

Found MRP? You do you - or why you don't have "frame".

December 29, 2020 | 87 upvotes | by [HornsOfApathy](#)

All this shit that you're trying to do - sidebar, pass shit tests, learn about how you're one day going to be a former nice guy, or the fact that the babysitter is pregnant.... none of this shit matters. Unless you do you. Running some day game and getting a number. Or, if you're at the gym, just learning how to squat and wondering why a plate seems like it's far off in the distance... none of that shit matters. Unless you do you.

And one day when you've got your shit mostly figured out, can regularly lift what it is you want to lift, and that sends shockwaves of good feelz in your life about how you feel about yourself.... none of that shit matters. Unless you do you.

Unless you work - not meaning the machine actually *doing work* - but the sum of all it's parts, firing in order, to a wonderful cadence conducted by YOU... can you rationally make decisions about all that other shit going on in your life. None of that shit matters except you right now. **Because you're not you. You are not the man you want or will be.** You're some shell of a man masquerading like a retard on the outside pretending to be a man. You don't even know who you are beyond that layer of bullshit. And you certainly don't know what you fucking like or dislike beyond it.

You do not work *towards* being you. This is what we call "frame". You either have it (you), or you don't. You must do you.

You don't know who you are, dude, and that means you have NO frame.

How the FUCK do you care about anything else but that?

You, in fact, have no idea how to fuck a woman. But you come here to find out how to turn her into a submissive sex-machine who will suck your cock three times a day and beg for you to cum in her pussy at night. That's what you wanted - for your wife to fuck you, and like it.

Every single man that came through MRP and figured it out learned that none of that shit mattered. He knew that eventually becoming the man internally that he knew himself capable of being - and working always towards it celebrating the wins along the way - that was a man that would be fucked by a woman like that. Because if he was internally capable, he was externally capable.

This is what the pickup world called "Inner Game". You have zero. But that's ok. That's what us guys at MRP like to trade notes about here a lot. Or at the very least make fun of other retards.

So stop worrying about how you're fucking her, when you're going to fuck her, or if you will ever fuck her again. It doesn't fucking matter. Not anymore. None of it matters. Unless you do you.

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Comments

redpillruminations • 42 points • 29 December, 2020 04:06 AM

MRP is about trying, failing, continual learning. Daily, at first. Then, as you progress to a certain point with consistency, the easy wins disappear. But you train your mind and begin to notice the slow shift of the glacier. You aren't spinning out of control, shit tests become easy and fun. You see your wife (and women) for who they are - riding waves of emotion. Sex happens or it doesn't. Your wife doesn't matter. When you make it, you know your value and that you can share it with others at will. That's attractive.

You start peeling back the layers and finding out who you are truly supposed to be, without the bullshit of seeking validation through external sources. You just...be. That's where the real progress is. There is so much focus at first on power dynamics and sex, you get blinded by these barometers of progress. You think BPP is a god when he's full of covert contracts, and it gives you a false sense of entitlement. At some point you realize none of that shit matters. You're alone spinning on this rock and you're here to do whatever it is you want, or need, to do. You're responsible for yourself and yourself alone.

I've been taking a break to just unplug a bit and recalibrate. It's been eye opening. I'm a value leech in this community but I'm putting on my oxygen mask and getting my shit right. I will give back when I have value to share. I still fuck up, a lot. I'm helping a buddy through the same stuff I went through and it's incredible to have the playbook. You begin to smell bullshit so fast, laser through validation seeking behavior, and can grasp almost immediately where someone falls on the spectrum. I'm still working through being annoyed by lame, blue pill guys in my life, mostly because I know the struggle too well and want them to be better. The world is full of blue pill losers. The only thing worse is butthurt purple pill guys with just enough knowledge to self implode. I know because I've been that guy.

You don't want to be here on OYS 60 with absolutely no idea why your dancing monkey routine isn't working. You're probably way worse off than you think. I read the same post week after week. TRT isn't going to fix your fucked up life. Your fat wife isn't the problem.

MRP gives you the manual but you have to apply it. I've heard veterans mention a success rate of 5%. It's probably even lower given lurkers. But I'm on my way, and you should put in the goddamn effort to succeed too. What else are you living for if you find this gold and don't invest it?

You have to take the knowledge of the sidebar and figure out your weak points, find ways to apply shit and make real progress. Internalize the material to the point where it's second nature. Reprogram your thoughts when you're anxious, weak, critical, to say "I'm confident in how I interact with the world."

