

On Transitioning From Anger to Acceptance

February 2, 2015 | 98 upvotes | by [Cyralea](#)

A very common accusation I see from outsiders of this sub about TRP is that it's full of angry men. To most of us the reason why is obvious; finding out your entire reality was a lie is hard to initially accept. Doubly so when you recognize that you're near the bottom of the SMV barrel. No one but your mother loves you for the way you are now.

Understand that our detractors, like the majority of people, have zero sympathy for weak men. And that's ultimately what you are as a recently unplugged male, weak and impotent. They don't care for your pain. No one but those who have walked the same path do.

[The 5 Stages of The Red Pill](#) is a very real phenomenon. I see a lot of men, even here, shaming others for being angry. While it ought not to be any man's goal to perpetually stay in a bubble of anger, part of the transition process is precisely that of having the ability to vent. Men need cathartic releases for their rage. Yelling, hitting things and generally being aggressive, men need channels for getting it out of the system. The manosphere is literally the only place where such things are deemed acceptable.

There is no accelerating the anger phase, no more than you expedite a child's tantrum, or grieving the loss of a loved one. It needs to pass on its own. By staying the course, focusing on self-improvement, and through repeated trials and newfound experience any man can break the spell of hate into acceptance.

I recall when I first started spinning plates how much loathing and contempt I had for those women. I'd smile to their faces and think about how utterly stupid they were. I spent my entire adult life improving to the point where I could get laid regularly, and they have the *audacity* to think I'd commit to them? Worse, women who were objectively several points of SMV lower than me thought they had a chance? The nerve!

It wasn't a mentor, or a guiding voice, or this sub that made me transition, to realize that women were simply doing the best to look out for themselves, the same as I was doing. It was time. A long time, mind you, but nothing else. Maturity isn't something you can simply install into a man's brain.

When you see a newly unplugged AFC show up in this sub, try to do what no one else would do for him: understand, and accept him. No one else will.

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Comments

[deleted] • 51 points • 2 February, 2015 07:48 PM

Best part of this sub is seeing posts and saying to myself "that's what I used to be like" or "that just happened to me too" and "that's where I want to be" and using it to better myself

RedPillDad • 33 points • 2 February, 2015 10:47 PM

It's not just anger, it's rediscovering a masculine tonality. Our voices become infected with fem-speak, always toning our shit down.

It's great to come here, spout out rude shit that isn't politically correct then ponder and laugh about it all. And talking with women is easy mode compared to the conversations found here.

[deleted] • 3 points • 3 February, 2015 01:09 AM

I concur about speaking honestly, and yet I also believe that such honesty is most masculine when built upon integrity and respect. Vulgarity has its place, and I use it often enough in irreverent and joking posts, yet being deliberately offensive for the sake of provocation seems wasteful. Personally, I do not get angry, and prefer to avoid having TRP further stigmatized by hateful comments of those who've recently undergone an unpleasant realization.

Anyways, those are just my thoughts on the matter. Not disagreeing with your comment, just bringing my viewpoint into the fold to elaborate on a couple things.

fififi89 • 9 points • 2 February, 2015 08:54 PM

Men have the right to be angry. Angry is a natural feeling that come out when you find yourself in a difficult situation.

No way they can shame men about anger.

iluminatiNYC • 8 points • 3 February, 2015 02:06 AM

There's a fine line to balance with the anger phase. Like you said, it's much like dealing with a tantrum. The dumbest thing you can do with a tantrum is to try to shut it down immediately. The second dumbest thing is to let it go completely out of control. You can't let someone start attacking people or trashing stuff in the process. Ideally, once someone calms down, you can talk to them about the fears that got them so angry and figure out constructive ways to deal with such fears. Then, and only then, will all the dress right/spin plates/lift MOAR/be confident posts start to sink in and mean something.

ROIVeritas • 5 points • 3 February, 2015 02:51 AM

A beta once told me, "We can't build in anger.."

To which I replied: "I no longer desire to build."

Anger is fearsome to so many, because it is the birthright and the only currency for so many misled men, and even THAT we cannot have or exert, specifically because of how fearful those around you will be.

trplurker • 7 points • 3 February, 2015 08:33 AM **[recovered]**

The anger phase has got to happen and eventually subside and it's perfectly natural. Nobody, and I mean absolutely nobody, goes from PC "women are special" beta to understanding and internalizing TRP without first

going through an anger phase. Anger at society for lying to you, anger at women for abusing your trust and taking advantage at you and mostly repressed anger at yourself for being stupid and letting yourself get taken advantage of. Nothing anyone does will make this part take less time, only experience and the understanding that comes with it will dissipate the anger. The anger will also come in spurts and phases, just when you think you've gotten over it, that you've moved on, *BAM* something happens and your right back into it again. See the anger never all left, it just got pushed deeper and buried and it's all over the modern male psyche. So it'll come and go, with each episode lasting shorter and shorter periods until one day you find yourself gently laughing about it all and not caring.

rpscrote • 4 points • 3 February, 2015 03:58 PM **[recovered]**

Uncannily accurate. I'm definitely on the tail end. Some days at acceptance and some days not so much, its nice to know the end is getting nearer...

