

# The TRP Field Toolkit - Part 2: Frame, Posture and Body Language

April 29, 2015 | 214 upvotes | by [NightwingTRP](#)

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**TL:DR - This is the TRP Field Toolkit. A more detailed guide to all the basics used in the field that will allow you to deal with the vast majority of situations which arise. The way I explain everything is the way I see it and how it has been working well for me including examples and links to additional reading. The first part of the guide covered [Attitude, Ego and IDGAF](#). This part covers Frame, Posture and Body Language.**

- Frame.

"Frame is an often subconscious, mutually acknowledged personal narrative under which auspices people will be influenced." - [Rollo Tomassi](#).

Controlling and holding the frame of your interactions is absolutely vital to being seen as a strong, high value man in the field. Frame is the reality of your world. Your underlying attitude will give off a vibe which influences the frame. You must be in control of it. The difficulty for many new members of TRP is spotting where frame is being tested or stolen by someone else. Whether that be by a woman or by being AMOG'd. On the simplest and most basic level, I would tell someone the best way to maintain frame is to consciously and actively make your own decisions. The woman has made a choice to enter your world and it's down to you to take her on a little tour of your world/life so she can see how cool and fun it is.

Setting the tone of your frame is about three things. Firstly, you are going to have fun and choose to enjoy yourself. She gets the privilege to come along. To achieve this, just use statements about what the two of you will do. Be assertive, but not rude. Second, [the frame of your interactions will be sexual](#). Blue jokes/sexual teasing early is the best way to set the right tone and let her know that this frame is sexual and you're not talking to someone you consider a platonic friend. Thirdly, touch her. (Not like that right away you twit! Unless you're in a club, in which case have at it. She'll slap your hand away if it's not welcome, so don't force it.) Break that psychological barrier early and make it very clear that the frame she's just entered will involve physical contact. A hug and a rub of her arms, taking her hand etc etc. Once frame is established, the woman has every right to leave if she so chooses. However, the truth is that women want dominant men who display value and they're **very** happy in such a frame because it allows them to act upon their natural femininity. It's a lovely, comfortable place for a woman to be when she's in the frame of a man she trusts and desires.

The frame I set tends to be uncompromising and this will occasionally backfire. (You will be called the asshole with a grin if the woman thinks you're within her SMV range. You'll be called it with a scowl for the same behaviour if she thinks your SMV is too high for her. Most women are like children and will throw tantrums if they think they're being denied what they're entitled to.) However, as [/u/TRPsubmitter](#) states: uncompromising > chump. Remember the attitude - IDGAFOS. ("I Don't Give A Fuck Or Shit" for the uninitiated.)

- Posture and Body Language

Posture is a well noted hack for increasing your SMV in a very short time. In simple terms: poor posture = weak man. Good posture = strong man. As you sort out your lifting regiment, make sure to research good posture and enact whatever exercises you need in order to fix any posture problems. [This post](#) was

particularly useful to me and prompted me to begin my research and targeted exercises. Remember to keep your posture corrected in the field!

Once again, in the field, you'll need to remember your body language at first. However, over time, it will become more natural. Chances are, if you've come to TRP after much failure with women, you were probably emitting the body language of a loser your whole life. [Start here.](#)

The simplest and most effective advice I can give to keep your body language dominant in the field is to remember to spread out. Two basic alpha positions will be used most often. Walking - head high, chest out, shoulders back. If you're still correcting your posture, lean back a bit while you walk. You'll be surprised how that impacts things positively. Sitting - back up straight, shoulders back (arms to the side if you can to take up more space), legs spread (your massive cock clearly needs room.) The more space you can take up, the better.

When performing actions - nicely paced, deliberate actions are the way forward. Avoid being timid at all costs. (Do, or do not. There is no try.) Beyond this, try to keep any resting body language (i.e. any body language which you're holding for more than a second or two) as open as possible. Eye contact should be maintained with anyone. You should try to ensure they always break eye contact first (unless you might end up walking into something.) Try to gain as much eye contact as you can with women. Eye contact in itself can produce feelings over an extended period, so never underestimate it as a really strong tool in your box. If you have trouble with eye contact, you need to force yourself to start doing it everywhere. When you're out shopping, when you're going to the movies. Whoever is serving you, get some eye contact. You'll become more comfortable the more you do this. (This has even made a difference in the way I am served at places, so do it!) Posture and body language are base game in my opinion. Your attitude will influence your frame and body language. Frame and body language will influence your behaviours.

[Additional reading.](#)

The next piece will cover Shit tests and Comfort tests.

