

# You are the rock. Act like it.

November 12, 2014 | 216 upvotes | by [Cyralea](#)

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One of the core TRP values is adherence to gender roles. Seasoned RP'ers understand that these roles didn't pop into existence out of a vacuum; they were chosen because they maximized the innate strengths of each respective gender. One of the most recently scrutinized facets of masculinity within modern society is a man's role as a stoic, unmovable pillar.

Consider the following two male caricatures:

[Calm, collected, calculating](#)

[Worried, unsure, expressive](#)

Both similarly attractive men, yet the former generates far more attraction in women. The reason for this is simple; life is difficult, but the presence of a leader, someone who knows what to do, creates a calm in otherwise insecure individuals. Consider how this dynamic works with children. They rely inherently on their parents simply knowing what to do. Ask anyone who grew up to find out their parents were incompetent. They'll tell you it was one of the most crushing realities during their adolescence.

Modern feminists will try to convince you that being open with your emotions is okay, and that you should be free to do so. On the surface this sounds good, being emotional and weak is inherently easier than being stoic and strong. The problem with this is that one party necessarily needs to be the strong one. And because of the genetic makeup of the vast majority of women, **that responsibility falls on you**. Women cannot, nor want to be the emotionally strong one in the relationship.

Women are volatile creatures. Their emotions fluctuate at random, and they're not in control of it. Some of them learn to recognize the flux and get a handle on it, but most simply ride the wave of emotions wherever they take them. A lot of new RP'ers use this as a reason to hate women, but it's unnecessary impotent rage. It's just how women are. Women are the waves in an ocean, subject to all surrounding forces. The moon, the wind, the temperature, they'll all move her around in subtle ways, and she is helpless to resist. Men, conversely, are the rock. While waves may crash on you, the sun may beat on you, fuck, birds may even shit on you, you are immovable. This dynamic is necessary for the function of a successful relationship. Women respect this, and will look up to you for it.

This isn't to say that being stoic necessitates shutting off your emotions. You're not a robot. But you cannot let it show, not in front of your partner, at least. Every man deals with stress throughout their life, but the ability not to show its effects on you is highly desirable, both as a romantic partner and as a leader figure. While this dynamic is most beneficial in a LTR relationship, you'll find that it extends further. Women are highly attracted to emotional stability. This is the basis of frame.

Learn to practice your stoicism. Don't let your emotions control you. If someone tries to get a rise out of you, recognize it for what it is and laugh it off. You're allowed to feel emotions, sometimes they're unavoidable, but the mark of an alpha is one who never lets them interfere with his decision making.

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## Comments

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gekkozor • 62 points • 12 November, 2014 04:47 PM

I had a dream once that really stuck with me. The kind that feels vivid, visceral, and way too real.

I was in a car in the passenger's seat. There was an accident. The car hit something and started to flip over forwards. The whole thing felt like it was happening in slow motion, and I was processing every single moment in exact, intimate detail.

My fight-or-flight survival instinct kicked in. At first, I was screaming my lungs out. Then suddenly a sensation washed over me. In a moment of pure realization, it occurred to me that whatever was about to happen to me, however horrific, I wasn't going to solve any of my problems by panicking. So as I was sitting in this car, hurtling towards a certain doom, I simply shut my mouth, kept my eyes and mind open, and waited. Completely calm.

When I woke up, it occurred to me how relevant this realization was to all areas of life. No matter what's happening to you, there's no simply reason to lose yourself to fear, panic, rage, or anything else. Extreme reactions do nothing but cloud your judgment. You need to keep your mind clear.

Relax. Stay calm. Keep total control. Your frame is the single biggest determination of your value as a man. Hold it, no matter what's happening in your life.

[deleted] • 7 points • 12 November, 2014 11:12 PM

Great example, so very relevant. I had a similar experience, in some ways. I was driving through a single lane roundabout and must've missed seeing another car speed in. He ended up beside me and was honking like crazy less than a foot away. Having this come out of nowhere as you're negotiating a tight turn is pretty freaky, and everyone in the car with me was losing it. I just became the rock though - my hands locked down on the wheel and I focused on the exit. Despite the surprise and all around terror, neither car suffered any damage. If I'd freaked out like my passengers, it would've only taken a slight movement to collide with the other car.

chadeusmaximus • 3 points • 13 November, 2014 08:01 AM

I had a very similar experience about ten years back. I was driving with my mom and little sisters when all of a sudden the engine caught on fire. Smoke and flames erupted from the hood.

