

# I litreally don't know how to think or act anymore

July 10, 2019 | 158 upvotes | by [cruelpain](#)

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I've read so much red pill, rationale male and so many things online i don't even know how to act or think anymore. i've read about sexual market value, ive read about so much crap i don't even know what to think anymore.

Then i get off the internet and talk to genuine people - school teachers, doctors etc who do what they do to make the world a better place and it's like why am i even thinking about all this red pill stuff?

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## Comments

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thatguywhatshisface • 185 points • 10 July, 2019 01:24 PM

Everything changed for me when I started to go out with women with the intention of having fun, no sex or hooking up. I just want to have fun. Strangely enough, if it's fun, the sex comes

We put so much emphasis on certain things that we forget to just enjoy life.

Obviously if your idea of enjoying life is warped (video games, getting high etc) then it's not ideal - but you have to find the middle ground, do things that genuinely make you happy, where you learn or hone a skill at the same time

redpill\_journey • 40 points • 10 July, 2019 02:33 PM

Exactly this. When going out I'm just having fun and I have always been teasing the people I talk to. Girls like that. Just recently I blew it by trying to force being entertaining instead of being natural and just asking her out.

Be confident, take the lead, don't put women on a pedestal and have fun. That's basically all you need to know.

Oily1309 • 19 points • 10 July, 2019 04:31 PM

After the anger phase is over, you actually appreciate the predictive behavior of women. And also women's energy in conversations or social settings tends to be high or let's say refreshing, at least for me.

Having several female colleagues and it's fun interactions given you are higher SMV. You get treated so well lol

rnsbrum • -1 points • 10 July, 2019 08:36 PM

I tried getting high last week and it was so awesome. Its much more fun than anything you can ever do, and it makes boring situations like talking to women fun

Siccunt99 • 46 points • 10 July, 2019 11:48 AM

Redpill is mainly sexual strategy.

Go out there, lift, make friends find a purpose, game bitches, and dgaf in general.

Read literature in spare time, but take a break now.

cruelpain[S] • 18 points • 10 July, 2019 11:52 AM

Yea thanks bro, i think i've spent sooo much time reading about this stuff since my gf broke up with me obsessing about what i did wrong and what i can do better in the future. There's so much info i've read its like i don't even know how to act around women anymore i see them completely differently.

Siccunt99 • 16 points • 10 July, 2019 12:05 PM

Relax and immerse yourself into the real world, great stuff awaits you, keep grinding.

\_resonance\_ • 9 points • 10 July, 2019 02:31 PM

Eventually you'll become so hardened by red pill reality, that the only place left to go is showing vulnerability, because being open about it is the only place you have left to go to demonstrate strength.

It's crazy- like once a woman realizes you have abundance and dgaf, then what used to be considered "weak" (for a blue pillar) is actually perceived as strength (since you've demonstrated you're unshakeable frame).

Sove131 • 2 points • 10 July, 2019 03:13 PM

In few stages of denial, there comes acceptance

RagBeerBela • 1 point • 11 July, 2019 01:27 AM

Actually (from a personal point of view) redpill is just a "strategy" to become a better man all together , to find yourself and be happy about it. Dont stress about anything and try to find peace inside.

ExoticPanther • 13 points • 10 July, 2019 01:56 PM

Dude. Stop obsessing, take things as they come. Don't let anything rock you and react appropriately to everything. Your parents died? It's okay to be sad, it's fucking normal. A girl turned you down? Maybe even threw a drink in your face? Oh well. There's always the next.

The Red Pill taught me that focus on the self is the only way to truly be happy and content with life. People are attracted to healthy people, the girls are a byproduct of being a healthy happy Male. There is a lot of sexual strategy here, but before you throw yourself into the deep end and approach every girl in sight, get used to talk to regular people. Men, women, older people but definitely **NOT** kids. Cannot emphasise that enough.

Become comfortable with yourself and everything will be okay.

FereallyRed • 62 points • 10 July, 2019 11:49 AM

Who do you think redpill people are?

We're teachers and doctors etc.

