

Body Language, Social Dominance and TRP

August 18, 2015 | 153 upvotes | by [The_Titleist](#)

Summary:

It is said that communication is [55% body language](#). Chances are that as a former beta you carry yourself like a submissive bitch. Retraining your body to project confidence is the most important thing you can do for yourself.

Body:

You have swallowed the red pill and are now in the process of improving your life. This is good. Allow me to be among the first to welcome you into a world that has been shielded from you for your entire life. If you are like most, then the first six months of this journey will be the hardest. You are going to the gym, you are reading everything you can about masculinity and game, you are re-evaluating your friends and family, and you are phasing out everything in your life that is non-essential as you find yourself for the first time.

Now that you are armed with knowledge, it is time to go out and conquer the largest obstacle of your life thus far, women. However, the results don't come right away, why might this be? **You are still projecting the nervous beta your former self was.** Referring back to [this study by Reina Lopez-Ozieblo from Honk Kong Polytechnic University](#), 55% of all communication is nonverbal. If this is true, then your weak body language has already lost the battle for you. She will never see you as an alpha worthy of submission but rather an ATM for when it's time to settle down. This is why the lame pickup lines you have always heard work for the alpha men, no matter how cheesy they are.

What are you doing to project such weakness? Odds are you have no idea as weakness has been forced on you since you were a child, so here is a chance for some real introspection. I want you to observe closely at how these two men look [example 1](#), [example 2](#). **Who would you trust with your life?** This is what you must focus on because primally women seek protection. What makes James Bond so powerful is that [he is not afraid to claim his territory](#). The first thing you must understand about dominant body language is that you cannot be afraid to claim your space. Evolutionarily speaking, our limbic brain is hard wired to always protect us. The man in [example 2](#) is threatened, you can see that by how he is making himself small, using his arms to block himself from attack. By claiming your territory, you are sending a signal subconsciously that you are unafraid of attack, confident, dominant. Women only seek alpha men because they show that they can protect them and their babies. Now look back on your interactions with women, or men, or anyone for that matter. How were you standing when you had a positive interaction? A negative one?

In addition, there is a physiological link between dominant body language and your endocrine system. [This study](#) conducted at Columbia and Harvard University correlated behavioral and neuroendocrine changes with body language. For example, [power poses](#) held for a mere two minutes resulted in greater than 20% increase in testosterone levels. With this knowledge we can determine that **your weak body language is literally making you a pussy that nobody respects**. Women will respond to somebody who will protect her from danger. High testosterone and high confidence in body displays will subconsciously prime her to get wet for you.

Luckily the cure for your weakness is simple, you just have to commit to doing it. Stand up straight and take control of your territory. When that HB8 over by the bar eye fucks the shit out of you because you're so self-assured and confident, demanding respect as a result of your inner strength, **you'll have already**

done most of the work before you ever say a word to her. See how your interactions change.

References:

- Carney, D. R., Cuddy, A. J., & Yap, A. J. (2010). Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance. *Psychological Science*, 1-6.
- Gilly, M. C., & Griffiths, M. A. (2009). A Typology of Consumer Territorial Rudeness. *Advances in Consumer Research*, 1-2.
- Lopez-Oziblo, R. (2013). Reflections on the Use of Nonverbal Communication in teaching Spanish to sino-speakers. *Revista de Lenguas para Fines Específicos*, 20.

Conclusions:

- Act like a bitch, you will get treated like one.
- Win the battle before it starts, if a woman sees you weak before you say a word to her, you will never have success with her.
- Start monitoring how you carry yourself throughout the day. If you carry yourself with dominance you will be dominant.

Did you like my post? Read my blog: AlphaAsWhat.com

Archived from theredarchive.com

Comments

[deleted] • 59 points • 18 August, 2015 05:34 PM

Being conscious of my body language is one of the most important things I've taken from TRP. When I start to feel anxious, I can feel my body pulling together, trying to get my arms to cross and protect myself. I make a conscious decision not too, but to keep my posture open. Makes all the difference.

wiz1six129 points 18 August, 2015 08:35 PM* **[recovered]**

Good advice. Everyone should know that body language could translate to a literal action of "**holding frame**".

A few examples:

- 1.) Stand up straight with your chest out; don't slouch. Your voice will be deeper, which registers as more testosterone in the female mind.
- 2.) When walking into people, avoid changing your path, stand your ground and make the person who didn't pay attention to change their path. **I love doing this**. No more shuffling between me and another person about who makes way for who.
- 3.) My favorite, practice biting your lower lip in a seductive, yet fun fashion. *Get over your shyness and look in the mirror and PRACTICE! Don't overbite*, I would say only 1/4 of your lower lip should be bit. Biting your whole damn lower lip looks ridiculous...*ANYWAYS*, This helps you demonstrate that you are sexual and know how to have fun. I love doing this right after I say something suggestive or has a double entendre; she will be so turned on. **BONUS POINTS: If you're feeling extra ALPHA, raise your eye brows after the suggestion**
- 4.) Lastly, don't be afraid to make eye contact. If you don't like to make eye contact just focus in their nose or eyebrows. Avoiding eye contact is beta and a sign of weakness.

