

Feeling “Flooded”, overloaded with new RP information and scattered about my MAP. Suggestions to simplify?

February 5, 2020 | 5 upvotes | by [MentalPointOfOrigin](#)

I’m finalizing my MAP now and there just seems like there’s so much information available from all kinds of mediums, and I’m not sure how best to prioritize. A lot of the materials (like NMMNG) are so rich with life changing info that I’m not rushing through it.

Some concepts (like Dread , and Abundance Mentality for example) take me a few days to sit with and think about.

Even the MRP sidebar is a maze of links within links and I often get lost/sidetracked.

I realize there’s no MAP template as each one is different (even Athol’s description of the MAP in MMSLP is vague as to structure). But is there a preferred priority of reading, or any structure that makes sense for all?

Reading Lifts Relationship Dread Frame Abundance Mentality Career Plates Finances STFU DEER
Divorce Prep No Porn Game Agree and Amplify Amused Mastery Stay plan is the go plan

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Comments

HornsOfApathy • 33 points • 5 February, 2020 03:35 PM

There is literally a guide on the sidebar. Steel's guide.

is there a preferred priority of reading

Yeah, Steel's Guide

any structure that makes sense for all?

Yeah, Steel's Guide

becoming_alpha • 10 points • 5 February, 2020 05:34 PM

I can't upvote this loud enough. Steel's Guide is exactly what you're asking for. If you can't find what you're looking for in his excellent guide, you're not even trying.

InChargeMan • 7 points • 5 February, 2020 06:05 PM

Some people even say it's the best of all guides. People are saying it.

Cloudy_Pirate • 3 points • 5 February, 2020 09:18 PM

It has all the best words.

SteelSharpensSteel • 3 points • 6 February, 2020 01:35 AM

It's the guide I wish I had when I started.

Cloudy_Pirate • 1 point • 6 February, 2020 02:10 AM

How long ago was that?

so_woke_da_wookie • 1 point • 6 February, 2020 09:28 AM

Same here, i got it early. Great guide.

InChargeMan • 1 point • 6 February, 2020 01:56 PM

It's better than anybody knew it would be, even you. People are calling every day, "they just can't believe how it is the best ever".

SteelSharpensSteel • 4 points • 6 February, 2020 02:45 PM

I will build a guide to MRP--and nobody builds guides better than me, believe me--and I'll build it very inexpensively. I will build a great, great guide for MRP, and I will make Rian Stone pay for the guide. Mark my words.

InChargeMan • 2 points • 6 February, 2020 02:56 PM

Nice.

Oh, he's going to pay for sure, one way or another, he will pay...

so_woke_da_wookie • 1 point • 6 February, 2020 09:27 AM

True, they are the best words in any guide.

so_woke_da_wookie • 1 point • 6 February, 2020 09:26 AM

I heard that. All the people I know said it's a great guide. Perhaps, the best guide ever.

Sepean • 21 points • 5 February, 2020 04:36 PM

I've begun coaching non-red guys in relationship crisis and here's what I start them out with. It's not the end-all be-all of being alpha, but it is a strong starting point.

Communication won't help

She doesn't see your marriage as a partnership. She's not at the point where she will tell you honestly what you should do to improve the marriage, and she will not listen to or respect your wishes. She's using communication for control and improving her own situation, often to your detriment. Stop talking about your relationship, and stop listening to what she says about you and the relationship.

STFU and A&A are good responses to criticism and requests.

Understand dual sexual strategy

Understand the basic properties of alpha and beta.

Understand that women seek both alpha and beta. They usually only ask for beta, and many men have a self identity and a belief about how to fix relationship issues that fall in line with beta behavior. They will rarely if ever verbalize that they want you to be alpha, but only alpha will make her love, respect and be attracted to you.

Understand that all your behavior will be evaluated on how alpha and beta they are. Some actions like supplication is high on beta but negative alpha. Avoid those. Other beta behaviors like fixing shit in the house are high beta but neutral alpha. These are not a problem. It is the behaviors with negative alpha you have to avoid.