[deleted] • 16 points • 2 February, 2015 11:16 PM

[permanently deleted]

mark-aurelius • 2 points • 3 February, 2015 12:37 AM

Everyone has their own response in dealing with this material. Besides, it's just words on a seemingly anonymous message board. They might not be at the level you are at, but in regards to OP, in time they might develop a different skill set in dealing with anger (lifting, bro).

sir_wankalot_here • 1 point • 3 February, 2015 05:27 AM

Good points but ☐

Certainly anger can be a healthy expression, but I still think we can hold ourselves to a certain standard. We want this to be a constructive community and not just a receptacle for impotent expressions of anger and frustration.

This statement has a hint of the "seven deadly sins" myth, which I touched on recently. Use the words effect and none effective to describe things, these things are situational dependent. So recognize things as they are, if you don't like it, walk away.

Is that healthy? I personally never went through a stage like that, and I wouldn't want to know anyone who is acting like that. Is that type of expression constructive for himself and others in the RP community? Or does it make people who agree with the substance of RP to shy away?

Possibly the guy might have been sarcastic, I thought his statement was funny, doesn't matter.

On a deeper level, it seems like you think that how members here behave influences things, it doesn't. We are equivalent to Jews living in Munich in 1938, Hitler made it pretty clear what will happen to them and no one cared, no matter what the Jew did he was still a dirty kike.

The eventual goal of the cathedral is to suppress all open opposition, and label them a wack jobs. The goal of the Jew in 1938, is not to end up on a train to a concentration camp.

[deleted] • 6 points • 3 February, 2015 04:32 AM

I don't know if I am angry and feel loathing and contempt for women, or just specifically the women I usually find myself dating. Most women I wind up getting dates with are on the slutty/trashy side which sexually, I find fun and easy-going (what I am usually going for), but then they wind up trying to manipulate me in some fucking way.

Once the manipulation kicks in (game playing, hanging out with their "guy friend", Not responding to texts/calls in a reasonable time span I just get the fuck out of there. I've been down this road so many times with dating, and my gut feeling bullshit detector has never failed me.

I am 100% not willing to put up with that bullshit in any FWB or LTR. Which is probably why I'm never do LTRs in the first place.

[deleted] • 5 points • 3 February, 2015 12:24 AM

The 5 Stages of The Red Pill that you link to is actually a psychological theorem of sorts, called the Kübler-Ross model.

[deleted] • 6 points • 3 February, 2015 04:17 AM

I made a post a few days ago in askTRP about how to handle a prospect losing interest in moving forward and just got eaten alive. It reminded me of the jock assholes in high school who gave me shit for the way I dressed, then when I got in their face and threatened to fuck them up they tell me their daddy's a judge and they'll throw me in jail. Anyway, I digress...

Shaming newly unplugged people is fucking stupid. I think it's great to tell them to "read the sidebar" just for pure organization, but why shame them? That's what brought them here to begin with, shame and guilt.

Now are we going to even further isolate them from what they need most? A group that accepts them for who they are who all came here for a common problem: how to handle dating and relationships.

The red pill should accept everyone for who they are. We're all here for the same reasons, and whether we like it or not we were all AFC as fuck once upon a time. Hell I've been reading shit up on here and PUA blogs for a few years and I still suck balls at handling this shit.

Cyralea[S] • 2 points • 3 February, 2015 02:26 PM

It's important to recognize that we're all at different points in our personal progress. Those of us who have come to peace with things need to recognize those that haven't. We definitely need to rein in our own shaming language.

teeelo • 2 points • 3 February, 2015 08:54 AM

The 5 stages of The Red Pill are dealt with even if you reject the truth and stay Blue Pill.

Most fools who outright reject TRP are easily identified by what stage they are in based on the tone and motive of their words.

Often **Anger**, lots of shock/Denial and Bargaining. Lots of Purple Pills are in the bargaining stage.

You can reach acceptance and still be Blue. It's not common, because it takes a really big Hamster but it's possible.

NaughtyFred • 2 points • 6 February, 2015 12:32 AM

As a 2 month unplugged chump I've mostly lurked here and not said anything, mostly because of all the aspects you pointed out.

I basically did every AFC/beta/orbiter thing listed in every article on the sidebar, hard to admit that and talk from that perspective in a "room" full of guys who made better choices and are in a much better position.

tyofwa • 2 points • 3 February, 2015 07:33 AM

Great post.