These are just a few, please don't hesitate with input, I'd like to hear what other TRP men have succeeded with!

Olipyrr • 9 points • 19 August, 2015 12:25 AM*

This comment has been overwritten by an open source script to protect this user's privacy. It was created to help protect users from doxing, stalking, and harassment.

If you would also like to protect yourself, add the Chrome extension TamperMonkey, or the Firefox extension GreaseMonkey and add this open source script.

Then simply click on your username on Reddit, go to the comments tab, scroll down as far as possible (hint:use RES), and hit the new OVERWRITE button at the top.

Also, please consider using an alternative to Reddit - political censorship is unacceptable.

trppr • 2 points • 19 August, 2015 11:44 AM

You would be amazed how willing people are to walk into people who are way bigger than them. It's like they dont even care about being knocked over...

Olipyrr • 1 point • 19 August, 2015 01:03 PM*

This comment has been overwritten by an open source script to protect this user's privacy. It was created to help protect users from doxing, stalking, and harassment.

If you would also like to protect yourself, add the Chrome extension TamperMonkey, or the Firefox extension GreaseMonkey and add this open source script.

Then simply click on your username on Reddit, go to the comments tab, scroll down as far as possible (hint:use RES), and hit the new OVERWRITE button at the top.

Also, please consider using an alternative to Reddit - political censorship is unacceptable.

wiz1six15 points 19 August, 2015 01:24 AM [\[recovered\]](#)

1. Sounds like you're from a bustling city such as New York. In that case, yes you are right, moving out of the way would be much more efficient.
2. Otherwise, if you aren't in a hurry to get to a meeting/work/date., you should just stand still when you are about to collide within 2-3 seconds. By the time they get too close, they should look up from their phone and realize that they are being unaware of their surroundings, which is very dangerous. Some people need to learn to look up from their phone and stop scrolling through endless Instagram photos.
3. If they don't look up, gently put your hands on both their shoulders and say "Whoa, excuse me!" I assume this should be fairly easy if you are over 6 feet tall. Anyone under, it would be an awkward situation, so don't put your hands on their shoulder. Unless, it's a cute chick, then a perfect opportunity for some kino..

BAM! There ya go, keeping frame and picking up a girl at the same damn time, *whoa*.

Olipyrr • 10 points • 19 August, 2015 01:30 AM*

This comment has been overwritten by an open source script to protect this user's privacy. It was created to help protect users from doxing, stalking, and harassment.

If you would also like to protect yourself, add the Chrome extension TamperMonkey, or the Firefox extension GreaseMonkey and add this open source script.

Then simply click on your username on Reddit, go to the comments tab, scroll down as far as possible (hint:use RES), and hit the new OVERWRITE button at the top.

Also, please consider using an alternative to Reddit - political censorship is unacceptable.

CobaltapplePi • 2 points • 18 August, 2015 10:54 PM

I feel fairly confident with your points/examples but eye contact can really catch me out. Any advice on improving ones eye contact?

Olipyrr • 6 points • 19 August, 2015 12:29 AM*

This comment has been overwritten by an open source script to protect this user's privacy. It was created to help protect users from doxing, stalking, and harassment.

If you would also like to protect yourself, add the Chrome extension TamperMonkey, or the Firefox extension GreaseMonkey and add this open source script.

Then simply click on your username on Reddit, go to the comments tab, scroll down as far as possible (hint:use RES), and hit the new OVERWRITE button at the top.

Also, please consider using an alternative to Reddit - political censorship is unacceptable.

wiz1six110 points 19 August, 2015 02:13 AM [recovered]

I don't count seconds like what /u/Ashwang suggested, because eye contact should become a thing of habit.

Here, this is what I want you to do because this is how I overcame my anxiety with eye contact:

1.**PRACTICE!** Practice on strangers and make sure they're people you're not as attracted to. This makes it easier, no sexual tension. I did this with people that work the registers at McDonalds, not to be offensive, but I rarely find a cute chick behind a counter at McDonalds. It'll get easier as you move onto people you actually find **attractive**.

You can even move up on the ladder in the fast food service. I would say Starbucks Barista's would be a good 2nd step, LOL.

2.Keep in mind to also break eye contact when necessary.

For example: when a girl asks me a question, roll my eyes up, like as if I'm actually looking into my brain to see what I want or even recalling a faint memory.

NO HEAD MOVEMENT, eyeballs only for the above body language. You'll look kinda dumb if you actually have your head cocked back at the roof/sky.

Squint your eyes and moves your eyeballs side to side when you have feeling of uncertainty in the situation whether you are asking a question or giving a response. Good time to do this is when "Oh really...?" is said.