I had a moment of zen. Time slowed down, and I analyzed the situation and even though I felt like panicking, chose to deal with situation in a rational manner.

Pulled the car over immediately, got my mom and sisters to safety, and then calm walked back to the car, opened the trunk, and looked for something to extinguish the flames.

Normally I keep a few gallons of water in the trunk for emergencies, and fortunately, both jugs were full. So I grabbed the water, popped the hood, and poured water over the flames. Turns out that it was just the belts that had melted and caught on fire, but all I could think about was putting the fire out before the fuel lines caught.

looking back on it, it was pretty stupid, and if it had been a bigger problem than melted belts, I could have died a horrible death. But at the time, all I could think about was protecting my mom and little sisters.

Not the only life or death situation I've been in, but it's nice to know that in a crisis, I haven't frozen up yet, and so far I've been able to think my way through scary situations.

Or maybe I've just been, REALLY lucky.

foldpak111 • 8 points • 12 November, 2014 05:52 PM

You naturally develop that can do attitude when you get to a point where you can really push yourself physically. If someone does 10x10 BS @225# or a brutal sprinting session, you've gotten through something that would crush the average man. This gives you an extreme sense of self entitlement when it comes to handling stressful situations.

trpfieldreport • 73 points • 12 November, 2014 03:50 PM

A man is the Captain. The General. The Commander.

Women are sailors and soldiers.

You are the officer, she is the enlisted.

Officers must be authoritative, confident and competent. Any shortcoming in these areas will be actively resented and the leader will be undermined. Soldiers will abandon a leader who they have no confidence in. Soldiers will undermine a leader who lacks authority and competence.

If you're a soldier in combat, you don't want the person in charge of your life to make emotional decisions. You don't want to be surrounded by enemies and hear from your commanding officer "I don't know what to do!" Your life is on the line, and failure has the ultimate consequence. You want a stoic leader.

Likewise, the stakes are very high for a woman with a man. No decision in a woman's life will be as important as who's genetics she uses to produce her offspring. Her whole life will become defined by this. It is near equivalent to life and death.

Feminism has told young men like myself that showing our emotions is okay and that we are supposed to confide our insecurities in our female partners.

Go ahead and give that a try fellas. Try to confide in your SO, shit, try crying in front of her about something. Watch her become the Ice Queen.

[deleted] • 40 points • 12 November, 2014 06:04 PM

I can confirm. I bought the feminist narrative of equality and equal sharing of emotions. My girlfriend had been really pushing my buttons with shit tests and I eventually had an emotional break down in front of her. Ice queen for a week and then dumped.

Her reasoning: "we're not a good fit". Translation: you are not the rock in my bullshit.

I'd also like to add that I WAS a rock for 3 years of dating. I was steadfast in a tremendous amount of her bullshit. But the one time I cracked and game over. So I'd also like to add to this the lesson that 1) there is no such thing as relationship equity, 2) it only matters how she feels right now, and 3) HYPERGAMY DOES NOT GIVE A FUCK

Cyralea[S] • 23 points • 12 November, 2014 07:14 PM

there is no such thing as relationship equity

Briffault's law is a bitch. It's one of the reasons why I think women make shit friends. A guy recognizes past deeds and usually respects them. With women your only value is what you can provide *right now*.

But AWALT. No choice but to either play the game or exit it completely.

trpfieldreport • 14 points • 12 November, 2014 06:21 PM

Women are and ought to be equal under the law.

But they are not our equal counterparts. Your relationship with a woman should not be equitable.

Always maintain the power. The easiest way to do this is to have the higher SMV. Some guys will tell you to marry/LTR lower SMV girls than you can get and I tend to agree.

Girls with high SMV make shitty LTRs and worse mothers. The entitlement and narcissism that has been blended into their soul makes them horrible parents.

A girl with a lower SMV than you (so long as you maintain SMV above her) will be willingly submissive, appreciative of her position and fucking happy to be with you.

sailorJery • 3 points • 12 November, 2014 10:14 PM

Girls with high SMV make shitty LTRs and worse mothers. The entitlement and narcissism that has been blended into their soul makes them horrible parents.

