

What does healthy self esteem look like in women?

September 21, 2019 | 116 upvotes | by [Earth-Angel11](#)

/r/asktrp/comments/d7ha4u/what_does_healthy_self_esteem_look_like_in_women/

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Comments

ComfyBiscotti • 199 points • 21 September, 2019 10:56 PM

doesn't use too much social media,

doesn't post slut shot photos plastered all over social media

doesn't require constant validation

doesn't need beta orbiters around her 24/7

doesn't have gay best friends

doesn't self harm

is in good shape

cares about her health

things like that shows she is half decent

prettyprincess91 • 62 points • 21 September, 2019 11:14 PM

This is a good list. I would add has people she cares about (friends/family) and goes out of her way to improve their lives.

Truedemocracy5 • 20 points • 22 September, 2019 12:51 AM

What's wrong with gay best friends? Genuinely curious, girl I'm seeing has some so red flag me!

ComfyBiscotti • 69 points • 22 September, 2019 12:57 AM

most of the time it basically falls into the realm of a beta orbiter kind of friend. its very superficial, almost as if he is a fashion accessory add-on that gives her more brownie points socially

AppleCirocMajorKey 1 points 22 September, 2019 01:17 AM **[recovered]**

They also act like sluts around gay dudes

Truedemocracy5 • 58 points • 22 September, 2019 02:23 AM

Gay people are often in general going to promote promiscuous and risk taking behavior in that social circle

askmrcia • 2 points • 23 September, 2019 04:43 PM

This is the real answer.

Sylvester_Sterone • 3 points • 22 September, 2019 10:25 AM

Drugs

MisterMarbles1988 • 46 points • 22 September, 2019 01:27 AM

gay dudes often act like sluts themselves, bringing out even more slutty behavior in their female friend circle.

Poena1992 • 22 points • 22 September, 2019 03:13 AM

I'd add that if she has gay best friends, she might value a kind of masculinity that isn't true masculinity and may quietly start to resent and bother you for showing masculine traits. She may even be susceptible to the describing of classic masculine traits as 'toxic' masculinity.

GGrub8 • 7 points • 22 September, 2019 11:28 AM*

Nothing wrong if she has a masculine gay friend, who basically treats her like a sister with the added bonus he won't fuck her.

The problem is masculine gay dudes usually don't want/need female friends, so it's almost guaranteed they're the effeminate kind, which come with a list of cons you don't want your girl exposed to, such as a warped opinion of masculinity and excessive free validation.

Simpsrgay • 1 point • 22 September, 2019 01:55 PM

"Masculine gay dudes"

GGrub8 • 5 points • 22 September, 2019 07:10 PM

They exist and are basically the alphas of the gay world, the most prized ones that feminine gays want commitment from (and never get). They're usually jacked, bearded, with tattoos and have lots of money. Since they fuck other dudes they typically have zero need for female friends. They're at best acquaintances for social purposes.

You'd be surprised at how similar the gay dating scenario is to the heterosexual one, including the concept of "gay wall": can you imagine how awful a feminine gay man who doesn't lift will look past his 30's?

lololasaurus • 7 points • 22 September, 2019 05:25 AM

Well first, I've seen where she says they are gay, but guess what I have noticed about gay guys? I'm sure some are strictly gay, but many that I've worked with or known are really not that discriminating and will be happy to get off with a woman too.

Beyond that, what the other fellows said.

[deleted] • 3 points • 22 September, 2019 10:55 AM

As its already been said gays on the whole are more promiscuous and risk taking, and encourage their female friends to act the same.

As well as this it presents a false image of how a male should act, and the girl may begin to dislike seeing traditional masculine traits

DirtyBastard13 • 0 points • 22 September, 2019 12:38 PM

TLDR: They are a bad influence on a woman due to their support of leftist positions and mental illness, a

woman who associates unnecessarily with Gay people is suspect.

They usually have some dysfunction due to genetics or upbringing that made them Gay, probably someone molested them or a parent epically failed. Gay people often have mental issues beyond the sexuality part, and are subversive and support untraditional positions to push society to tolerate and their unnatural condition. They also hate straight society and the patriarchy because they are losers and can't succeed in it and will work to undermine natural sex relations to push their agenda. They want to tear down western civilization because they hate it and themselves.

Sylvester_Sterone • 3 points • 22 September, 2019 10:26 AM

I have to add... isn't a "sex and the city" type

Dimenzije90 • 1 point • 22 September, 2019 08:30 PM

Fuck my ex had all these traits, youre not helping with curing my oneitis bro.