Step 2 can be very subjective depending on the type of person you are. My 2 above examples are my personal habits. I have no idea how many other people do it or even agree with what I say. It's just what *I* do. Which leads back to my first statement, how body language/eye contact should be come **YOUR** habit and you can only develop it by practicing.

3.Don't stare into them like you've found a unicorn. Thrust that thought out your mind. The only thing that you should be concerned with is, "Oh, she's just another girl". There's TOO many people on this damn planet to get caught up with one. This leads to an important vocab of TRP, **Abundance Mentality**. I can't stress how important that mentality is. Live it, apply it, and become TRP.

Manmore • 2 points • 19 August, 2015 09:10 AM

I've worked behind the registers, and it was a great experience.

The customers are coming *to you*, meaning that they're entering your territory and ask you for stuff. No chance of them wanting you out of there. This gave me some situational confidence and allowed me to relax and hold eye contact while they told me what they wanted.

Lot's of young cuties everyday.

Ashwang • 3 points • 18 August, 2015 11:18 PM

Mentally counting to 4 before looking away is a good way to assure making a good amount of eye contact with a person. Try not to break eye contact until they do first.

NihilMomentum • 2 points • 18 August, 2015 11:50 PM

Or looking at their eyes until you figure out the color, but always after they break eye contact. On a side note, what about putting the hands in pockets when walking or standing?

CobaltapplePi • 1 point • 19 August, 2015 07:30 AM

Look at the James bond picture as an example, his one hand is in his pocket, I think it can be

acceptable in certain scenarios but I reckon its best to avoid hands in pocket whilst trying to improve your body language.

TruthNotFeelings • 3 points • 19 August, 2015 12:44 AM

Something I've been doing a lot recently is just looking into the eyes of everyone I walk by while maintaining my path. It's funny to see how people change direction and drop eye contact first.

CobaltapplePi • 1 point • 19 August, 2015 07:41 AM

Seems intimidating although I've tried something similar before. I might give it a go today on my way to work

Moldy_Gecko • 1 point • 19 August, 2015 07:40 AM

Just try to make contact with everyone... In the car, on the street, at the grocery store, at the convenience store, everywhere. After you've tried, move on to keeping eye contact with them until they break contact. You'll find it's easier to do with women than men. After you get doing it with women down, work on doing it with men (this is dominance, not sexual).

CobaltapplePi • 1 point • 19 August, 2015 07:44 AM

Sounds good, I'll try it on my commute to work today

garlicextract • 0 points • 20 August, 2015 07:44 AM

The lip bite #3 is a pretty feminine thing bro

The_Titleist[S] • 13 points • 18 August, 2015 05:41 PM

Thats right. This is a perfect example of "fake it till you make it". By consciously creating powerful behavior, you in essence avoided what could have been a negative mental state.

-Quotidian • 4 points • 19 August, 2015 04:22 AM

What do you have to be afraid of?

I don't mean that as a literal question: I mean that if you've been lifting, know how to fight, and know how to not step on your dick (fuck up) then you don't really have anything to be afraid of.

"Ah," someone might argue, "it's not so easy to let go of your fear."

Let's start with the obvious: what *is it* you're afraid of? People scowling at you in irritation or disgust?

Someone laughing at you and making a cutting, but accurate remark about something you're self-conscious of?

Scowl back. If you've been lifting, that's usually the end of it: otherwise they're an asshole and their opinion isn't worth much, or they're not pissed about anything *you've* said or done, or they're trying to pick a fight and you should display that you're willing to defend yourself.

If someone makes an asshole remark, Agree and Amplify, roll your eyes and ignore them to focus on what you're doing, or make eye-contact and challenge them as is appropriate for the setting. Never appear angrier or more emotionally invested than they are. Calmly and rationally call them out. If they're right, laugh it off and correct whatever it is *they* called *you* out on, but don't draw any more attention to it.

Learn the signals. Use them appropriately. Don't be afraid to take control, assert yourself, or defend yourself. You can't become an alpha if you crumble at the first sight of adversity. You have to **claim** your place. In nature this means a male will beat out an older alpha, hold the position until he's weak, and then slowly be

pushed down the hierarchy until he dies--but it's that first part you need to focus on. Since this is the real world, rather than Animal Planet, all you need to do is become better than the 80% of beta-schlubs and fake-alphas. Once you're in the 20% and you know it--because you've earned it--the contrast is too much to ignore.

[deleted] • 3 points • 19 August, 2015 05:04 AM

Two points.

1) I know how to fight. I trained 16 years in wrestling and not too many people intimidate me anymore. I know this isn't directed at me personally but it's relevant to the discussion. It's not a matter of being willing to engage in a fight, it's dealing with the consequences. Some dickhead out there doesn't have as much to lose as I do, and fighting is not worth a criminal record.