You know, just looking at my family I see this wringing true. I have many aunts and uncles and the one aunt who was prettier than the rest, and her daughters (my cousins) are all very pretty 8-9's in their prime but they are the most atrocious parents I've ever got to witness.

my\_baby\_daddy • 1 point • 13 November, 2014 05:17 AM

Relevant:

<http://youtu.be/gk3JbTjArUk>

heist\_of\_saint\_graft • 1 point • 13 November, 2014 11:13 PM

Truth. "Winning" the LTR game isn't getting the highest SMV chick you can swindle into a relationship, it's being attached to a HIGH-INTEREST woman, and above all: being UNATTACHED to LOW-INTEREST women.

Everyone should read all 10 parts of Anti-Dump's Machine. It's the best possible dating mindset you can have and should be sidebarred here.

hb8only • 1 points • 12 November, 2014 09:00 PM [recovered]

WHAT??? ONE MISTAKE in 3 years and .. game over????? I just don't know if I can handle relationship.. how to be rock all the time :(

pxmped • 4 points • 13 November, 2014 04:36 AM [recovered]

Man, don't be like that! Honestly, everybody on this sub will scream that women are all heartless like this. But my gf of one year has stayed with me through some times when I need to be emotional, was extremely understanding, she encouraged it actually. It's alright to slip into a beta frame every once in a while if you have a half-decent girl at your side.

Trust me any girl worth a damn will require equal amounts of beta behavior as well as alpha behavior. It's the "AWALT" sloots that you can't slip up with.

heist\_of\_saint\_graft • 3 points • 13 November, 2014 11:14 PM

Trust me any girl worth a damn will require equal amounts of beta behavior as well as alpha behavior. It's the "AWALT" sloots that you can't slip up with.

Somebody doesn't understand what AWALT means.

newlifeasredpill • 3 points • 12 November, 2014 10:42 PM

Now that I unplugged and look around my kids classrooms and soccer practices I see a lot of unhappy bitchy shrews who are forced into a leadership role they don't want.

The few perky milfs all have a man leading the way.

joaquim56 • 1 point • 12 November, 2014 07:12 PM

I made this mistake quite a few times in my blue pill days.

Never again.

A woman will look at you as boy, not a man, when you overly emote. Their nurturing instinct comes out. However, that same instinct dries up their pussy big time.

Emoting is not natural for men. Sure some men are more sensitive and every man cries at points throughout their lives. But that's not a frame you want to project to women. Get a therapist or a beer buddy for your emotional needs.

LifeAtPeace • 2 points • 13 November, 2014 12:24 PM

A woman will look at you as boy, not a man, when you overly emote. Their nurturing instinct comes out. However, that same instinct dries up their pussy big time.

Agree with this. The minute a man shows his emotions, he becomes useless to a woman. I did this mistake in an LTR of 2.5 years. I was the rock for 2.5 years and she was running after me. As soon as I started showing emotions to her, she dumped me for another guy who treated her like dirt.

[deleted] • 1 point • 15 November, 2014 11:33 PM

Can confirm. Breaking frame by breaking down in front if an LTR is the fast track to singledom.

[deleted] • 20 points • 12 November, 2014 03:21 PM

Women have learned that when things don't go there way they can start the waterworks and easily influence the betas.

tomatoist • 16 points • 12 November, 2014 04:02 PM

Built in manipulation mechanism. Fascinating really.

F9R • 2 points • 13 November, 2014 07:32 PM

See, that shit right there, I like that. Looking at how women use tears to manipulate men as an evolutionary manipulation mechanism... it's fascinating. This perspective is often what brings people out of the anger phase.

Philhelm • 4 points • 12 November, 2014 05:34 PM

They most likely learn it at a young age when it works on their parents. I have two daughters under the age of two years. Whenever they cry, I tell them that Philhelm's do not cry, as it is a display of weakness (and yes, I realize that they don't really understand what I'm saying...yet). Since my wife's treasonous womb is cursed by God and is unable to produce a male son and heir, I will not have spinning hamsters as my legacy.

NANE-gaming • 5 points • 13 November, 2014 03:18 AM

Gender is actually decided by sperm, hordes of tiny X and Y guys with 23 chromosomes, all racing towards their final destination. So, in a way, it's YOUR fault really (but honestly it's just a coinflip every

time). I guess you were being cynical with your comment and know this, but just in case you don't, there you go.