KingMike1997 • 82 points • 21 September, 2019 11:03 PM

Just be aware that all woman need validation. All human beings do. So you won't find a female that "doesn't want validation". A healthy one (like the one I'm with, I like to think she's healthy) will only look for validation from her man. Not because she doesn't want it elsewhere, but the thought of attention from someone who isn't her chad is non existent. It's subconsciously yours or nobodies

superbad4life • 2 points • 22 September, 2019 01:42 PM

will only look for validation from her man

So then how do you give enough validation without over doing it? My LTR is a Words of Affirmation (5 Love Languages) type of person, and I know that a TRP preaches to give it sparingly.

KingMike1997 • 1 point • 22 September, 2019 03:01 PM

It's not a set number, it's a case by case basis. My LTR requires a ton of validation and attention. Purpose for this is that I'm supplying all that she has. When she does something good, she gets heaps of attention. When she doesn't, she starves

superbad4life • 1 point • 22 September, 2019 04:06 PM

requires a ton of validation and attention

I guess that's kind of my point. At what point does this go from red to blue? As in from a mental or situational basis, not necessarily a number. Because, same as you, my LTR asks for me to reaffirm words coming out of her mouth (which I have seen as needy, but from your example, she's starving). So I guess I'm trying to strike a balance for when and how often to give those words as 1) I am not a words person, and usually find them to be shallow and 2) since this isn't my primary way of showing affection, it takes energy and conscious effort.

Greaterbird • 1 point • 15 October, 2019 10:31 AM

As long as you still see her as replacable, you don't need to worry about coming off blue.

drunkPKMNtrainer • 1 point • 22 September, 2019 07:36 AM

Same

Truedemocracy5 • 37 points • 22 September, 2019 12:50 AM

Small social media presence. That means rarely or not even using Facebook, instagram, Snapchat

Involved growing up and currently. Likely played a sport, did band, did something growing up. Still works out with a purpose other than to look hot. Examples can be women training for marathons, lifting, rock climbing, mud runs, etc

Good family unit. If she was raised from a bad family it likely effects her some way. If she still talks to her parents regularly it's a good sign

Doesn't go out often. A lot of people go to bars to fill holes in their lives, they sleep in the next morning hungover, and lounge around before doing it again. These women are content reading a book on a weekend, going to a farmers market in the morning, etc. not to say no social life just not regularly getting drunk every weekend

Also little drug use or "look at me" behavior. If she smokes cigarettes regularly, weed regularly, does any hard drugs, get drunk regularly, has exotic piercings or tattoos she likely loves attention

Actual interests. Yes women with interests exist. No, "travel" does not count.

Fortunately for guys looking for relationships the above behaviors are usually correlated. Unfortunately, those women are so rare these days that it's almost not worth trying

get_to_the_choppahh 1 points 22 September, 2019 05:32 AM [recovered]

I'd even say travel is a bad sign. Wanderlust = riding the global CC.

Pimpcool420 • 5 points • 22 September, 2019 10:28 AM

LMAO yeah I didn't get this before I lived in a touristy city but now I do (catch a tourist on Bumble about once a month). The photos of exotic food she posts are with me sitting across the table; she posts her sightseeing photos at midnight when she's lying in the hotel bed.

prrraveen • 8 points • 22 September, 2019 06:18 AM

haha. it is. A few of female I know, solo travel just ride some cocks.

CombatEngineerADF • 1 point • 25 September, 2019 04:17 AM

Dated a woman with all these (she wasn't perfect obviously). She still cheated in the first month and confessed far later in the relationship. AWALT

MR_SKINNYPENIS69 • 44 points • 22 September, 2019 02:36 AM*

Good relationship with her father is a bedrock from which everything else grows.

Likewise with a bad relationship.

You want a woman who has a good relationship with her father, where her dad is good to her and she loves him and he was always around when she was growing up. You can often find this out on the very first date if you ask right.

I cannot stress this one enough: if she posts lots of selfies on social media then she's going to cheat on you. All girls post selfies, I'm talking about the ones who post stories every day that are just photos of themselves. She has low self esteem about her looks and she NEEDS validation from men - sooner or later she will fuck some other guy for this validation because just being with 1 guy all the time isn't enough validation. If she posts a lot on social media like this, sure, plate her, but know that you're an idiot if you try to LTR her. Nothing will change the fact that she WILL cheat on you.

Girls with "motivational" quotes are also showing signs of low self esteem and dissatisfaction in life. That means they're much more likely to branch swing.

Also, while it is the easiest way to get laid, if you want a high quality woman don't use dating apps. High quality women with high self esteem do not use those apps.

FightGuard • 3 points • 22 September, 2019 08:21 AM

If her father was a bed rock, he wouldn't be letting the girl fuck men without commitment.