Don't be afraid to be alpha. Don't be afraid of her reacting with anger to your alpha behavior. It's just for show, to test your alphaness.

The basis of signalling frame

Think of your communication as being about signalling frame and alpha - not about exchanging opinions, facts or feelings. Think of her response as testing if your signal is honest or fake.

You show frame not just with your words, but also with your body language, decisions, actions.

RUCCE, the 5 basic traits you should aim to signal:

Relaxed

Unaffected

Confident

Cocky

Egocentric

bsutansalt • 3 points • 5 February, 2020 06:59 PM

The basis of signalling frame

This is effectively the same thing as how to handle shit tests. Underneath it all you're sub-communicating frame control.

Sepean • 2 points • 5 February, 2020 07:18 PM

Yeah, none of that is new. It is just what I saw as the most beneficial parts of MRP that would give the most insight, tools and seed for improvement in the first two sessions with someone with zero RP knowledge (along with some general advice on how to get out of the hole they're in). To give them a fighting chance until they learn more, and to begin growing.

bsutansalt • 1 point • 5 February, 2020 07:26 PM

That's fair.

[deleted] • 3 points • 6 February, 2020 04:51 AM

This is gold. If you'd like a more in depth take on alpha and beta behaviors as a concept, check out Rian Stone's videos and podcasts on YouTube. Beta doesn't equal bad, it's great advice from u/Sepean to avoid negative alpha behaviors. Also, no needy or omega type behaviors. Women fucking hate that, and they'll see you as weak and pathetic.

-TheFalcon- • 1 point • 5 February, 2020 10:41 PM*

Thank you for this do you have any material or that goes in depth about dual sexual strategy?

arm_candy • 5 points • 6 February, 2020 01:53 AM

OP says he's "flooded" with information and you chime in to say you're in the same spot. Then you turn around and ask for someone to throw even deeper knowledge your way. How the fuck do you need more info when you're drowning in what you already have? Did you read Steel's guide like the top-rated comment told you to do repeatedly? No. You decided to deepen your self-inflicted pit of data overload and ask for someone to spoon feed you because attempting to understand the basics would be harder. It's also not hard particularly to find more knowledge about the "dual mating strategy". You can literally put that phrase into Google and find relevant info. Hell, Rollo made his name writing about it. You're just too lazy to even try.

-TheFalcon- • 1 point • 6 February, 2020 03:06 AM

Your right just should've fucking googled it. Hope to see you in my OYS next week. Your breakdown of this fuckery was phenomenal.

threekindsoflucky • 3 points • 6 February, 2020 03:54 AM

Settle down.

so_woke_da_wookie • 2 points • 6 February, 2020 09:32 AM

Easy now.

so_woke_da_wookie • 2 points • 6 February, 2020 12:05 AM

Hey Oliver Twist, just do what he said till next weeks OYS before you ask for more.

<https://youtu.be/7tOkpntQtBM>

JoeBuckYourslf • 1 point • 9 February, 2020 09:50 PM

I wish you told me these things when I was a young man.

-TheFalcon- • 2 points • 5 February, 2020 04:58 PM

Thank you for posting this I am in this exact same spot myself.

Don_Draper27 • 1 point • 5 February, 2020 04:54 PM

Focus on the red areas of your MAP first. The book also has a list of priority to organize your problems (health and fitness are at the top). Re-read the book and **write shit down**.

Then once you know what your biggest problems are in your life, try and only study / practice principles and exercises that relate to that.

Ex: If you're a fat fuck but ok financially / socially / etc then you should concentrate all your fucks to losing the weight. Study fitness and health and spend all your free time either in the kitchen or in the gym. Once you've reached your goal weight / healthy body fat % then you can concentrate your fucks to the other areas of your life. Don't try to fix everything at once because then you'll just fail at everything.

Everything I've said is explained clearly in the book.

AlohaMaui808 • 3 points • 5 February, 2020 05:17 PM

Be explicit. You're talking about Kay's book *Mindful Attraction Plan*, while OP only talked about *MMSLP*. Two different books.