Philhelm • -9 points • 13 November, 2014 07:32 AM

This is a scientific lie originally recorded as being spread by the ousted House of Plantaganet against the Tudor king, Henry VIII. All but one of King Henry's wives had committed grievous treason against their lord husband; despite several marriages, Henry only had one son who died during childhood. The lie was eventually rediscovered by the Communists in the early 20th century and was used to great effect in order to subvert the traditional family structure by providing a means for women to victim-blame the husband when no male heir was issued. Shortly thereafter, it became a central belief of the feminist movement (an offshoot of Communism) as a way for women to deflect the treason they had committed against their husbands and to make the husband feel bad for the wife's failure to produce an heir. The rise of this fallacious belief is directly proportionate to women gaining the right to vote.

tl;dr Treason!

SexualMotorVehicle • 4 points • 14 November, 2014 04:07 AM

The reason they can do sex selection as part of artificial insemination is that the sperm decides the sex of the baby and boy-making sperms and girl-making sperms can be physically separated.

Mabans • 6 points • 16 November, 2014 04:57 AM

No they can't. Don't u know. King henry!!!

foldpak111 • 8 points • 12 November, 2014 05:55 PM

That's my worst fear, having daughters. Knowing that players like me are out there, i'd be one scary dad and I can understand when fathers size me up like a Drill Instructor. Like, I get it, but i'd rather have boys.

Philhelm • 15 points • 12 November, 2014 06:03 PM

My biggest concern actually isn't the cock carousel (which is likely inevitable). If I am to be cursed with a female legacy, I just don't want them to be the air-headed pieces of shit that comprise 95% of the population.

foldpak111 • 5 points • 12 November, 2014 06:39 PM

I've seen this happen to women that have alpha fathers. Women are severely influenced by grade school and especially college, it's all about conforming for women. Men should do it to a certain degree to avoid getting attacked but women live by it. It's sad.

soccerplusaviation • 2 points • 14 November, 2014 03:47 AM

As long as my daughters don't become like kim kardashian i am happy

[deleted] • 0 points • 12 November, 2014 06:15 PM

[permanently deleted]

[deleted] • 1 point • 12 November, 2014 06:17 PM

Sounds like he needs to learn the definition of a 'soft next'

dj10show • 1 point • 12 November, 2014 07:09 PM

She's a freeloader. Sounds like he needs to learn the definition of a 'hard next'.

ECoast\_Man • 6 points • 12 November, 2014 06:50 PM

This is an excellent post. I particularly like:

Modern feminists will try to convince you that being open with your emotions is okay, and that you should be free to do so. On the surface this sounds good, being emotional and weak is inherently easier than being stoic and strong. The problem with this is that one party necessarily needs to be the strong one. And because of the genetic makeup of the vast majority of women, that responsibility falls on you. Women cannot, nor want to be the emotionally strong one in the relationship.

Truer words have rarely been spoken through Reddit itself. How many times have I heard tales of men going through legitimate issues and attempt to "get it all out in the open" with their fucking SO, to be later emasculated and dumped. Case and fucking point is the countless tales of women cheating on their SO because they "work too much" in a stressful career. No doubt these dudes came home looking stressed and in need of a massage and blowjob, and you can bet they weren't getting even a nip-slip. The feminist "communicate, stupid!" rhetoric is one of the biggest lies going.

EvianChronicles • 1 points • 13 November, 2014 02:49 PM [recovered]

The feminist "communicate, stupid!" is based on a rather big misconception: "talking and crying = communicating".

I honestly believe men communicate more, and on a more emotional level, with each other than men and women, or women and women do. But not that much with words. Men use words for the more intellectual, rational communication, but we use other forms for emotional communication.

Picture the same situation with two friends meeting. First women:

A: "some ranting about a situation" B: talk about it, talk some more, and even more. But NEVER talk about a solution. That would be wrong. A: even more talking B: and some more.

This communication leads nowhere, nothing is solved. But more important: the negative emotions of A will be amplified.

Now the same friends, but male.

A: "some ranting about a situation" B: ok. A: "a bit more ranting" B: ... A: ... B: Dude, a beer? A: Yeah Result: nothing may be solved, but the emotions have gone. A feels better, and may be ready to solve his own problems.

If you cannot communicate on this level, you cannot recognize it, and you will think that those stupid assholes can't talk about their feelings, like a woman could. Deafness made the measure.

ECoast\_Man • 1 point • 13 November, 2014 07:51 PM [recovered]

No offence intended, but you've missed this post so much you've kicked through your own wickets.

It does not claim that men cannot go to their friends for advice / venting / insight. It is no secret that a gaggle of women can't ordinarily come to a solution, without a period of emotional henpecking, and that dudes are much more reliable to say "WTF are you doing" or whatever else rational answer is required to resolve the issue.