As I read this I think about my evening tonight. Got into a verbal fight with my wife and really wanted to talk about it. Although I decided not to share the story with the group, I often listen in on the other stories about people's lives and for a moment I think I found a pub somewhere with just the sort of people I want to have a beer with. When I see a newcomer walking through the front door I want to welcome them in more than I want to set them straight. I think there's merit in recognizing the anger from all of us and calling it out with a certain amount of empathy. I also believe it is critically important that we demonstrate a high ground of appropriate vocabulary. When posters brazenly trash on women, it tarnishes the really good ideas underpinning this forum.

rpscrote • 3 points • 3 February, 2015 03:57 PM

also believe it is critically important that we demonstrate a high ground of appropriate vocabulary. When posters brazenly trash on women, it tarnishes the really good ideas underpinning this forum.

No dude. None of this fucking tone policing and concern trolling bullshit. We're men. Censorship is for women, cultural Marxists and actual Marxists.

[deleted] • 1 point • 3 February, 2015 06:55 PM

This is where I am right now, and I have been here for a very long time:

I recall when I first started spinning plates how much loathing and contempt I had for those women. I'd smile to their faces and think about how utterly stupid they were. I spent my entire adult life improving to the point where I could get laid regularly, and they have the audacity to think I'd commit to them? Worse, women who were objectively several points of SMV lower than me thought they had a chance? The nerve!

I never thought there was a phase after this one, I guess that's what enlightenment is all about. I hope to get there one day.

Cyralea[S] • 3 points • 3 February, 2015 07:07 PM

I'll be honest...I stayed that way for years. It wasn't until I started seeing the whole game as routine that I just came to peace with it. Take care of yourself first and foremost and you get to a better mental place faster.

Cheers.

[deleted] • 1 point • 3 February, 2015 07:28 PM

There is no accelerating the anger phase,

Look up Cognitive Behavioral Therapy

ROIVeritas • 1 point • 3 February, 2015 02:43 AM

First off, great post.

This bit: "I recall when I first started spinning plates how much loathing and contempt I had for those women. I'd smile to their faces and think about how utterly stupid they were."

Oh man, the truth is heavy, and not everyone lifts. How do you smile in the faces, and even work for people you know you are smarter than?

It is double pleasure to deceive the deceivers, but I need work on keeping my "arrogance" in check, as the BB, BP, and plugged in associates refer to me as. I'm curious as to how you pull this off.

Knowledge truly IS power, and weak men and women cannot feel comfortable around men who know a lot, or too much, depending on who you ask. The fool is friendly, the logician, not so much.

Napolean said, "When your enemy makes a mistake, do not correct them."

I think its safe to say then, that no one loves or feels sympathy to man. Evident in the fact that we are raised and expected to contribute to our own demise, in some mistaken and shabby inglorious display of honor, self righteousness, or martyrdom.

Deception, or the grin and bear it attitude is like Bane:

"No one cared who I was, until I put on the mask"

I still feel a lot of anger, learning I was raised to be a supplicator and that society encourages it, and as a result, I push away people without even trying. Simply for respecting myself.

It seems to me a man is not allowed to be anything unless he gives himself away.

NaughtyFred • 2 points • 6 February, 2015 12:45 AM

Damn! I've had Bane (and a bit of the Joker) on my mind since discovering RP. There's something about the dedication of one and the not caring about the insane world part of the other that's striking a chord with me right now.

ROIVeritas • 1 point • 6 February, 2015 01:46 AM

The combination of both mindsets is incredibly liberating, and also empowering. I quote Bane and Joker quotes to myself in the gym, under my breath of course- don't want to scare off the thigh master lady.

Since RP, I see recurring underlying principles in lots of my favorite movies. As a release from the overwhelming flood of regret and remorse from time wasted, and epiphanies realized, although grateful for them, my favorite flicks help get me out if my mind and past constraints.

a_nus • 0 points • 3 February, 2015 01:00 AM [recovered]

Anger is acceptable. But it's one thing to be angry *at* women, and another to be angry at the status quo of the sexual market place. It isn't as common as outsiders make it to be, but I have encountered hostile comments towards women on this sub.

Then again that could be said about any subreddit. Some amounts of hate, retards, trolls, etc. will always exist. What troubles me is when I see them being upvoted.

iluminatiNYC • 3 points • 3 February, 2015 02:09 AM [recovered]

Even anger *at* women isn't bad...so long as you know where it's coming from. There's a thin line between controlling anger and repressing it. Channeling that energy to someplace positive is a good thing. Letting it boil over until you can't control it is where the Elliot Rogers of the world come from.

dan_legend • -2 points • 3 February, 2015 03:29 AM

shaming others for being angry.

Whoa whoa whoa... lets not get carried away here. We shouldn't be nurturing these kids either. Let them know its a process and to prod and pick at them when they get stuck in the anger phase too long.