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## Comments

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the\_red\_scimitar • 27 points • 30 April, 2015 12:16 AM

Posture tip that worked for me: Imagine you are wearing a cape (like Superman). Immediate good posture, measurably taller.

\_\_var • 3 points • 1 May, 2015 12:07 AM

Every time you walk through a door, remember to stand up straight. You walk through enough doors in a day that it should be frequent reminder to stand up straight, as long as you're not taller than most door frames.

Rhunta • 15 points • 29 April, 2015 11:16 PM

The way you walk can make a huge difference. Last year I started walking like I am a king, and everybody is walking in my kingdom. Men and women are noticing me more. I have a lot of eye contact, and it even seems that some people are scared of me (maybe cause I am black).

It is also helps when you are talking before a group. I have a children group in church and the boys are really looking up too me. They also are listening better when I am speaking, than when my female partner is speaking.

clone9786 • 4 points • 30 April, 2015 12:55 AM

If you are having problems understanding how to walk confidently, then think of how rappers walk. Subtract the crotch holding and gang signs, and since you're dressing well you probably don't have saggy pants.

If you don't follow rap, then just alternate dipping your shoulders down with each step. That should be enough to have some swag when you walk, but don't make it stupid amounts or else you'll just look ridiculous or very unbalanced. If you need an example, watch sons of anarchy and watch how jax teller walks when he's angry or around women.

dedom19 • 3 points • 30 April, 2015 02:12 PM

The Jax walk is probably over doing it. I almost can't take him seriously because his walk seems so "try hard". I get what you mean though. His air of confidence will probably work on most women but I think some people will view it as trying too hard and it may be harmful in exchanges with other dominant types.

clone9786 • 1 point • 30 April, 2015 04:19 PM

I thought of adding something like that but I took it out when I realized that if someone needs to know how to do it, they won't feel comfortable doing it the whole way. Rather have them doing less than Jax than looking timid and not sure about their own walk.

[deleted] • 1 point • 30 April, 2015 10:42 PM

Yup, Jax is waaay overdoing it, his walking swagger was the only thing that let me figure out instantaneously that it was the same guy from Green Street Hooligans.

PookIsLovePookIsLife • 1 point • 2 May, 2015 08:31 AM

I don't think you need a shoulder swagger to portray confidence. Great posture and a normal walk while making eye contact works well without risking coming off as a try hard. It's what I try to do, and I've had girls tell me I have a "swagger walk". It's just a normal walk with good posture.

ragerdat • 10 points • 30 April, 2015 03:26 AM

You guys talk about holding frame alot but ive never seen it discussed outside the interaction with women. I wish there was more info on this.

[deleted] • 3 points • 30 April, 2015 07:58 PM\*

Holding frame basically means living in your own reality. It means your thoughts and actions come directly from you, not from others. That's not to say that you don't consider the thoughts or feelings of others, but that information is analyzed by you and then acted upon. Having strong frame means you are not reactive, you don't unthinkingly respond to your environment. You respond to yourself, your thoughts, your interests, above all else.

If your frame is weak you'll get pulled into someone else's reality, where you'll just go along with them and their frame. Think of a group of male friends where one or two of them are the leaders of the group, and the rest are more like followers. Those leader sorts will largely define the direction of the group, what they do or talk about. Things ended up that way because the leaders held their frame the strongest, and the others entered their reality.

If you want a good example, watch The Godfather. Vito Corleone has unshakeable frame, and his son Michael's frame is nearly as strong.

krakosia • 2 points • 2 May, 2015 06:04 PM

A good contrast is Fredo Corleone. And a good example of good frame is also Tom Hagen.

AlphasEatBetas • 3 points • 29 April, 2015 11:00 PM

Posture is a well noted hack for increasing your SMV in a very short time. In simple terms: poor posture = weak man. Good posture = strong man.

This is extraordinarily important. Good posture is key for showcasing strength and confidence.

REDPILLRECKONING • 5 points • 30 April, 2015 12:59 AM

Alot of guys wont stand up straight because they're ashamed of their bodies. They don't want to showcase it, and they believe if they showcase it they'll get pummeled by some mysterious force from their childhood. It's important to realize that something as small as standing up straight with your chest out is as much a confidence building exercise as anything else taught to blossoming young youths.

When I first started working with a friend of mine to build his upper body, I noticed his posture started out pretty awful. But as time went on, he not only started puffing out his chest, he started checking out his arms in the mirror and smiling more.

unknowncitizen[ ] • 3 points • 30 April, 2015 03:12 AM

Another tip for keeping your shoulders back is to walk with your thumbs facing forward.

