figuring the answer out themselves you

mean reading the answer elsewhere (sidebar)? He has a question, I have the answer. No need to jerk myself off while 'answering'.

You've never heard the phrase you can lead a horse to water but can't make it drink? It's quite well known in human psychology actually and is used frequently in sales. I don't see where you gave him an actual quality answer. Besides giving a direct answer won't have the strongest effect, OP figuring it out himself via reading the material explains the necessary context. There's no easy way to take the red pill.

Unless he'll be too busy to talk with other people and hear about their hookups, no.

He should be, it's a waste of time gossiping at the water cooler. That's feminine behaviour and does not create value. Value will get his dick wet not gossip.

He's not asking how to get laid. If he's here, chances are he already does lift anyway.

He's shagged two chicks in his life, chances are he is not following anything RedPill related hence why I direct him to read the sidebar. I know he has not read the sidebar because he would not ask the question if he had.

Yes. He won't be jealous if he starts getting laid. As I was saying the whole time.

Good job captain obvious.

Telling a guy to get laid to stop feeling jealous is like telling a poor person to get rich to not be poor, it's a low value answer. The guy needs to learn how to get laid to cure his jealousy which he will learn if again he reads the fucking sidebar and puts it into practice.

Vikingcel • 1 point • 27 June, 2019 07:12 PM

You could say I lead him to water by telling him to get laid.

[deleted] • 2 points • 26 June, 2019 05:05 PM

hahah i mean its not the most articulate way of putting it but he is correct. Change your mindset and body and everything else will follow. I was like OP up until the time i was 25. All i had to do was put on some weight and have an abundance mentality and the rest followed.

Its actually weird af how well RP works haha.

QawL • 2 points • 26 June, 2019 04:14 PM

I think it does. Being jealous is the problem here. You either go have some sex or stop the care for having sex.

Vikingcel • 2 points • 26 June, 2019 06:52 PM

The 'lift to solve everything' meme has to stop.

Lifting and meditation won't turn OP asexual. OP isn't getting laid, that's why he's jealous. If he was getting laid and still got jealous, then yeah, his mindset is wrong. I guarantee he'll stop getting salty

(over much more than others getting laid) once he starts getting his dick wet.

QawL • 1 point • 26 June, 2019 07:46 PM

I already agreed with the statement but, being asexual and stop caring for having sex is the completely different things. You simply getting beyond the need for sex. You do enjoy when it happens but you stop giving a fuck if it doesn't happen. Which is the root cause for the problem here : neediness to have sex.

Lift for the better chance, meditate for controlling the urge. It's so overtold but that it's the truth.

Vikingcel • 1 point • 26 June, 2019 08:42 PM

OP isn't getting laid at all tho.

Instead of not caring that he doesn't get laid, he could just start getting laid.

oofmydigestivesystem • 1 point • 26 June, 2019 01:51 PM

Works for me.

azynporter • 3 points • 26 June, 2019 05:06 PM

Me personally, when I used to fuck random chicks I would feel shitty afterwards.

Greek-God-Brody • 8 points • 26 June, 2019 06:06 PM

not helping at all, it's like a rich guy telling a poor guy that money don't do much

okuli • 2 points • 26 June, 2019 08:38 PM

I remember that feeling after fucking fat chick. It won't feel shitty if you fuck someone attractive.

GrouchyCounty • 1 point • 26 June, 2019 07:22 PM

you do know, that those two people have gossiped with *their* friends about it, right? You want to *hear* yourself being the one being talked about, and that's probably not going to happen.

throwawayboyfriend5[S] • 1 point • 26 June, 2019 09:22 PM

what i mean is i want to be "that guy". to the point where I don't need to hear gossip to have it confirmed.

Snowaey • 1 point • 26 June, 2019 07:22 PM

I'm not an incel,

well go fuck some bitches then?

QueenSlapFight • 1 point • 26 June, 2019 07:27 PM

I'm going to go the other direction than most on here and say you should consider monk mode. You seem to really need to work on being a man and not giving a fuck before you start branching out and forging relationships (even casual sexual ones). I think you're putting *all* pussy on a pedestal right now, and to get past feeling desperate for it you need to reject it, and even when it starts coming around be picky with who you let sleep with you. Remember, you're the prize. Any interaction where you are not is an interaction you should avoid. If that means missing out on some mediocre sex, so be it.

Like I said though, you do sound like you need to work on being a man. Why are you so emotional about everything? Why do you keep trying to see inside other's heads? Why do you give a fuck what others think? Find a good example of a man or a redpillor you would like to be like, and try to emulate them. Instead of "What would Jesus do?", try "What would /u/gaylubeoil do?"