MR_SKINNYPENIS69 • 10 points • 22 September, 2019 09:04 AM

I don't believe that's true.

A good woman who has or had a great relationship with her father can still be DTF. Her father has no say in the matter unless you're taking her to your prom.

FightGuard • 3 points • 22 September, 2019 12:00 PM

What's a good woman?

trp28287 • 1 point • 22 September, 2019 04:37 PM

A woman who won't have sex outside of a LTR? Is that what you mean?

FightGuard • 1 point • 23 September, 2019 01:00 AM

Women don't have rules for alphas. A good woman is one on a tight leash. A good woman is that way because a man puts in work make it so.

trp28287 • 1 point • 22 September, 2019 04:37 PM

Plenty of feminist/liberal fathers who have great frame (yes, I mean this seriously). Those would let their daughter fuck almost anyone she wants.

FightGuard • 1 point • 23 September, 2019 01:01 AM

If her father was looking out for her long term interests, he wouldn't let it happen.

trp28287 • 1 point • 28 September, 2019 07:46 AM

Lol, keep telling yourself this. Its absolutely not in the interest of a woman in today's western society to avoid all men who are significantly above in SMV, and only fuck those that she can get commitment from

THEMIDLANDMAN • 10 points • 22 September, 2019 05:18 AM

A 48 year old woman I know.....

Smiles a lot and is pleasant to be around.

Has active social life with similar friends

Keeps herself physically active (can run 3:20 marathon)

Split up with her boyfriend last year, never posted any attention seeking stuff on Facebook.

No changing her profile picture every week, no relationship quotes, no feminist crap,

She is a very rare 48 year old woman

EvelynnSpoiler • 15 points • 22 September, 2019 03:35 AM

Women who have alpha fathers seem to be pretty cool

Alt_Mayday • 2 points • 22 September, 2019 12:15 PM

This comment deserves 10x the amount of upvotes

urbancore • 12 points • 22 September, 2019 03:19 AM

Gets along great with other women. Has a great group of friends who are like minded.

When a woman only has guy friends, says other women are all drama, etc, she's the problem.

When a woman, or a man for that matter, has a group of friends for a long time, with little to no drama, they feel supported and grow in confidence.

The key is that their friends are like minded. They will all keep each other in line.

XT3M3 • 9 points • 22 September, 2019 05:59 AM

When a woman only has guy friends, says other women are all drama, etc, she's the problem.

its funny how i only noticed this after coming to the red pill. alot of girls i knew always said they cant be friends with girls for various reasons, but when i watch how they moved afyer swallowing the pill, im like no you.

Sylvester_Sterone • 1 point • 22 September, 2019 11:01 AM

Holy shit yes. I remember by bro back in high school got with this druggie woman who said the same thing. The drama from this botch was unreal. Eventually everyone split apart because she told him to

Sylvester_Sterone • 2 points • 22 September, 2019 11:03 AM

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Sylvester_Sterone • 1 point • 22 September, 2019 11:02 AM

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Sylvester_Sterone • 24 points • 21 September, 2019 10:48 PM

Has a hobby they are good at like quilt making Involved in committees Has a life besides you Healthy relationships with parents Has 1 or 2 drinks max Doesn't need social media

Hailie_Mathers 1 points 22 September, 2019 01:01 AM* **[recovered]**

Quilt making? Involved in committees?

Are you dating women from the 1950s?

Look_Ma_Im_On_Reddit • 17 points • 22 September, 2019 03:56 AM

Let's be real, we all wish we could

Sylvester_Sterone • 2 points • 22 September, 2019 10:55 AM

Depends on the location. Girls from Jersey we're more fun olive skin Italian party girls.

The college town I live in mostly has small town girls moving into a bigger small town. Some adopt the partying lifestyle and others retain their family values. Gotta vet the shit out of them.

A lot of these girls are attracted to older men. I'm 32 now but have been with girls in their early and mid 20s. Been lifting for 12 years and supervise preschool teachers while occasionally visiting college classes to talk about the program

MeansToABenz • 2 points • 22 September, 2019 04:44 AM

So so true, screw (most) modern hoes

superbad4life • 1 point • 22 September, 2019 01:47 PM

And most n-counts would be automatically halved...

But hey, men might actually be happy.

Sylvester_Sterone • 1 point • 22 September, 2019 02:47 PM

Depends. Small towns? Rumors fly like autumn leaves in the winds.

Sylvester_Sterone • 2 points • 22 September, 2019 10:39 AM

She's also on a committee and judges for a state beauty competition and I had her invite me to judge a couple of times too. Mostly high school senior girls 17 or 18 years of age. I was never alone with these people but I got the pleasure of asking shit test judge questions.