MentalPointOfOrigin[S] • 1 point • 5 February, 2020 06:28 PM

Thank you, I haven't read that one yet. Will start today.

arm_candy • 3 points • 6 February, 2020 01:58 AM

I don't think it's worth the bother. *Mindful Attraction Plan* was mostly a redundant book. It was explicitly intended to take the concepts in *MMSLP* and apply them more broadly, which is fine, except that it doesn't really contain anything new vs *MMSLP*. It's just not phrased so directly in terms of improving yourself to get laid.

arm_candy • 1 point • 6 February, 2020 01:55 AM

You sure he's talking about *Mindful Attraction Plan*? The MAP is a core part of *MMSLP*.

AlohaMaui808 • 1 point • 6 February, 2020 02:25 AM

Yes, because he mentions "red areas" and the red yellow green scheme is only talked about in MAP, not in *MMSLP*

arm_candy • 1 point • 6 February, 2020 03:46 AM

Interesting. I could have sworn that this was in *MMSLP*. I read them back to back so I guess I got them muddled together more than I realized. Maybe there's more value in the MAP book than I'm remembering then.

AlohaMaui808 • 1 point • 6 February, 2020 04:34 AM

I had to go back and double check myself. The lag between your last reply and mine was spent skimming *MMSLP* to be sure I wasn't mixed up myself. I also read them back to back

RoccoPinkman • 1 point • 5 February, 2020 05:56 PM

It's not university, just make a start and don't take it so seriously, by that I don't mean don't make effort but there is no degree in 'Alpha' at the end and everyone's journey is different.

Non_Merger • 1 point • 5 February, 2020 06:45 PM

Start simply by: STFU, Lift, & Read.

testzxcvb • 1 point • 5 February, 2020 08:20 PM

This is what I've also been told today in my first OYS. Easy to be overwhelmed, so start with the 3 basics. Makes sense.

Octellius • 1 point • 6 February, 2020 05:56 AM

The more established guys will have fun answering your question because it's been asked again and again for years.

They are correct, the information IS there, but it's not in the form that an absolute beginner can absorb. I'm what 4ish months in and keenly remember the mix of anger and giddy excitement when I came across the 12 steps of dread. Finally an action plan with concrete steps.

Even MMSL is not really a solution. It has a bunch of useful tips but it depends on where you are starting as to how much it'll help, and having read a fair amount of MRP, TRM and the sidebar now I kind of see MMSL is a bit purple pill. It's a very gentle introduction.

The answer you are looking for takes time for you to develop on your own. The 'sidebar' is more like a set of encyclopedias. It might have all answers to all problems, but it's not a Q&A format, it's more like a bunch of case studies for you to try and reflect upon.

First up lift (for most). This implies you'll get your testosterone up. Either TRT or natty (www.anabolicsmen.com, 50 basics). Once your T has recovered your BF should decline and muscle mass will start building. First 3 months put on 0kg of muscle, and lost 7kg of fat in the first month, then nothing after. Month 3 to 4 ish after a concerted push on T supports, I added 1kg of muscle and dropped 2 fat and my lifts are really starting to move now.

During this time read. I suggest rational male, 'best of years' web articles. I'm only just now getting around to the book. What else? No more Mr Nice Guy and When I say No I feel Guilty. Just like the guides say. Put yourself in the position of every case study to see how it fits.

Remember, the goal here is to strip you down and rebuild a better man. You need to generate the objectives yourself. the MAP sort of helps with this, but until you have covered the NMMNG and WISNIFG material it's hard to assess what to change first and you get sucked in to the idea that you can just do everything at once. Count on having to go over the material at least twice. You need to not just understand it, but make it the dominant mode of thinking.

So, Lift. Eat right. Depending on your body state this will take at least months to start getting good results. You have plenty of time to understand dread and all of the communications indicators that assert natural dominance. Don't bother rushing it. Not only will that fail, but you'll be pissed off that it's not getting instant results and behave poorly(rambo).

Once you have started your initial assessment. You'll be encouraged to post weekly or something in the r/marriedredpill OYS thread. I have not yet started this as I wanted to cover the basics first and not be one of the fools running flak for the establish guys to take easy pot shots at.

