

Anyone else getting this ?

August 3, 2019 | 122 upvotes | by [Yavuzest](#)

When you lose frame you feel like you are watching a video or

it feels like a video game and you just've chosen the wrong answer now the bad cutscene continues

When I lose frame I feel like its not me speaking (probably because you left the control to emotions)

Edit: It isn't only for interaction with females it's on normal situations too

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Comments

PotatoWatt • 78 points • 3 August, 2019 07:09 PM

Bro, this happened to me. I had amazing frame with this chick, but got 'in love' and boom there goes my frame down the shitter. Half a year or had work in the gutter. I became a zombie. I saw her lose interest. I slapped myself everyday and everynight for being this retard, I literally cried.

Want to know what happened? I waked myself up. I matured mentally. In 2 months of everyday just thinking about how I fucked up this shit, how I could be such a pussy, how im a true man, how im awesome, and how she likes the awesome me. I changed my perspective.

It wasnt 1 year of reading TRP. It wasnt the books I read. It was actually failing hard and losing frame hard that I woke up.

Thats when I finally got why people say failure is necessary, because I just matured SO FUCKING MUCH in 2 months of everyday meditating, thinking about my fuck ups, manning up, lifting.

In these 2 months I just... I cant even express it my dude. Its like the light finally shun (shun?) at me. I lost my 'depression'. I lost the feeling that I wasnt enough. I feel awesome. I lift with the goal of getting stronger, not for pussy. I just... matured bro.

What I can tell you is this: Go learn life. Expose yourself to rejections. Expose yourself to failing. Let it all out. Spend nights without sleeping thinking about how much of a fuckup you think you are. Post it here. You will see that you are overthinking life a lot, and that personal replies here dont always are correct. Sometimes not all the information is available and we make a reply out of the information we got.

So yeah bro I hope you got something out of here, I want you to know this: I feel like your journey is starting, try to just not be lazy, experience everything you can, fail hard. Cry. Let it all out. Because experience with TRP knowledge saves you so many years of trial and error you dont even know. Only when I failed hard and exposed myself was when I matured. I knows its hard to do the shit I wrote here, I felt that way too. You'll get there my dude. I was thinking I was a fuck up, I was late at life. And now I see that im actually so fucking ahead of my peers its unfair honestly. You'll learn so much it will be fucking unfair for everybody else.

When it rains, it pours.

[deleted] • 11 points • 3 August, 2019 08:54 PM

Loosing frame is a horrible feeling. It's like being strapped to a train track and knowing that the next day there is going to be a train coming but you cant do anything but wait it out. It puts the ball in her court. Cant tell you how many times I wished I had a time machine or times I tried to contemplate how woman can go from loving the shit out of you to bye bye. Nothing but Time to reflect and try to beat that level again.

Loosing frame makes you look like a child to her. Never try and loose frame

PotatoWatt • 2 points • 4 August, 2019 12:17 PM

My two cents on that is simple:

-If you are a virgin/have low experience go full fuck up mode, actually fuck up as worse as you can. Chase a girl if you feel its lost. Go full beta, but always keep in mind that you are doing this to check the facts. Because we all know that even though we read this stuff, until we apply it or it happens to us we dont trully believe it. Just fuck it all up. Lost frame? Chase the bitch. See where it gets you. Then you will start connecting facts to reality and then is when the magic happens.

EnemyAsmodeus • 2 points • 3 August, 2019 09:11 PM

You guys need to provide examples. Not everything is a loss of frame and many situations can be reframed.

The other final question is: if you lose frame or get emotional at some point, and that woman then abandons you because of that, then is she even worth a dime?

I know plenty of guys who have decent girlfriends who lose frame all the time. Many pussywhipped fellows exist. They wouldn't be able to exist if a simple loss of frame was enough.

PotatoWatt • 3 points • 4 August, 2019 12:16 PM

Yeah bro, you are right. Not everything is loss of frame. Like I say a lot: Not everything is black or white. Sometimes the girl hit her period hard and feels horrible this week. Other times you are taking too long to make a move and she is very self conscious and think you find her ugly and so she is backing off to prevent her from catching feelz from a guy who doesnt want anything to do with her. Sometimes it isnt any of these things.

Thats why you gotta set boundaries, sure you will lose pussy by applying them. But this way you play within your rules. But my honest tip for any guy with low experience is to actually not have boundaries. Just fuck it up as worse as you can. This way the experience will back up the facts you read and then you will integrate them in your next experiences. You cant just perfect your views right away, you need to start at nothing and build them.

All girls have different taste. Remember that the same way education and social situations fuck up a mans true being, the same can happen to a girl.

EnemyAsmodeus • 1 point • 5 August, 2019 12:00 AM

Good point!

Redditorsheaven • 1 point • 3 August, 2019 09:33 PM

Okay but what the fuck is frame i read about trp but havent understood it yet

[deleted] • 3 points • 3 August, 2019 09:58 PM*

There are better posts but I like to think that frame is your mindset. The fact that you are a busy guy that could care less about the girl should she start disrespecting you and you can walk away at any minute. You have principles you live by that you dont break for no one,

Just google it rollochas a good article on it. He even says the survivability of any healthy ltr depends on the frame you enter jt in.

I had my first plate beginning of this month and I started treating her like a unicorn. She was the one scheduling dates. I was too available to her. I was an idiot, I asked her to be my gf which was a huge mistake in hindsight. I think any situation you enter where you operate in the girls frame proves useless for dread bcuz she doesnt see you as a man with options anymore. If anyone can elonrate would be great.

In my case it was impossible to recover from this break in frame because she never asked me for a relationship to begin with, so she didnt even know she wanted it. I gave her the "feelz" in the moment when I was with her in bed until she said I want to be your gf (the next date).