Once you make the shift - really believe in yourself, your progress, your value, real change can occur. You see the world around you cater to your vibe.

Fuck your feelings and your fake ego. Fuck your self-conscious cycles. Fuck posting in OYS for a gold sticker. Fuck your covert contracts. Fuck your family's beliefs. Be you. Be confident in yourself, your value. If people around you drop off, so what? That's how you have real frame. Because nothing else matters. And frame really is everything.

Blarg_Risen • 8 points • 29 December, 2020 01:22 PM

LMAO this MF slipped a BPP jab in. Take your upvote.

Manful • 1 point • 29 December, 2020 11:23 AM

I'm still working through being annoyed by lame, blue pill guys in my life, mostly because I know the

struggle too well and want them to be better.

Yes ... I see this ... it pisses me off cause that used to be me ...

business---travel • 28 points • 29 December, 2020 03:18 AM

None of it matters. Unless you do you.

They come for the sex and leave with self-actualization.

5ive_Rivers • 9 points • 29 December, 2020 05:38 AM

They came for the sex and stayed for the self-actualization.

cluelessguitarist • 9 points • 29 December, 2020 04:05 AM

Self-Actualization is the only thing that matters, everything else is secondary.

Sepean • 7 points • 29 December, 2020 06:03 PM

It's rare that I disagree with you, but this I don't see. While inner game is the end goal, you can't beeline for it, and it is not what newbies lack. Newbie "inner game" would be poorly calibrated to the realities of attraction and going for would give poor results. Lots of men are confident, know what they want and go for it, without being attractive at all - plenty of the new "autists" here fit that bill.

The process is first you learn the insights and develop the technique, then you master it, and from there it integrates with your identity and that becomes strong inner game. You can't take a shortcut, and "knowing what you want and who you are" certainly isn't the way.

A metaphor would be when I started doing MMA and had to learn a double leg takedown. Basically you hug the opponent below his hips, lift him and tip him over. You need to get your shoulders to his hips, and before he can counter it, so you have to be fast. When I started doing it, I wanted to dive straight for his hips, it was the shortest distance and seemed the fastest. However, the right way to do it is to first lower yourself and then from a low stance drive forward. Going down then forward *is* slower than just diving, but it means all of your momentum is going forward when you hit instead of having a lot of it going towards the floor. It seemed so slow and awkward at first, but now I know the technique and have seen it work it feels powerful while diving feels retarded.

It's the same with MRP and frame. I'm still a guy who thinks rationally. I like to discuss and argue the facts. When someone says something wrong, I want to pick it apart.

But when a girl shit tests me, I treat it like a shit test instead. It feels fun and natural, because I know how it works and like doing it and the result is enjoyable.

But if women responded well to rational analysis and arguments, I'd choose to engage with that. But the idea that we can be who we are and that'll work is a fiction. We must adapt to reality, and cultivate an identity that is congruent with it. The space of effective interactions with women (or fighting, or leadership, or coding software, or anything really) is very narrow.

HornsOfApathy[S] • 3 points • 29 December, 2020 06:15 PM

I don't think we're that far apart, good comment.

You suggest learning the tools or technique is important and I agree. But the application of those tools or techniques (rationally or irrationally) need to have a *purpose* so you're not just randomly trying to do double leg takedowns. It's calibrated.

I believe it is calibrated to your inner-self. Whatever good or bad you have inside of you is going to be aired

and exposed when you respond to that shit test externally. Without figuring out that stuff, everything else you do would be incongruent. Butthurt? Why? DNGAF? Why?

But the idea that we can be who we are and that'll work is a fiction. We must adapt to reality, and cultivate an identity that is congruent with it.

Absolutely 100% yes! But how would one adapt themselves if they knew nothing of themselves?

Lots of men are confident, know what they want and go for it, without being attractive at all - plenty of the new "autists" here fit that bill.

Those guys are full of bullshit and I think we all do a reasonably good job of pointing it out to them. I'd like to say I didn't intend the audience of this post to be these guys but you make a really good point.

What might be a better way to get them to see that this facade of ego and a spot of 'tism is getting them no closer to mastery of *any* game?

Sepean • 4 points • 29 December, 2020 11:18 PM

I don't think we're that far apart

We're not.