2) Your advice is useful primarily in a social setting, but is not nuanced enough for the workplace. You don't always get to be the Alpha at work. You have superiors, and people that are just flat out better than you at the job. You definitely have to swallow your pride sometimes and admit your inferiority. My job is what puts a roof over my head and food on my plate. Losing it is a big fear of mine and until I've achieved another means of financial independence I don't see it going away.

I definitely get what you are saying when it comes to claiming your place and standing your ground. That's necessary no matter what. I think if we are being honest with ourselves, it's difficult to do away with these fears completely.

-Quotidian • 2 points • 19 August, 2015 05:36 AM

So you're not being physically intimidated then. You mentioned the workplace? On that topic:

No, you don't always get to be the Alpha. Period. There's an expression about this; "Someone, somewhere, is better than you. And there will *always* be someone, somewhere." Rather than worry about it, keep getting better and be prepared for the consequences of failing to measure up.

In the workplace, however? I've seen a fuck-ton of advice about that, scattered across dozens of discussions that were peripherally related to social dynamics. The route of least resistance is to fake beta-status until the day is over. To become successful, figure out when you're being taken advantage of and *learn to make others compete for you*. I've seen more than a few posts where OP was passed over for a promotion he deserved and jumped ship for better treatment.

| swallow your pride sometimes and admit your inferiority

That inferiority should piss you the fuck off. Admitting your inferiority should be temporary, unless you're going to become superior through another means entirely. If someone earns Employee of the Month but you make more than they do by a significant margin, then your "inferiority" doesn't really matter.

| Losing it is a big fear of mine

Holy fuck, you sound like you're in dire straits. Ask around for someone who can give you real advice, but explore your options. Check out the personal finance subreddit, maybe. **Keep your options open.** I get that you can't just jump ship whenever someone slights you, but don't be a wage-slave unless you're just biding your time. A man chooses, a slave obeys.

Just...if you're not happy, figure out how you can *become* happy. TRP is about realizing your latent, suppressed potential as a man. There's risk involved, obviously, but it's up to you to decide when that risk is worth taking and when it isn't. If everything's good for you, then great. Do what works. If not, I hope someone on TRP can help.

ShitfacedBatman25 points 18 August, 2015 09:21 PM [recovered]

I've found one piece of neuro linguistic programming that'll solve your body language concerns forever. It goes like this: "men are better than women."

Pretty sweet, huh?

That line will also cure any "approach anxiety" you used to have as time goes on.

I have a free bonus piece of advice for you right here too. It goes like this: "when in doubt look in a mirror and stand up straight."

Now you can give me a bitcoin tip with the money you just saved on an RSD boot camp.

pilledwillingly • 5 points • 19 August, 2015 03:45 AM

I check myself out naked and look at my savings account/portfolio app while in front of the mirror before I go out clubbing. I might feel embarrassed if some hot girl rejects me and gives the "he's a creeper" look to her friends, but the guy in the mirror is untouchable, and then I become him.

[deleted] • 25 points • 18 August, 2015 06:01 PM

50%? I think communication could be more like 90% nonverbal.

I've found that my posture and body language are largely a result of my physical strength.

When I did not even lift, I often slouched without even realizing it.

When I started to lift a bit, I started to have great posture without even realizing it.

A lot of dudes on here will tell you that squats and deadlifts are the most important for good posture, but that hasn't been the case for me. I've found that **simple calisthenics exercises have the largest positive impact on my posture and body language.**

Squats and deadlifts hit the posterior chain, which gives me strong legs but doesn't do much for my upper body, and I think that **the upper body is where posture happens** — good or bad — so maybe it makes sense that doing simple upper-body exercises makes the largest improvements in my ability to manage my upper body's posture.

Diamond push-ups, pull-ups, chin-ups, dips, rows, ... All of those exercises give me great posture and dramatically improve my body language. When I do those exercises it's a little like learning new words, because I am increasing my body language vocabulary.

The benefits of lifting are fuckin recursive. They propagate through your life and positively affect every behavior pattern you engage in. And the glorious thing is that once you're into it, **lifting is a delicious pleasure.**

The_Titleist[S] • 11 points • 18 August, 2015 06:07 PM*

The 55% number that I reference in the top of the paper refers to completely unspoken communication. For example, hand gestures, body positioning, posturing. To bring in the rest of the study 32% is in tone and inflection and only 7% is the words themselves.

dr_warlock • 4 points • 19 August, 2015 12:15 AM

You should add that to the post for clarification.

[deleted] • 2 points • 18 August, 2015 06:09 PM

Ah, that makes perfect sense. That fits with my experience.

BramRhodesDouglas • 4 points • 18 August, 2015 06:11 PM

I was thinking the same thing. It's amazing how body language totally changes how you're perceived, especially by women. It's been one of the most significant changes to my game since I took the redpill.

The_Titleist[S] • 5 points • 18 August, 2015 06:34 PM

I personally have never understood this obsession with "the pickup line". Focusing on something that makes up 5%-10% of the product you deliver would get you fired at most jobs. This is the easiest thing to learn in frame and will pay off with the highest dividends.