We make the world a better place... for us.

You're just hanging tight to your blue conditioning and don't like the taste of the pill.

It's ok. The world needs the lower 80% to be the mindless plowhorses stuck in societal expectations.

Joeboard • 19 points • 10 July, 2019 02:46 PM

I disagree. Most teachers and doctors are well educated soy boys.

You think more red pillers are carpenters / plumbers, or english teachers and surgeons?

omega\_dawg93 • 7 points • 10 July, 2019 07:39 PM

rp thought isn't blue vs white collar jobs... and it's not red or blue politically.

rp thought is as individual as our fingerprints.

i know hardcore Marines that are blue pill as fuck and i know male nurses that are red pill and slay pussy more than any of us.

rp is a mindset that doesn't come with a look either... bc some of y'all think lifting, growing a long beard, any getting a few tattoos makes you "instant" alpha.

mantiss87 • 6 points • 10 July, 2019 01:03 PM

You just described this entire sub mindless.

waste2muchtime • 15 points • 10 July, 2019 01:39 PM

Look man,

most of the stuff here is garbage. But some of it will help you navigate life and understand why people act the way they act.

Reading this subreddit will make you think the purpose of life lies in hedonism.

It doesnt.

Go become what you want to be, be generous, be good to people, put value In other peoples lives... at the same time, read, lift, be resilient, and understand why different people act the way they want etc become a full "individual". Have your own unique takes on things. Read books on sociology from different people, agree with the conclusions, disagree, whatever. The point is to live your own life on your own terms.

xx-Rain\_Maker-xx • 3 points • 10 July, 2019 02:19 PM

That's good. The first step is always educating yourself. I'm a firmly believer that reading is the best thing a person can do. Next step is testing those theories you just read in a real life framework. You'll notice that most, but not all of them, match your reality.

Zwordfish • 5 points • 10 July, 2019 11:54 AM

I think you are doing it wrong. Some guidance needed.

So, I'll ask what do you want from us, what do you want from life?

cruelpain[S] • 13 points • 10 July, 2019 12:00 PM

This is the problem i don't know anymore. For the last 3 years of my life I obsessed about trying to become better looking and get a girlfriend. I eventually did. She became my self esteem and self worth (terrible mistake) Now she is gone and realised i wasted so much time trying so hard to get a girlfriend.

Now i'm 25 and having a real identity crisis. Sorry to just spill this on you but i feel absolutely lost. I've spent so much time trying to get girls/obsessing about girls that i don't even now who i am , what i like, what my future is , what my purpose is. I don't know anything about me ?

I don't know who I am..

Zwordfish • 8 points • 10 July, 2019 12:04 PM

I feel you my dude. We've been there. Such is life. It happens and we learn. Right now it sounds like you need to do a lot in introspection and some self development.

Are you working? Are you interested in working out gyming? Are you an indoors, out doors person.

cruelpain[S] • 4 points • 10 July, 2019 12:13 PM

Yes i work in accounting. I don't love it but it's better than not working and being at home.

I just don't know myself anymore. i guess i'm an outdoors person but i can't see myself brick laying in the sun all day.

I enjoy going to the gym, i've always enjoyed pushing myself physically, improving myself physically i guess that's some kind of passion i thought about personal training but i don't know. i've learnt a lot about nutrtnion, fitness, improving aesthetics, i always thought i could use this knowledge to help other guys out to feel better about themselves. maybe that's a passion or something? i don't know...

Zwordfish • 9 points • 10 July, 2019 12:24 PM

You have to push yourself. Try something new. Keep pushing.

If you can afford a personal trainer without having to make major sacrifices, Go for it and tell him exactly what you'd like to achieve...and grind at it.

Sounds like you are really down in the dumps and it can be a really downward spiral if you are not careful.

How do you see yourself by the end of the year? Make it something positive and work towards it. You sound like a smart dude. Don't let live pass you by.

You can take part in certain sub Reddits and share the knowledge you have acquired. Believe that you can become a better person. Life will give it to you hard but you have to believe you can handle anything it throws at you.