I think the core of it is that what you're talking about is what takes you from good to great. When I was doing coaching I had something similar as the "end goal".

The question is, does it work for someone who haven't grasped the fundamentals?

I believe it is calibrated to your inner-self. Whatever good or bad you have inside of you is going to be aired and exposed when you respond to that shit test externally. Without figuring out that stuff, everything else you do would be incongruent. Butthurt? Why? DNGAF? Why?

I've been thinking about it some more, and I think the key here is that there a few different reasons that men failed.

Some guys have been weakwilled and supplicant, and their lack of direction could be the major thing that changed. Of course they couple it with the MRP skills and insights and we can discuss how much that mattered compared to discovering themselves and what they wanted, but that and that they can pursue their own goals and that it can even improve their relations is a major breakthrough.

Someone like me, it was different. I always knew what I wanted, and always went for it. Most stuff has been easy for me - you want something, you learn how to do what it takes, and go work for it, and most things have honest feedback loops. "Romantic relationships", when you try to learn it you get fed bullshit, and the feedback loops with your girl are deceptive and counterproductive. I never lacked frame, I failed because I lacked insight and skill. My tryhard approach only led me to becoming more beta, until I found MRP.

As a hammer, I might be seeing nails everywhere. I can certainly recognize men who practice technique and struggle with the idea that he's doing this for himself, and not just to make his wife happy. It is something that I've called guys out on too.

You touch on it too in your reply too - I think when given a concrete situation, we see close to the same. But when talking about it broadly, we overgeneralize and do so in different directions.

What might be a better way to get them to see that this facade of ego and a spot of 'tism is getting them no closer to mastery of any game?

They need some humility, so they can begin learning. It's hard to get through to guys like that. We usually tear them a new one.

HornsOfApathy[S] • 2 points • 30 December, 2020 02:24 AM

Romantic relationships”, when you try to learn it you get fed bullshit, and the feedback loops with your girl are deceptive and counterproductive. I never lacked frame, I failed because I lacked insight and skill. My tryhard approach only led me to becoming more beta, until I found MRP.

This is very important to point out. This too is probably how I arrived at MRP. Nothing devastating, just a will to improve my life and finding this place rewrote my definition of what a nail actually *is*.

I was a skillful hammer choosing to nail the wrong nails - the ones that didn't matter or should exist. Much like my "problems".

My presumption is that most of the discovery is done in the sidebar to re-learn what a nail is, and a new approach to banging shit.

The application of that approach should create better positive feedback loops.

I think those are the fundamentals - having the sidebar knowledge.

[deleted] 29 December, 2020 10:42 AM

[deleted]

HornsOfApathy[S] • 5 points • 29 December, 2020 12:59 PM

weak feeble joke of a man who won't stand up for himself.

Unless she's a lesbian, she doesn't enjoy fucking a pussy.

prometheus_wincel • 2 points • 29 December, 2020 06:04 PM

on the other hand your family give you shit for letting your step bro put his Dick in your mouth (thrice)

Uhh, what?

HornsOfApathy[S] • 4 points • 29 December, 2020 06:57 PM

/r/askmrp delivers everytime.

[deleted] • 1 point • 11 January, 2021 09:56 PM

@ me bro. You've been on here for over two years with 7 half assed OYS but a lot of advice to give it seems. I'll take what you got.

[deleted] 11 January, 2021 10:06 PM

[deleted]

[deleted] • 1 point • 11 January, 2021 10:18 PM

Ya OYS isn't for everyone. That's convenient isn't it? I get why the moderators don't say shit to me, I'm nobody. I just thought it was funny, you could've said that shit directly to me and I could've benefit from your perspective but right on.

hopeunseen • 1 point • 29 December, 2020 04:21 AM

You're some shell of a man masquerading like a retard on the outside pretending to be a man. You don't even know who you are beyond that layer of bullshit. And you certainly don't know what you fucking like or dislike beyond it.

So true. Nice post for the newbies & those of us who need some reminding. Cheers

MTCicero8 • 1 point • 29 December, 2020 03:49 AM

I couldn't agree more. very well said, this needs a sticky.

Blarg_Risen • 1 point • 29 December, 2020 01:25 PM

Inner game

So is the great debate settled then? Inner game v outer technique?

oooKenshiooo • -3 points • 29 December, 2020 03:44 AM*

Quality post. made me realize how far I have come.