[deleted] • 1 point • 19 August, 2015 05:13 AM

Well most interactions with a good approach go like this.

- 1) opener
- 2) building comfort/attraction/escalation
- 3) close

For the most part, there is no skipping stages. That's why the opener is **absolutely crucial** in social situations. You've got to nail it or you're done.

RedPope • 7 points • 19 August, 2015 09:08 AM

You've missed the entire point. There are so many things happening before your 3-step PUA interaction even begins.

First, she sees you. With a single glance, she has subconsciously judged you in several categories:

Genetic - height, facial symmetry, hair, ethnicity

Fitness - weight, physique, size

Social - style, companions, status

Proper posture and body language gives an stronger, improved impression in all three categories.

If she likes what she sees, her glance will linger. If you are alert, you should notice. Now you begin to demonstrate your personality and character. Meeting her gaze and holding eye contact. Catching her taking a second look. Followed promptly by a confident, casual approach.

She knows so much about you before you've said a single word. Our brains are optimized to perform these evaluations in fractions of a second.

[deleted] • 2 points • 19 August, 2015 05:29 PM

You know what?

We don't discuss pick up nearly enough on this sub.

dr_warlock • 3 points • 19 August, 2015 12:15 AM

Because there was a time where we didnt have spoken language.

Stuca • 2 points • 19 August, 2015 05:59 PM

Deadlifts do nothing for the upper body but pull-ups and chin-ups do more? I don't think you understand that deadlift > pretty much everything. Your back and posture will improve more with heavy deadlifts than any other back exercises combined.

Air4ce1 • 12 points • 18 August, 2015 06:03 PM

If you start to read books that are geared toward reading body language you start to be more cognizant of your own. Now I'm studying psychology with a specialization in kinesics (nonverbal body language) and one of the first books that was recommended to me was "What ever BODY is saying". It gets to the point where a simple gesture like reading someone crossing their arms can make you realize which way the conversation is going.

Now, the problem that I ran into was when I became aware I started to analyze a little too much. After I said something and a man or woman's body language became closed off I started to go back in my mind and figure what it was that I said that triggered it. It was also a growing period because it made me recognize the body language quicker and adapt.

The courtship aspect was phenomenal and after doing more research I can read pretty accurately how interested in me a girl is. TRP has also helped with this tremendously.

In displaying your own body language you will notice a difference in everyday life if you lift and are bigger than a lot of the people you associate with. You will gain a certain respect in a way especially if you carry yourself in a "alpha" manner. People will also be reluctant to disagree with you directly which can have it's own pros and cons. Things will come easier like asking someone for a favour, if you're in a leadership position getting your subordinates to do things for you will be easier.

You're body language lends a hand in social proof, as well. Men and women will look at you and see that you're carrying yourself a certain way and off the bat assume that you are the person you display yourself to be.

The_Titleist[S] • 6 points • 18 August, 2015 06:10 PM

The gold standard book on nonverbals is Joe Navarro's *What Every BODY is Saying*. I highly recommend to everyone who wants to start learning more about this subject.

[deleted] • 5 points • 18 August, 2015 06:12 PM*

I agree, that book rules. However its a lot of information, so to simplify it and remember it, I just always remember to never put my arms in front of my chest unless I want to communicate defensiveness or aggression. Mostly I keep my chest bared in order to be vulnerable and open to new ideas and experiences. Keeping your chest bared communicates very powerfully that you feel safe and comfortable, and you are confident you are in a safe situation.

Modern society has us all on smartphones with our arms in front of us all day. It's a very defensive posture. Since the body leads the mind, if you adopt a defensive posture all day, you will soon start FEELING defensive. I call it the "Gollum Effect." The modern world is turning people into Gollum.

This makes it very important to do excercises like pull-ups and lat pull-downs and rows to counteract this "Gollum Effect." And stretch your shoulders and arms frequently. And always, always, bare dat chest.

iLLprincipLeS3 points 18 August, 2015 06:39 PM [recovered]

Since the body leads the mind, if you adopt a defensive posture all day, you will soon start FEELING **defensive**. I call it the "Gollum Effect." The modern world is turning people into Gollum.

do you think the gollum effect affects all those sjws that use twitter and instagram on their phones all day?

[deleted] • 1 point • 19 August, 2015 05:46 PM

Protecting their precious opinion?

greenjade8161 points 20 August, 2015 06:16 AM [recovered]

where should i rest my arms then?

[deleted] • 1 point • 20 August, 2015 01:13 PM

Cross them behind your back

iLLprincipLeS4 points 18 August, 2015 06:41 PM **[recovered]**

aren't women more natural at being able to fake body language and also read it?

i had a gf who faked all kinds of gestures in front of the mirror, and even if i saw her do it, when she actually pulled out some innocent face or whatever she was practicing i was falling for it.