You are tougher than you think. Take it easy and keep on!

Gainzndgame • 6 points • 10 July, 2019 01:58 PM

In breaking up with your girlfriend you've finally understood that You've been living in someone else's frame. You're freaking out because you understand you have no frame of your own. This is the most unstable period on the journey, but also the most exciting. It's pretty hard to turn back from here. I want to argue that you've finally swallowed the pill.

You realize you're working in an unfulfilling field. This is where it becomes essential to push yourself. It's time for monk mode. You're on the right track focusing on gym, but now you're going to have to put your nose to the grindstone and really introspect. Let your interests and past experiences guide you. Develop a narrative about who you are and what is important to you. Idealize your "dream career" and write it down. Start reading biographies of people to get an idea of how they built the lives they wanted. Read everything from fantasy to nonfiction to history. Discover what it is about this world that you are curious about and zero in on it. But never forget the teachings. The biggest pitfall to which you're susceptible is falling in love with a girl because her frame is stronger than yours. Don't let it happen.

aercurio • 1 point • 10 July, 2019 03:24 PM

Job wise there's some great opportunities out there working outdoors, have a look around, fireman, forestry, network engineer, water engineer, things you can make a career out of.

69odin420 • 1 point • 10 July, 2019 04:08 PM

If I wasn't as into snowboarding, skateboarding, and composing music as I am I am sure I'd feel the same way as you. When I first got into those hobbies, I didn't enjoy them that much because they are hard and I wasn't good at them. After multiple years of routinely doing them, they are now what I look forward to every day. Find something that you are even somewhat interested in, and I guarantee as you do it more the interest will grow and so will your enjoyment.

Hypnot0ad • 2 points • 10 July, 2019 01:15 PM

I think this is a common problem - learning enough theory and strategy to be effective, but still having your main goal to be getting a girl. It looks like you've realized that's a mistake. You are right to be striving for continuous improvement but you need to find your mission, and the goal shouldn't be women. Once you become a successful and interesting man the women will follow naturally.

\_-resonance-\_ • 1 point • 10 July, 2019 02:40 PM

Don't feel bad. Been there. It's part of the process. Check out alpha male strategies on YouTube. He

always emphasizes your purpose as priority. Keep this in mind: women shit-test because they figure “if he can’t even handle *my* irrational storms of emotion, how could he ever handle *life’s* shit storms?” In other words, never lean on a woman. It’s their role to lean on us. I’m in a church group to vent/open up/share emotion, and it’s with other MEN.

jm51 • 1 point • 10 July, 2019 04:40 PM

i wasted so much time trying so hard

That time wasn't wasted...IF...you have learned from it. It's the same for most endeavours. Look at the effort spent by an experienced swimmer or driver. They spend the minimum effort that gets the job done. Even when racing, no wasted effort. Then look at a learner, doing too much and trying to make things happen by a sheer act of will.

Accept that you are doing to be on the clumsy side while learning new skills.

I don't know who I am

That's because you aren't the old you any more. The new you is a stranger. Why not take some time getting to know him?

As others have said, go out and have some fun with no ulterior motives. People watching will show you how TRP fits into the real world. It's there if you look for it. Clues are everywhere.

ControlBlue • 1 point • 10 July, 2019 06:23 PM

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You literally have decades to figure out that question, take it as part of the learning process.

To be honest, you being in that state is that you obviously did the mistake no.1 of oneitis, the good thing is that you are aware of it, at least.

If it helps I can give you an answer to your question: You are that which tried, triped, and has to stand-up again.

biezpiens • 1 point • 10 July, 2019 06:46 PM

that's what happens when you make women your mission.. women should only be a supplement to your mission and not the mission itself

Gainzndgame • 4 points • 10 July, 2019 01:47 PM

People need to understand that -- and this is where so many people on the TRP subreddit get stuck, TRP is just a pitstop that helps you in that self journey of making yourself / the world a better place.