The point here is to be a rock **with** your SO, plate, wife whatever. Women do not respond favourably to weakness, rather they respond with repulsion. Hence, the feminist rhetoric that men need to "get shit out



in the open" or "communicate" every little issue to their SO is foolish. They come across as weak man-children, and the woman will almost immediately seek out a different rock that when shit hits the fan, just "handles" it without the crying.

GOPokemonMaster • 6 points • 13 November, 2014 12:30 AM

"It's just how women are. Women are the waves in an ocean, subject to all surrounding forces. The moon, the wind, the temperature, they'll all move her around in subtle ways, and she is helpless to resist. "

I'm going to have to disagree with you on this. Not all women do this, just the ones that know they can get away with it. Look at Japanese and Arabic culture. Women know this would never be permitted and therefore will not show it. It's a huge problem in America that women's temporary emotions are treated as uncontrollable things that are unavoidable. Society fostering sympathy for women giving into their hormones without any fear of repercussion has made this an acceptable practice and something that everyone should essentially just understand and deal with, even though it's the ultimate sign of weakness.

Cyralea[S] • 3 points • 13 November, 2014 02:21 PM

Japanese and Arabic women are very much the same, not sure where you're getting this idea that they're not. Their culture doesn't permit them to be as open about it in public, but believe me, the trope of the irrationally emotional woman is well and alive in both cultures.

There's a Japanese proverb, 女は春の天気 -- A woman's heart is as changeable as the weather in spring. A woman is still biologically a woman, irrespective of culture.

GOPokemonMaster • 1 point • 13 November, 2014 04:46 PM

I am saying in both Japanese and Arabic cultures (regardless of biology and hormone fluctuation) women are taught to internalize their emotions. Whereas in America they believe it's acceptable behavior to do whatever their hormones tell them at the moment and fear no repercussion for doing so and their peers see it as acceptable resulting in extreme emotional groupthink. They begin to see it as something out of their control and start to exercise their ability to essentially get away with it.

alpha\_n3rd • 11 points • 12 November, 2014 04:24 PM

Am married and can confirm.

Great post.

[deleted] • 2 points • 13 November, 2014 12:03 AM

This is the same as when I hear women talk of men as being "stubborn" with annoyance yet indescribable lust. To which I respond, "you act like it's a bad thing."

chinesefud • 4 points • 12 November, 2014 05:36 PM

I come from a family where my father isn't the rock of the household and that responsibility has fallen upon my mother. I can see that it has become too much for her over these 20 years. My father has failed to do it and my mother cannot do it so now this household has no rock and you know what? This house is falling apart physically, emotionally, and financially and it's getting worse every single day. I don't know how much longer it will last, I didn't even know things could get this bad. Learn from my family fellas YOU MUST BE THE ROCK

TekkomanKingz • 5 points • 12 November, 2014 06:24 PM

I tried to date a woman like your mother (except in her case it was her Father who was a fuck-up after her mother passed away) and of course it didn't work. Women who have to be the rock often are highly



defensive and always feel someone is trying to take advantage of them. They are unfortunately corrupted to the core and in no way, shape or form relationship or mother material.

foldpak111 • 3 points • 12 November, 2014 06:45 PM

Harsh truth we all needed to hear.

Cyralea[S] • 4 points • 12 November, 2014 05:41 PM

In the absence of a strong male figure women will step up to the plate. The reality is that they hate it, and will often resent the man for making her do it.

Women naturally want to be led. They want stability, and security. Growing up she got that from her father, and when she grows up that responsibility passes on to you.

[deleted] • -11 points • 12 November, 2014 10:48 PM

[permanently deleted]

[deleted] • 7 points • 12 November, 2014 11:35 PM

Yeah right. If Brad Pitt (or insert hot guy) were dating you, you sure as hell wouldn't want to have equal leadership with him - he won't be as attractive then.

And most women's way of "let you know it" means the sex starts dwindling. So you are right there.

[deleted] • -10 points • 12 November, 2014 11:46 PM

[permanently deleted]

Cyralea[S] • 7 points • 12 November, 2014 11:55 PM

How many women have you dated again? Thought so.

You are one woman. We have collectively dated many, many women. Having a vagina doesn't give you any particular merit here.