The_Titleist[S] • 3 points • 18 August, 2015 06:54 PM

This is a technique you should use as well. It has been said that the night before the filming of the chase scene in the movie Bullitt, Steve McQueen practiced getting out of the car in front of a mirror all night just to make sure it looked perfect. It is no different than a basketball player practicing a certain shot or a pitcher perfecting a pitch.

"[your] tools are the mechanisms that trigger human emotion" - Kirk Lazarus

iLLprincipLeS • 1 points • 18 August, 2015 07:28 PM **[recovered]**

did you want to post a link?

i practiced something but it all falls down when my frame goes down. i'd love to keep up my frame with fake(?improved?) body language

The_Titleist[S] • 1 point • 18 August, 2015 07:30 PM

Ha, no. It is proper etiquette to bracket words that you change within quotes. The word I replaced was "my"

And you should! Improved body language makes up 55% of your communication. It is the easiest thing to fix and will repay you with the highest dividends.

Air4ce1 • 3 points • 18 August, 2015 07:42 PM

Women are more natural at reading body language, but it's still very subconscious. Some girls are more aware than others and realize they can manipulate.

iLLprincipLeS1 points 18 August, 2015 08:00 PM **[recovered]**

some, or the most? do you think they have some kind of eureka when they discover that? could it be addictive to them?

what i am interested is actually how to manipulate that.. by faking your body language aka wolf in sheep's clothing. outplay the player.

Air4ce1 • 2 points • 18 August, 2015 08:12 PM*

That's what is hard about psychology it's hard to quantify certain things. In general, women are more natural at reading language. A lot of women learn how to manipulate using BL, but the hard about quantifying this is the part of manipulation where...you're aren't supposed to know about it.

Edit: wording

MrToM88 • 8 points • 18 August, 2015 07:19 PM

Foods for thought, here is a source that goes against your first source.

we failed to confirm an effect of power posing on testosterone, cortisol, and financial risk taking. We did find that power posing affected self-reported feelings of power; however, this did not yield behavioral effect

The_Titleist[S] • 6 points • 18 August, 2015 07:23 PM

This is why I love science. Thank you for providing me with an opportunity to learn.

CQC3 • 5 points • 19 August, 2015 12:10 AM

1st step to good body language is to be relaxed. 1st step to relaxing is to breathe properly.

Everything starts with the breath, keep yourself in shape and breathe from your diaphragm not your chest. Also, you'd be surprised how your clothing can be getting in the way of doing all that.

See, most Americans are fat as fuck, and somewhere inside--they know it. In return, they unlearn proper breathing and start sucking in their guts when they're in public which causes them to habitually breathe from their chests. When you breathe like shit, it WILL affect your mind.

Wear clothing that fits too, once you breathe properly you'll be amazed how much more relaxed you'll be, but that can't happen if you're wearing jeans ever so slightly too tight for you.

I've been doing a lot of sprint work and it's getting me places, my waist size hasn't gone up, but the extra muscle has tightened up my pants a bit for the ones that are raw denim (as in they don't quite stretch as well as ones that are 2-3% spandex)

Because my pants were a little too tight around the waist when sitting, I couldn't fully breathe using my lower abdomen (which will give you the deepest breaths). Because I couldn't fully breathe with my lower abdomen, I had to work in some shallow little bitch chest breaths which suck. Breathing like that all day will not only make you very uncomfortable once you've gotten out of the habit, but you realize it also tightens your voice a bit. I don't believe I need to mention the importance of using your natural speaking voice and how it is most resonant when you're relaxed and not tensed. You can tell a lot about a man in how he speaks, he needn't even have a deep voice, but one that is natural, confident and powerful.

2ChainZinMedSchool • 12 points • 18 August, 2015 05:32 PM

IMO, The best way to improve body language, and social dominance is to go learn a masculine sport. Go learn some MMA, boxing w/e, anything that gives you the skill to disarm another person. You can't fake body language. Nothing beats confidence in inner raw skill. You know why James bond is so dom? b/c he could school any guy in a fight.

memphisjohn • 12 points • 18 August, 2015 06:16 PM

James Bond is a fictional character, played by an actor. Daniel Craig, may well be able to actually fight, I don't know. But lots of actors can "fake it" because they have been trained in body language.

Lesson: while being able to fight is a handy skill, it is not a prerequisite to having good body language.

Semper_I • 0 points • 18 August, 2015 06:54 PM

You don't think years of free fighting/shooting training, a personal trainer on hand months before X number of movies over X number of years where you talk dress and fuck like a god sticks?

memphisjohn • 2 points • 18 August, 2015 07:08 PM

Are you intentionally missing my point, simply to be argumentative?

Are you reacting to a perceived slight?

I in no way denigrate the fighting arts. My point was that actors are trained in posture and presence. Even the most beta effeminate actor knows how to stand large and tall. That's the point.
If, OTOH, we teach our brothers that "only" by fighting can you gain frame... we do a dis-service.