The good thing is I can use this as a learning point for my next plate

You really overanalyze these things when it ends because for us guys its impossible to understand

how a bitch can be on your dick giggling her ass off and say this and that and next second break up with you over text. It gives you the image of the guy looking across the ocean asking “what the fuck have I become?”

The only way to internalize trp concets is to convince yourself by practice. Go your BP ways and see how hard you crash and burn later on.

The power of walking away without a fuck is something i need to develop.

Thats my 2 cents

redditor67tny • 10 points • 3 August, 2019 07:54 PM

100000% what happened to me dude. It's good shit.

mickey__ • 1 point • 8 August, 2019 08:56 AM

sent you PM

Two_kids_in_a_coat • 16 points • 3 August, 2019 06:26 PM

If you feel you're losing frame then STFU. Once you start to DEER it's going downhill fast. So if you catch yourself doing this, stop talking. Learn to be comfortable in silence.

Yavuzest[S] • 1 point • 4 August, 2019 12:49 PM

yeah fam that was my thing STFU and DGAF its important to STFU if you start to feel the thing I wrote on my post

Foolishoe • 12 points • 3 August, 2019 06:07 PM

Sure. Jocko W talks about that frame of mind where you are watching yourself live your life. It can be fantastic or terrible depending on what channel you leave your life on.

rizzlyfromthe9 • 7 points • 3 August, 2019 06:15 PM

Jocka da gawd

rad_dynamic • 9 points • 3 August, 2019 06:10 PM*

Once she breaks your foundations everything else will follow. Solution? Don't let her effect you enough for this to happen. Need women less, and you'll have stronger foundations

[deleted] • 16 points • 3 August, 2019 05:33 PM

Fuck what she thinks

HumanSockPuppet • 4 points • 4 August, 2019 03:35 AM

Good. It *should* feel like shit. That sensation is the feeling of compromising your masculinity in the hopes of having a bitch pat you on the head.

You don't learn without pain to reinforce the lesson. Let it make you stronger and more resolute next time.

Rkingpin • 11 points • 3 August, 2019 05:20 PM

Na. Take it easy on the games

Maninthehighhustle • 3 points • 3 August, 2019 08:17 PM

You will eventually lose frame, but think life as a war and frame as a battle, you may lose a few battles but eventually, you can win the war. Each battle lost is also a great teacher about the ruthless nature of warfare, life and existence is hard, so do not get mad/sad when you loose frame, just embrace the failure, accept it then work on it and make sure it does not happen next time and also remember that everything is temporary, you may need some level of detachment from reality for achieving outcome independence.

Awokeeleven • 2 points • 3 August, 2019 05:48 PM

Yeah, go on

uptimex • 2 points • 3 August, 2019 06:12 PM

Yess. Exactly the same. It is so predictable. Also I am waiting for another opportunity to reestablish the frame.

20mcgug • 1 point • 3 August, 2019 07:29 PM

Maybe look into depersonalization/derealization

flipdoggers • 1 point • 4 August, 2019 04:14 AM

Lol... he's not describing a permanent state of "it feels like a video game", just while he's lost frame. It's very normal/healthy for life to feel out of your hands in certain situations, just not all the time. (Coming from someone who's experienced actual DP/DR before.)

20mcgug • 1 point • 4 August, 2019 04:19 AM

I have dp/dr as well and I guess I sorts skimmed over his post. The best way I could describe depersonalization before I know what it was, was describing it was a first person video game. Hope you are doing well brother.

flipdoggers • 2 points • 4 August, 2019 04:14 PM

Yeah for me it was more like a movie when I had it. At one point felt like I was stuck in a dream for a while. Most of the time felt like I just didn't actually exist and that I wouldn't wake up the next morning.

Thanks man, I am 100% better in that context now. Looking back, most of the cause of the DP/DR was depression, and fixing the environmental sources of the depression fixed the DP over time. Hope you find your way out as well.

lbb55 1 points 5 August, 2019 06:49 AM **[recovered]**

Fuck this conversation has me paranoid that I might have it

flipdoggers • 1 point • 5 August, 2019 08:53 PM

Nothing to be worried about, if you do have it then it's a good thing to be aware of it so you can proceed accordingly. Focus on fixing the source of the issue.

Redditorsheaven • 1 point • 3 August, 2019 09:36 PM

Can anyone explain what is the frame exactly?

Project_Zero_Betas • 2 points • 4 August, 2019 01:34 AM

DAE sidebar?

Yavuzest[S] • 1 point • 4 August, 2019 12:51 PM

I learned it the hard way and that's most likely the best way too.

Go outside and use the three second rule and hop into a conversation and see it yourself

Redditorsheaven • 1 point • 4 August, 2019 03:59 PM

Going outside and hopping to convo is nice idea but i have a frame inside me thats "im attractive and cooler than everyone" what if i will get rejected or ignored by them? Thinking about it makes me negative and i choose to be cool for just myself and stand out

Yavuzest[S] • 1 point • 4 August, 2019 05:17 PM

That's not what frame means

| What if I get rejected ?

thats what the 3 second rule is for

rockyp32 • 1 point • 3 August, 2019 11:45 PM

How'd you lose Frame

XXXMersenne • 1 point • 4 August, 2019 01:17 AM

Yea dude because all social conventions are a game and know when you're not *acting* in accordance with what you believe to be attractive etc etc.

[<https://www.youtube.com/watch?v=fqqE1BLvISI>](Alan Watts)

[deleted] • 1 point • 3 August, 2019 05:44 PM

I relate dude. At that point you might as well move on.