[deleted] • -15 points • 13 November, 2014 01:18 AM

[permanently deleted]

Joelasaur • 8 points • 13 November, 2014 02:38 AM

“When the debate is lost, slander becomes the tool of the loser.” -Socrates

bsutansalt • 1 point • 14 November, 2014 03:42 AM

♂ Solid. I've never actually heard that before, but it's poignant and apt when "debating" feminist types.

trpbot[M] • 1 point • 14 November, 2014 03:43 AM

Confirmed: 1 point awarded to /u/Joelasaur by bsutansalt. <sup>[History]</sup>

*[This is an Automated Message]*

Joelasaur • 1 point • 14 November, 2014 06:21 AM

I disagree with that post being deleted though. If a mod did it, could you please restore it? I'd like for discussion to not be censored. Let's not stoop to the level of /r/askwomen and /r/twoxchromosomes. We're better than that.

[deleted] • 5 points • 13 November, 2014 02:12 AM

[permanently deleted]

Dat\_raiderguy • 1 point • 13 November, 2014 01:18 AM

I wholly understand this situation. I come from the exact same background. Due to said reasons, I don't have too much respect for my father. It's really hard to be an alpha yourself when you don't have respect for the father figure in your own goddamn house. But, I guess you just have to be calm and keep trying, learn from their mistakes.

foldpak111 • 1 point • 12 November, 2014 05:58 PM

We are in the same boat. It's infuriating because you can't get through the beta male. It makes you insecure and fucks with your psychology. Having no respect for your father is fuckin harsh and I wouldn't wish it on any father to go through that, but they bring it on their selves...

[deleted] • 1 point • 12 November, 2014 11:37 PM

but they bring it on their selves...

I don't think they bring it on themselves, they were never taught correctly from the beginning. In fact, society wants men to be beta, that's what we are told time and time again, especially by women.

foldpak111 • 6 points • 12 November, 2014 05:42 PM

This is what my father never understood. He went into relationships without being internally fulfilled. That's a recipe for neediness.

RedPillSafe • 4 points • 12 November, 2014 05:40 PM\*

√ \* \* \* \* Four Stars

This post embodies the core natures of man and women.

If everyone could recognize these truths and live accordingly we simply wouldn't need a Red Pill sub to discuss how screwed up things have become.

Feminists have essentially blinded both beta men and women into ignoring the obvious biologically induced differences in the genders and it's as a result of this gender confusion that things are such a mess.

Men must learn to be the rock so that a woman can hold onto something.

Excellent.

--Anthony-- • 2 points • 12 November, 2014 08:08 PM [recovered]

I'm 20. I've always been a very calm and collected guy. My closest friend has seen me lost control of my emotions only once in 7 years of friendship.

What i lack is leadership. How do i become a calculating guy, who's always in control? I'm always in control of my emotions, of myself, but how do i lead and take control of current situations? I'm a very carefree guy and very mellow.

alpha\_i • 2 points • 12 November, 2014 08:26 PM [recovered]

Set a vision and goals for yourself, and take actions each day to work toward that vision. This has helped me tremendously in my career; right around my 29th birthday, frustrated with working in dead-end jobs, I

decided to start a business. There are few better leadership opportunities. That's just one example.

I'm applying the same theory (set a vision and take actions toward it) in my relationships with women now that I've swallowed TRP.

let\_terror\_reign • 2 points • 12 November, 2014 05:49 PM

For RPer's looking to get there, ideally you want to stop the feelings of panic so that they are only there when the need is dire. They won't be for a long long time. You WILL have panic and anxiety often along this journey. You WILL doubt yourself when you are entrusted with the wheel of the ship and a map and the lives of people are all relying on your experience.

To have a steady hand, you need. 1. To be completely stoic, like psychopath stoic or complete confidence stoic. 2. Experience. you've been here a million times before. You've done it all. Nothing fazes you. You aren't impressed. You've weathered much much more and come out on top and you will do so again.

I don't often reference memes, but you seen the Andrea pirlo isn't impressed? Yeah. Damn right he isn't. He's seen better. Seen more. He is a rock.

For RPer's in training, here's a stepping stone to stoicism that is the equivalent of fake it till you make it.

Composure. Never let them see you cry. Ever. Even if your pulse rate is skyrocketing, do not show anyone that your nerves are frayed. Your nerves are steel as far as they can see.

If the captain is tense the ship goes into disarray and mutinies begin.

As conn iggulden calls it in his conqueror series, show them the cold face. No emotion. A dispassionate mask. This goes for Allies when you're in peril and enemies when they try to intimidate you.