Semper_I • 1 point • 18 August, 2015 07:38 PM

Daniel Craig, may well be able to actually fight, I don't know.

Not arguing, My point is they probably can fight after all that faking, the muscle memory remains. Fighting is more about knowledge of self and form than the punching bit. It's a win win to learn these things, actors get all kinds of valuable training for free when preparing for a role, which is cool.

BramRhodesDouglas • 22 points • 18 August, 2015 06:09 PM

No he couldn't. James Bond is a fictional character played by actors. In other words, it can be faked.

The_Titleist[S] • 7 points • 18 August, 2015 05:45 PM

You are absolutely correct. What this post is aiming to accomplish is that even if you don't study Brazilian Jiu Jitsu (I believe all RP men should study some form of MMA), these behaviors and limbic responses can be faked to achieve the same goal.

[deleted] • 1 point • 18 August, 2015 09:04 PM

Absolutely all RP men should be into some form of MMA. It's even more important than lifting in my opinion. All the muscles in the world mean little compared to a man highly skilled in martial arts.

The catch is that MMA is **much harder** to learn and excel at than lifting. Literally takes thousands of hours to make progress. As they say, no pain no gain.

Gawernator • 4 points • 18 August, 2015 06:57 PM

James Bond is a fictional character... the body language is 100% faked... it's acting.

I fake body language all the time. It's part of deception and counter-deception, elicitation, interrogations etc

KilluaKanmuru • 6 points • 18 August, 2015 07:47 PM

It's interesting though. I believe the characters the actors portray bleed into their lives. Or rather, they've obtained the role of the specific character because the actor possessed the essence within themselves of what the character presents.

Gawernator • 1 point • 18 August, 2015 07:51 PM

Yeah, sometimes I'm sure. Actors get typecast. Harrison Ford... Sean Connery

[deleted] • 1 point • 18 August, 2015 06:12 PM

A guy I work with does mma and has body language is atrocious

hirjd • 6 points • 18 August, 2015 10:25 PM

Just don't pull your alpha shit when I'm sitting next to you on an airplane. You're already fat enough you fucker. You don't need to spread your elbows over both armrests. If I ever become a serial killer I swear this is how I'll choose my victims.

[deleted] • 1 point • 19 August, 2015 05:49 PM

Next thing you know we are all manspreading?

niggertron9000 • 3 points • 18 August, 2015 06:52 PM

Subcommunication is an extension of your inner state. Submissive body language means that you are afraid of your environment. In the way that you can exorcise those fears by pushing yourself outside of your comfort zone your body language, voice tonality & volume will correct themselves.

chkethley • 3 points • 18 August, 2015 09:48 PM

I'm just wondering if people can sense if body language is "forced" or or if it's natural.

redpill-visceral • 1 point • 18 August, 2015 10:00 PM

I don't think so. They will only get the general perception.

striker1869 • 2 points • 18 August, 2015 05:50 PM

I'd like to add that walking also is a form of body language. Walk with a purpose. Head up and aware. Walk the center of the hallway like you own the damn place. Don't walk slow or slovenly.

SimpleMethodology • 2 points • 19 August, 2015 12:29 AM

I agree with you except about walking slow. Walking slowly with a swagger is one of the best ways to display powerful body language.

The_Titleist[S] • 3 points • 18 August, 2015 05:53 PM

This is so important. Part of your confidence is rooted in doing what you want. Every little bit counts, right down to the pace you choose to walk at.

[deleted] • 2 points • 19 August, 2015 01:50 AM*

Those power poses are good and all but they aren't going to give you a 20 percent boost in testosterone.

[deleted] • 2 points • 19 August, 2015 02:39 AM

Even something as simple as elevating your shoulders will project strength and power lots of people fall pray to fallen shoulders and immediately look submissive. By merely practice holding your shoulder square you will look and feel more confident. That ache you have in the middle of your back is years of self imposed oppression weakening the muscles hold the pose all the time and suddenly it will become natural.

imadazhell • 2 points • 19 August, 2015 07:09 AM

So far nobody has mentioned smiling. Yep, SMILING.

Girls love it when they see a happy-go-lucky, carefree smile thrown directly at them.

If your natural resting face is not in perpetual smile mode, work on it, my Brodini's.

Got corn candy teeth from cigarettes and coffee? Use some white-strips or have a dentist bleach those choppers. Cheaper yet is the hydrogen-peroxide mouthwash option.

[deleted] • 2 points • 19 August, 2015 07:29 PM*

Body language is great especially if you're verbal game isn't smooth as others. A nice stance that looks relaxed is very helpful. Before I really got into all this I was in my early 20's. I actually worked on my posture and body

language. My verbal game was terrible but my body language was solid. I remember I met some hot girl briefly at bar. She was cool but had a bf. So I didn't talk to her for very long.