Way too many dudes on TRP subreddit have given up on making the world a better place, and you should be keen to understand that reddit encourages the aggregation of the like minded, which inevitably leads to the aggregation of the mediocre. You're getting a warped microcosm of the world. Swallow the teachings and be on your way. The world needs more red pill professionals.

MarkBoabaca • 2 points • 10 July, 2019 03:03 PM

Be yourself. Have fun. Don't try to shoehorn your life into the red pill mentality or vice versa.

jrr6415sun • 2 points • 10 July, 2019 03:14 PM

You can have a high SMV an still do things to make the world a better place btw

Yashugan00[ ] • 2 points • 10 July, 2019 05:08 PM\*

I suspect you feel guilty about reading / believing all this. You're on the fence as to the veracity of the source and now think you are having "bad thoughts". As a result, you carry this information with you and feel like an impostor. You see the world through a new matrix but have not assimilated it yet. That's your ego is defending itself from being dismantled while you are in the process of adaptation; changing your character. The sleeper personality is comfortable and safe, and now is in a fight for it's life. You/it are in the negotiation phase: You look around and do not see this world as described. It/You want to stay as you are, because this is the easiest route.

But: Sexual Strategy is A-moral. Meaning it simply IS, it's neither good nor bad. It exists on the biological level, which is below the cultural and societal rules we've come up with to live in harmony with one another (where we make up the definitions of good and bad) . But Briffault's Law is there, underneath that veneer of society. The more 'civilized' you are, the more you've learned to "unsee" the truth. It's all conditioning. Once you "see" the truth however, it can't be unseen. You simply know.

Here's what's going to happen:

You're going to make a choice. You're either going to take the blue pill or the red pill.

If you take the red pill, you will come to a tunnel, this tunnel is the anger phase. The anger phase will last for a while, but you'll start seeing the light at the end of the tunnel. There, you will no longer be angry, but you will accept men and women as they are. You come out a stronger more balanced man, with an integrated shadow, the kind of man that are rocks in a storm.

If you take the blue pill, you and society will continue to create a wondrous little lie for everyone to enjoy. And every once in a while you see some people get thrown under the bus but it wasn't you so you carry on. Until it's you. Then you'll know.

Xemnas81 • 2 points • 10 July, 2019 05:58 PM

There's 2 basic ways to apply the red pill.

One is defensive, the other is offensive (and requires willingness to manipulate people and/or let them suffer in your pursuit of power.)

I opted for the defensive-protection against manipulations, shit tests, boundary violators, Dark Triad people, and general pathological psychology. Who btw exist in both genders.

But internalising it and applying is far more difficult than intellectualising it. You have to feel the latter, which can hurt. A lot.

Trust me, you cannot actually learn how to LIVE red pill from just books and articles.

P.S. Sex is really just a small part of this. I might suggest if your epiphany is about how to get laid you haven't been fully redpill yet at all.

HumanSockPuppet • 2 points • 10 July, 2019 11:23 PM

You're in the awkward transition phase between conscious understanding and unconscious understanding.

Newbies get stuck here because when they learn about the Red Pill, they immediately want to start using it to influence outcomes. But you're not ready for that yet.

You complete the transition to unconscious understanding by **observing**. Just live your life from day to day, observe the outcomes of words and actions, and then try to understand them with a Red Pill perspective.

With time, outcomes will become predictable and comfortable. THEN you can begin influencing outcomes to suit your preferences.

awakenedspirit1 • 1 point • 6 August, 2019 09:55 PM

For real. What's interesting is the battle between my "blue pill" understanding of how I thought things would be and "red pill" understanding of how things are. Still trying to be ruthless with the sidebar rules.

MattyAnon • 1 point • 10 July, 2019 03:17 PM

Then i get off the internet and talk to genuine people - school teachers, doctors etc who do what they do to make the world a better place and it's like why am i even thinking about all this red pill stuff?

Because you want to get laid.

indianajonesindiana • 1 point • 10 July, 2019 04:38 PM

I'm at that point myself. Reading this stuff is good for you but it can become overkill after a while. I think once it's internalized the key is to just go out there and live your life. Red pill concepts and principles are something to keep in mind, not dwell on.