Critique is welcome. This is what I try to project.

foldpak111 • 3 points • 12 November, 2014 06:49 PM

What helps with being stoic, for me at least, is living an athletic life. My life is so intense that social interactions are a joke. 2 hours of weight training, 2 hours on the foam roller, 1 hour of Bioenergetics, cold showers, meal after meal after meal. It really helps with actually becoming stoic, rather than 'faking it til you make it.'

let\_terror\_reign • 1 point • 12 November, 2014 07:19 PM

Yeah, for sure. Lifting weights, meditation, martial arts. Basically, things that force you to be in the moment contribute.

I don't see how that would help the newbies in social situations though, especially since the particular kind of situation I'm talking about is when you're actually under some form of duress. At work, urgency at home, crisis situation.

foldpak111 • 1 point • 12 November, 2014 07:54 PM

I see what you're saying. For someone like that I suggest listening to Owen Cook. He js annoying as hell but he gives solid advice on social interactions.

RedPillSafe • 2 points • 12 November, 2014 05:56 PM\*

To be a rock you must know yourself.

MGTOW means you know who you are on an animal level. (truth)

PUA will allow you to fake traits that real men have, but I'm skeptical if you are going to become more truthful and connected to your animal instincts when you are artificially repressing emotions that are authentic to being beta. (it seems contradictory)

The MGTOW isn't faking anything... it's being Alpha naturally... biologically.

What the OP presented is the "actualized" man and women aware of their true natures and fundamentally honest about how they connect with each other. This is the ideal union of man and woman.

When someone asks:

"What does a Red Pill person want?"

...this is it.

let\_terror\_reign • 1 point • 12 November, 2014 06:13 PM

Knowing yourself is optimal. It's the best way. Once you accept yourself and know exactly what you're capable of and where you stand, there isn't any doubt.

But sometimes you have to learn while you are otherwise occupied. Or married. Or in charge and not ready. And you can't afford to let that week through. You're standin captain, but you have to keep it afloat. While you're working on getting your act together, let them think you already do.

Fake it till you make it is only useful insofar as it's a strategy that defends while something is being built up behind it. Not otherwise. Or at least. Not how TRP would be.

Glenbert • 2 points • 12 November, 2014 06:27 PM

Needed this today. Me and LTR work in the same space. Invariably, work comes up and she knows all the nuances and implications of my work life. I can spin a bad work situation as an ordinary hurdle to my friends in other industries. But to her, she knows what's up. Solution, I need to stop talking about work worth hey until things smooth out.

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Cyralea[S] • 3 points • 12 November, 2014 07:10 PM

There are few if any men that don't deal with hardship. It's just a reality for us. Sometimes you deal with cripplingly difficult situations, and it's hard to keep your head above water. Your woman doesn't need to deal with that. Let her think the ship is sailing smoothly, even though it's taking on water.

If you need to, find some close friends to confide in. When I was going through a rough patch they were the ones that kept me from going over the edge.

RedPillPopper69 • 2 points • 12 November, 2014 09:34 PM

You are The Rock, so know your role and shut your mouth.

opening\_a\_bottle • 1 point • 12 November, 2014 08:21 PM

"From now on you are a rock. You say nothing. You absorb nothing and NOTHING BREAKS YOU."

Median2 • 1 point • 12 November, 2014 08:53 PM

I think you can be expressive, so long as the emotions you express are calm, strength and control. You can't be in

control if you can't express what you want done.

artofwarrior • 1 point • 13 November, 2014 06:33 AM

As a rock on the seashore he standeth firm, and the dashing of the waves disturbeth him not. He raiseth his head like a tower on a hill, and the arrows of fortune drop at his feet. In the instant of danger, the courage of his heart sustaineth him; and the steadiness of his mind beareth him out.

-Akhenaton

LineOfCoke • 1 point • 12 November, 2014 09:38 PM

The Rock says know your roll and shut your mouth.

johnnyann • 1 point • 13 November, 2014 01:13 AM

It doesn't matter?

Im a candyass?

[deleted] • -1 points • 13 November, 2014 01:12 AM

I don't want to be the rock. Fuck rocks. And fuck The Rock.

I'm Batman.

dickholedoug • -2 points • 12 November, 2014 09:23 PM

I AM THE ROCK! Man this post got me pumped. Time to hit the gym then stare stone faced in the mirror until I get it right.