Later I stepped outside to have a cigarette. And just standing there with a wide relaxed stance with my hands to my sides. Head up and shoulders rolled back & relaxed while talking to a friend. And then that girl I met earlier walks by grabs my arm and says to me "hey! stop standing there looking so cool" and winks at me. Proceeds to give me that I wanna fuck you stare as she walks away.

That's when I became a believer in body language. Because I said very little to her, probably had almost a 5 minute semi-bland conversation with her. It was such a cool moment cause a few of my friends were outside and there were some girls around that saw it go down. And it was like a movie moment that social proofed me like crazy.

[deleted] • 2 points • 18 August, 2015 07:14 PM

Go to any 3rd world country and look at the men. They all have manly postures. They walk straight with their hand not in their pockets, backs straight ready to kick some ass. The kicker is even the smallest of them look more alpha than the steroid American pussy men here who walk with their backs slouch yet they can press 300 lbs. What a joke.

Lifting does not make you alpha. It's a mindset.

The_Titleist[S] • 8 points • 18 August, 2015 07:20 PM

The non PC answer to this is the fact that the country has eliminated fighting. Men in 3rd world countries have the threat of assault, mugging and death in a way that men in developed countries don't. They don't have the luxury of going about their daily business without fear. Ever wonder why people from the ghetto are always ripped in a way suburban kids aren't? That is a hormonal response that has fueled them with testosterone that the rest of us don't need. As a result, they are literally more man than we are.

RememberingAlpha • 2 points • 18 August, 2015 05:28 PM

Move slowly, take up space, posses everything and everyone.

hirjd • 11 points • 18 August, 2015 10:30 PM

TIL: boarding an airplane makes people alpha as fuck.

The_Titleist[S] • 8 points • 18 August, 2015 05:50 PM

WWE Superstar Randy Orton is a master at this: <http://youtu.be/WX5RsRTuOS4>

CS192837465 • 3 points • 19 August, 2015 03:37 AM*

[deleted]

What is this?

VikingOverlorde • 1 point • 19 August, 2015 08:39 PM

How do those dick tingles feel?

donkeymanbear • 1 point • 19 August, 2015 04:54 AM

Can you link the time code. I have no idea who im supposed to be looking for.

the_red_scimitar • 1 point • 18 August, 2015 09:26 PM

Excellent. Body language has been a serious effort this year, with tremendous improvements in the fine points of posture. The difference is tangible in terms of the IOIs I get.

TheMGhandi • 1 point • 19 August, 2015 02:18 AM

Hate to break the moment here but the largest obstacle in my life is myself. Once I'm done conquering that bitch, women will flock to me like bees n honey.

imadazhell • 1 point • 19 August, 2015 07:56 AM

4.) Lastly, don't be afraid to make eye contact. If you don't like to make eye contact just focus in their nose or eyebrows. Avoiding eye contact is beta and a sign of weakness.

As if The_Titleist couldn't make it any clearer. You don't like making eye-contact, just give it up now, right fucking now, for fuck sake.

Even one dude I know with Asperger's Syndrome learned to overcome this social deficit.

A girl I was talking to covered my eyes with her hand, and asked me what color her eyes were (ultimate shit test). I knew the word was Hazel. Took me from a 6 to a 9+ in her mind. Stupidfknsheit they try pampering their crotch tingles with.

[deleted] • 1 point • 19 August, 2015 05:19 PM

Body language and voice control is the number 1 most difficult thing to become a master in.

I used to have a nervous laugh in between sentences when someone new/authoritative spoke to me. I still do when someone catches me off guard, but if I catch it in time it converts to flailing my arms around like a fucking monkey, it's like a unrelenting pressure that comes out somewhere else if you close one valve.

Also arm folding, good god it's irritating to go fold ->"oh shit" -> powerpose. It happens 100 x a day.

GayLubeOil • 1 point • 18 August, 2015 09:24 PM

Alpha is all in the eyes

[deleted] • 0 points • 18 August, 2015 05:44 PM

upvoted for very good sources

The_Titleist[S] • 2 points • 18 August, 2015 05:48 PM*

Thankyou! TRP does a great job of bringing in perspectives and personal experiences. My purpose is to provide hard evidence and give the "why" behind the "how"

[deleted] • 0 points • 18 August, 2015 08:38 PM

What about if I walk around acting like Bruce Lee all the time?

[deleted] • -14 points • 18 August, 2015 08:30 PM

You people all have some kind of extreme OCD going on stressing out about how you're holding your bodies.

The_Titleist[S] • 7 points • 18 August, 2015 08:40 PM

Please read what OCD is before you use the term incorrectly again

This study will tell you what OCD is

This study will describe what a common to severe case might look right

[deleted] • -12 points • 18 August, 2015 08:44 PM

Except I already do know what it is so no thanks.

luciansolaris • -4 points • 18 August, 2015 07:33 PM*

[deleted]

[Praise KEK!](85875)

[deleted] • 3 points • 19 August, 2015 02:56 AM

Anybody that understands set notation will realize this makes *no sense*.