Finally, get more busy. Work on your education, your career, and exercising a lot more. Spend all your time toward these goals. You should be too tired from forging your future to give a fuck about such silly things that you're whining about.

its-mystery • 1 point • 26 June, 2019 08:45 PM

Channel the negative energy of jealousy into positive work of cold approaches.

VigilantSmartbomb • 1 point • 26 June, 2019 09:04 PM

Uhh I normally don't talk about my hook ups lol

Yo people's is weird lol

But nah I mean idk bro just so you who cares

dutchguy • 1 point • 26 June, 2019 10:45 PM

That's normal.

nobody_thinks • 1 point • 27 June, 2019 10:12 AM

I went to a pre-drinks recently with my sister's older friends (sister is 28F, friends 28F too. not attracted to them btw) and they were talking about hookups they had. I just felt pangs of jealousy, that I wanted to be that "Chad" who gets talked about.

first you should improve your social skills. the women were basically qualifying themselves as being above you and shaming you.

Imagine the reverse situation. Two thirty y/o guys brag about their hook-ups with some "bangin hottie" in front of a good looking girl who is probably out of their league. How would you read that socially?

I wanted to be that "Chad" who gets talked about.

You're just falling into their frame and failing the shit test. Everything they told you is just fantasy bullshit.

why do i have such strong jealousy?

no clue maybe see a psychologist. otherwise just live your life and understand that most of what women say in social settings is bullshit fantasy and a shit test and treat it as such. don't dwell on it more than to remind yourself what bullshit people spout.

nobody_thinks • 1 point • 27 June, 2019 11:45 AM

I went to a pre-drinks recently with my sister's older friends (sister is 28F, friends 28F too. not attracted to them btw) and they were talking about hookups they had. I just felt pangs of jealousy, that I wanted to be that "Chad" who gets talked about.

Proper response: "Isn't it about time you girls stop fantasizing about your crushes like a couple of teenagers and get married? What's that I hear? The sound of wombs drying and crackling under the hot sun."

astonboi01 • 1 point • 30 June, 2019 11:23 AM

If you want to seem autistic then yeah say that

nobody_thinks • 1 point • 30 June, 2019 04:55 PM

what would you say?

boom_bostic • 1 point • 27 June, 2019 09:06 PM

Are you jealous because people are getting laid and you aren't?

-OR-

Are you jealous that people (in this case, women) are giving it out so easily?

Reading your post, I couldn't quite tell exactly what you're feeling jealous about.

throwawayboyfriend5[S] • 1 point • 7 July, 2019 06:12 PM

I guess the former.

Greek-God-Brody 1 points 26 June, 2019 06:00 PM [recovered]

> I'm not an incel

> . I'm young (21 year old). lay count is low though. only 2.

You're an incel, actually. No sex in the last 6 months? For sure, an incel

StopGaming1234 • 3 points • 27 June, 2019 12:07 AM*

That's where you are wrong. I used to be overweight for the majority of my life. When I finally lost some weight I started to get more attention from other people, even woman.

Was a virgin until 22. Now almost 2 years later I had sex with 14 different girls (Not always PIV tho).

I know what you mean with overestimating looks, but I honestly believe I do quite have decent looks. It's just that I literally live under a rock. If I would not spend 80% of my time on the computer I'd probably get laid much more.

I wish things were not as fucked as they are right now. I wish having someone who loves you emotionally and physically wouldn't be as complicated. It's just so frustrating knowing that if I was a few inches taller the world would kneel down in front of me.

Flying_legs 1 points 27 June, 2019 06:47 AM [recovered]

How tall are you?

StopGaming1234 • 1 point • 27 June, 2019 01:06 PM

Around 5'9.. I also have the looks of a 17 year old while turning 24 in 2 months. I honestly don't know how to say it without sounding creepy, but I attract a lot of younger girls (16-18), but no chance in my age bracket.

I am aware of the height dilemma. I wear boots with special insoles that give me a bit more than 1 inch extra. My height could be worse, but it's still a burden when everyone treats you like a child.

throwawayboyfriend5[S] • 1 point • 26 June, 2019 06:02 PM

shit

bluepillcarl • 1 point • 26 June, 2019 09:12 PM

He might be wrong about some stuff but I think overall it is a mistake to self proclaim attractiveness as a man period. Ugly men get laid, ugly fit men. Are you close to 10% bf? This is probably the number one item of importance that I find in any level of attractiveness for a man. Then after that its muscle and whether or not you have game, everything else comes after.

throwawayboyfriend5[S] • 1 point • 26 June, 2019 06:50 PM

You can not be legit attractive and only bang 2 girls from 16 to 21. Unless you've been living under a rock. Most guys overestimate their looks by a lot, we all do

oh, i was really overweight until age 18. i lost a fuck ton of weight then and got loads more female attention, to the point where i was getting approached.

most my life i lived under a rock. i was an omega male.