AlohaMaui808 • 2 points • 7 February, 2020 08:04 AM

post weekly ... in the ... OYS thread. I have not yet started this

"because I am afraid of having my ego based bullshit exposed"

You didn't write that but it's the real reason you haven't started yet, no matter what you rationalize in your own head.

You don't grow muscle best by reading about lifting and playing around with it here and there.

You grow muscle best by hitting the heavy weights hard, focusing all your energy there to push past your "limits" and of course by eating right and sleeping.

You don't grow a better mental model by reading about better mental models and playing around with it by yourself.

We all have huge blind spots, especially in the beginning.

You grow by having those blind spots pointed out to you by objective third parties, so you can fix them. (Or not and keep being a faggot)

Guys are able to expose those blind spots to you because you don't even realize it but how you write your OYS, the words you choose to describe things, etc, says a lot more about your mental model than most beginners realize.

TLDR; You might be able to make decent progress the first 1-3 months without posting in OYS simply because there is a lot of sidebar and a lot of books to read and internalize. But by the time you're at month 3 at the latest you better start OYS weekly or you're going to be going down the wrong path with your own misconceptions about the material that will cause major delays and set backs later.

Octellius • 1 point • 8 February, 2020 10:03 PM*

You're probably right.

Nmmng and wisnifg taught me that my dependence on being right and never being called out as wrong is a weakness. In the past this created in me a need for perfection or deering. I'm thin skinned and prickly, faggot shit.

I did write up an oys0 post, twice and both times I decided that I knew exactly what would be said because my situation is so bog standard. I see every second newb with the same problems. Started as BP beta, turned to deadbedroom. Lift and sidebar.

Low T in a country with just about no TRT was my biggest obstacle and it set me back by at least 2 months in terms of physical progress. I kept changing diet and supplements until I found something that worked, which was only recently.

I'll write that oys0 (starting state) up again and get on to goal setting.

Also, kind thanks for your considered reply.

so_woke_da_wookie • 1 point • 6 February, 2020 12:48 PM

I have not yet started this as I wanted to cover the basics first and not be one of the fools running flak for the establish guys to take easy pot shots at.

Nope. OYS weekly from the get go. You're late. Everyone is saying it. People are starting to talk. People are saying you've missed 4 months of crits. Get to class, theoryboy.

UnbreakableFrame • 1 point • 6 February, 2020 07:27 PM

The simplest way that I can put it is this: treat your personality like you are reformatting a harddrive. You are overwriting everything and starting fresh. Don't pick through your character for the "good bits". Just flush it all. Be prepared for the long haul. You are rebuilding yourself from scratch. Read the sidebar literally in sequential order and lift.

Keep your mouth shut. There's nothing you can say that will make you more attractive. If done right, this can be incredibly easy. Guys here just make it hard by constantly running their mouths.

Do what you plan on doing. Make a plan and follow it. If she tries to deviate you from your plan, calmly, politely, amicably, even playfully say no. Keep on keeping on.

Lastly, and an enormous amount of guys miss this one, don't be a loser. When I say delete yourself, I mean it. If you are an alcoholic, addicted to porn, a gamer, smoke weed, or do anything else that's pathetic and weak, you will not succeed. Delete your shitty addictions and negative traits along with your good.

You will slowly start developing a real character. Give it time. Let it occur naturally. Don't be angry. When she treats you badly, just roll with it. When you are a fully realized man, she will either stop or you will find someone else, but you aren't there yet.

tightsleeves • 1 point • 7 February, 2020 02:57 PM

If you try to take the Redpill as some diet... where you decide "Tomorrow I am a vegetarian" you are going to FAIL because you will be hungry in the kitchen and not know what to cook... nore have the ingredients if you wanted to cook.

This is a slow process.. as slow as building muscle will be.

Your goal is to focus on the priorities and do those first.. make them a habit, and keep adding more as soon as its sustainable habit. Again, just like lifting you increase your weight as soon as you can