SauliusTRP • 1 point • 10 July, 2019 05:07 PM

Everything makes no sense, if you don't apply. So read less, pick 1-2 ideas and implement it. After you get warmed up a bit, choose some new ideas to implement and so on :)

HumbleTrees • 1 point • 10 July, 2019 05:54 PM

Sound alike you're in an information overload. Adding to it won't help. You have the knowledge now, but it's not yet your personal truth or view of reality. It's just the opinions of other, collected and ingested. Take time off the literature. Go about your life and simply observe. And experiment. The parts that are true will present themselves and be the parts that stick. Discard what doesn't work for you, of perhaps rather vary then and reassess.

[deleted] • 1 point • 10 July, 2019 06:31 PM

Read models by mark manson and then never read another book on it again until youve maxed out every area of your life. (Which is highly unlikely you ever will).

rotissery62 • 1 point • 10 July, 2019 09:07 PM

Sounds to me like you're in worse of your 'red pill' storm right now. The good thing is that storms don't last and the insights you're looking for will come with time.

I've been where you are with this red pill stuff too. It was such an eye-opening experience at first but then became an almost robotic feeling. Once I was able to adapt my own personality around the tools this sub provides I became much more clear in my interactions with women, direction, and purpose.

It's kind of like someone teaching you to use a hammer for the first time if you were trying to use a screwdriver before. At first, you'd use the exact hammer and technique that they taught you and this would cause frustration because you're copying them and not developing your own way. But over time you might find better results by varying the technique, size, or brand of the hammer that you use. Then, boom, you're on your way to personal hammer mastery.

Basically, stick with it, your ah-ha moment is coming...

letmereadthatshit • 1 point • 10 July, 2019 10:20 PM

Theredpill tldr - gym , healthy lifestyle , goals to achieve , self respect , self care . That's all you need to know

theSDaccount • 1 point • 10 July, 2019 11:20 PM

I'm currently reading Models by Mark Manson and it's helping me with this.

I spent so much time on TRP and Rational Male, that it actually made me worse in some ways.

I was so concerned with what was the most "alpha" thing to say or do, that I didn't end up doing anything at all. It created another insecurity.

Domeakindness69 • 1 point • 10 July, 2019 11:39 PM

You are basically realizing the hard truths of biological determinism and evolutionary psychology. You realize that we have less control of our lives than we think we do. It's okay. You can now find your own purpose. Sometimes that purpose is getting laid, sometimes having kids, sometimes traveling, writing a book, leaving a legacy. It's all on you to determine that now. And your legacy can change. Maybe try reading some existentialism philosophy. Nietzsche, Dostoyevsky, etc.

lugarulo • 1 point • 11 July, 2019 03:57 AM

Take a break for a few weeks. Apply what feels right to you, come back with your questions.

chazthundergut • 1 point • 11 July, 2019 05:13 AM

Jesus dude you need to unplug. Go volunteer at a soup kitchen or something

Sepean • 1 point • 11 July, 2019 06:14 AM

Very few doctors and school teachers do what they do to make the world a better place.

And the red pill shouldn't take over your life. Lifting and romantic/sexual interactions with girls is just a few hours per week, do whatever the fuck you want with the rest of your time.

RedKepler • 1 point • 11 July, 2019 06:48 AM

TRP is a lens/angle, the more you use it the easier it gets.

BusterVadge • 1 point • 11 July, 2019 12:59 PM

You have cognitive dissonance. It's a sign that something in your life has to change. I think you need to either fully embrace or fully reject the red pill

Krebota • 0 points • 10 July, 2019 11:50 AM

Is this a question or just a post to whine about your dilemmas? Really don't know what you want to achieve with this.

Standgrounding • -1 points • 10 July, 2019 04:01 PM

1) Impwowe youwsewf 2) Howd fwame and make youwsewf youw fiwst pwiowity 3) Have abundance That's it pretty much. Easy.

Plasticannihilation • 1 point • 10 July, 2019 04:19 PM

/... cough... Fraud.