Sylvester_Sterone • 1 point • 22 September, 2019 10:33 AM

I see girls in the Midwest. Right now I live I. A town with a population of 14000. The girl I'm seeing in this town is from a place with a pop of 650.

She grew up doing 4H which is an agricultural club where where have competitions at local and state fairs. Competitions involve best pie making and quilts plus other shit.

I am originally from New Jersey

Hemingwinehouse 1 points 22 September, 2019 05:10 AM **[recovered]**

So you're the guy my grandma is hanging out with! Good to see RPer in my family.

Don't plate her please

Sylvester_Sterone • 3 points • 22 September, 2019 10:23 AM

Grannie Hemingwinehouse makes a mighty fine Crown Royal quilt.

equilibrium57 • 12 points • 22 September, 2019 01:10 AM

Lmfao

Fromstatepharm • 10 points • 21 September, 2019 10:19 PM

No need for external validation.

hedden93 • 26 points • 21 September, 2019 10:47 PM

I'd say no dependence on external validation.

FinancialThanks1 • 7 points • 21 September, 2019 10:24 PM

That's a sociopath

Fromstatepharm • 9 points • 21 September, 2019 10:25 PM

Less need? Lol

cluelessguitarist • 1 point • 22 September, 2019 03:37 AM

Shit i guess im a sociopath

ActiveGangMember • 2 points • 22 September, 2019 01:47 PM

depending on retards for self worth makes us sociopaths i guess. I can deal with this.

[deleted] • 7 points • 22 September, 2019 12:22 AM

Has a career and some actual life goals of her own. More than just getting married/having a baby i.e. her goal in life is more than just meeting a man.

Has significant gaps between relationships (is comfortable being single without constantly needing to be in a relationship).

Able to have her own opinions even if that opinion isn't shared by her friends/family.

Uniqueusername360 • 2 points • 22 September, 2019 01:53 AM

Enough confidence to trust your SO

daudirfan58 • 2 points • 22 September, 2019 04:45 AM

Has good relations and respects her father

ChiBron86 • 2 points • 22 September, 2019 02:04 PM

Aren't desperate for attention (not constantly flirting with guys, not super active on social media)

Willing to stand up for themselves without being a bitch

Don't feel the need to tear other people down in order to feel good about themselves (this is huge).

zboohlh • 2 points • 22 September, 2019 08:25 PM

It's something in the eyes, something in the smile. I've only ever seen it a few times in my life.

its4thecatlol • 6 points • 21 September, 2019 10:39 PM

A mark of a confident woman is that she does not respond to negs or half-assed compliments. Give a mild backhanded compliment. A self-assured woman will either call you out on your shit or, at best, respond only lukewarmly.

rawrlolrofl • 10 points • 22 September, 2019 03:04 AM

Yeah, low self-esteem women actually enjoy being degraded. high self-esteem women will feel an insult to their ego (healthy boundaries) and call you out on it.

PolesWithGoals • 1 point • 22 September, 2019 03:02 AM*

Only swipes right for males they rate as "10s" on tinder/bumble

Hemingwinehouse 1 points 22 September, 2019 05:12 AM [recovered]

Swipes on Tinder in front of you

wogzt90 • 6 points • 22 September, 2019 07:20 AM

This has happened at least 3 times to me in the past 2-3 years, and every time the girl has been a 4-5/10. Make of that what you will.

PolesWithGoals • 4 points • 22 September, 2019 08:52 AM*

At a nightclub in my college town one weekend, I was approached by a girl who proceeded to tell me to not talk to her. When I asked her why and she said "because you're ugly". I shit you not she was a solid 6

wogzt90 • 6 points • 22 September, 2019 09:07 AM

Wait she approached you and said that? What the fuck

I swear these average looking girls have more ego than 9/10's, especially in clubs or places where alcohol or drugs are involved

PolesWithGoals • 3 points • 22 September, 2019 09:09 AM

I mean I made brief eye contact with her because she was the first person to walk into the building after like half an hour, but yes. I have one more year left, maybe bars at the next city I'm in will have women who aren't egotistical bitches. But I just want to fully enjoy myself for at least a year

Pasta1776 • 0 points • 22 September, 2019 06:38 AM

Very low ncount 0-2

Isn't dressed like a whore

Rather traditional or at least understands roles

Good values

Isn't afraid to be feminine in all ways

Never questions your authority once established

W_O_M_B_A_T • 0 points • 22 September, 2019 04:26 AM

Who cares?

Copypastable • -2 points • 21 September, 2019 11:43 PM

She shoots her shot before you even think about it.