UprisingRP • -2 points • 30 April, 2015 10:21 AM

so.... instead of walking with our feet, we will start walking with our hands now! (of course while thumbs facing forward to keep them shoulders back)

scalentorn • 3 points • 30 April, 2015 08:50 AM

Just my two cents about the eye-contact thing, it can be misunderstood. You don't want to get into a prolonged eye-contact in a shady neighborhood or someplace dangerous, or at your workplace with women. It might get

you into trouble.

I have no problem with keeping eye-contact but sometimes I just don't ever look people in the eye whom I've no business with. It's useless and I usually have something else going on in my mind.

Carianus • 2 points • 30 April, 2015 06:36 AM

What about default face expression? Should you look more smiling and inviting or serious/superior?

zanxRP • 1 point • 30 April, 2015 07:28 AM

Amused/taking things lightly.

NightwingTRP[S] • 2 points • 30 April, 2015 08:09 AM

My default expression is bored/disinterested. I smirk often rather than actually smiling. I think one girl accused me of scowling all the time. She was still heavily into me so obviously it didn't seem to matter.

RedPillDad • 1 point • 30 April, 2015 11:51 AM\*

She was still heavily into me

Good point. That's the dissonance of calling you an asshole, but still wanting to fuck you, or, conversely, liking you, but giving the "LJBF" line.

iamokwithviolence • 1 point • 1 May, 2015 12:03 AM

My default face is kind of angry, "don't fuck with me" type of expression. It's cool when I walk and everyone goes out of my way, but it's more difficult to connect with someone because people genuinely think I'm mad at them, or that I want to fight them.

[deleted] • 2 points • 30 April, 2015 11:29 AM

If u start walking with a new posture, make sure u video yourself.

I've seen so many guys who are obviously trying to walk with good posture but have overcompensated and look awkward as fuck, pushing their chest out too far or whatever

lazypengu1n • 1 point • 30 April, 2015 10:36 AM

looking forward to the next chapter. these have been great to brush up on the basics and reiterate some points I've needed to work on.

[deleted] • 1 point • 30 April, 2015 08:04 PM

Collected posture tips:

- 1) Don't puff your chest out or up, so much as draw the shoulders back. It's more about the spine and shoulders than the chest. Act like there's magnets attached to your shoulder blades pulling them together at your back, and do stretches to loosen the front shoulder muscles (plus, it feels nice).
- 2) Chin slightly in to keep your neck strait. Don't over do this... use a mirror or stand against a wall. Your head, upper back, and tailbone should all be touching it.
- 3) Stop looking at the ground so much. It isn't going anywhere, and you aren't going to make a good profit with the loose change you find.
- 3) Don't "bounce" or "lumber" when you walk, but don't act like you have rigor mortis either. The former makes you look clumsy, and it means you aren't consistently engaging your balance muscles, while the latter makes you

look like you are on the warpath.

4) Work your glutes and abdominal muscles to keep your ass from tilting backwards. It's bad for your back, and in order to maintain balance, you are going to slouch forwards slightly.

[deleted] • 1 point • 30 April, 2015 10:40 PM

Once thing that helped me a lot with posture was, shoulders back and dick out, helped me a lot to avoid forward leaning while walking.

bsutansalt • 1 point • 5 September, 2015 05:29 PM

Here's an example of physical frame control I found on /r/socialengineering. He just straight up dominates the guy into leaving without getting violent or overtly aggressive.

<https://www.youtube.com/watch?v=pGwOZSrFayI>

IMO turn off the volume and watch the body language and the tons of arm and shoulder touching going on.

NightwingTRP[S] • 1 point • 7 September, 2015 11:10 AM

That's a very interesting watch, particularly given the physical difference in sizes.

ConfidenceMatters • 1 point • 30 April, 2015 02:49 AM

""Frame is an often subconscious, mutually acknowledged personal narrative under which auspices people will be influenced." - Rollo Tomassi."

I love RT's stuff, but that shit sounds hella nerdy.

Frame is just the *context* of the vibe/state of mind/situation that you impose on people.

MattyAnon • 1 point • 30 April, 2015 04:52 PM

I love RT's stuff, but that shit sounds hella nerdy.

Frame is just the context of the vibe/state of mind/situation that you impose on people.

Nicely rephrased to avoid sounding nerdy ;)

[deleted] • 1 point • 30 April, 2015 12:30 AM

Great reminders. Frame is so crucial, and it's foundation lies partly in posture. Walking without a slouch is so rare these days that you instantly stand out. A couple of things that I do to keep my posture in line is crossing my arms behind my back to broaden the shoulders, and stomach vacuuming to straighten my pelvis. It makes a difference in how you look, and how you feel.