

What to expect as I move towards 30

April 1, 2020 | 78 upvotes | by [drevil_](#)

27 yr old guy here, I'm coming off an LTR and I'm in pretty good shape, lift 6 days a week, full head of hair, I'm 6'4 and I have a solid career (Project Manager- not killing it money wise but tons of room for growth.) What can I expect with my dating life as I get closer to and move past 30? Will I still be able to pick up college girls at the bar?

Also, how do you older guys deal with all your friends being married/ in relationships? Doesn't it get boring not having people to hang out with because everyone is always with their SOs?

Societal pressure to get into a relationship is causing me some distress right now, I feel like everybody my age who's worth half a shit is in a relationship. And I know guys my age who can't get a girl to stick around for the life of them and I'm afraid of becoming that guy so I'm concerned about that too.

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Comments

KeyRepresentative • 118 points • 1 April, 2020 04:51 AM*

Thirty something is great. I'm a mid thirties lawyer in a major city. Life is great.

College girls? Rarely but it depends on you. 21 year olds look great but don't bring anything else. Personally, 24-29 is the sweet spot for women. They are lovely, independent, have their own place, and fuck how they want. A late 20's woman's apartment is always the best place to sleep.

Friends change, they have lives and priorities, so do you. Make an effort to keep who matters and always make new friends. My college buddies have kids, ex wives and new wives, they would hate my "going out" friends. But I live my college buds forever.

Fitness. Fitness. Fitness. I qualified for regional crossfit games at 27. At 33, I needed back surgery and gained 30 lbs. It will change fast.

Relationships. The majority of married couples in their 20s end in divorce. Marry in your 30s and 40s and the odds are you stay married. Why? You actually know yourself, respect yourself, and have boundaries. So 30s relationships are much smoother -usually, avoid disordered women- and respectful. You will regret certain bad ass women you passed up but get over it.

Thirties are prime time.

*edit: because I like scotch and had more to say.

Know where you fit it in. It isn't dance clubs. I take 2nd dates to tastings, to art galleries, to concerts.

Don't wait in line. You're successful. I'm aware that I'm older than the patrons at my favorite dive bar. I walk up to front and have a \$20 for the bouncer. My date just walked past girls begging for attention and got straight in with me.

Finally, you're old enough to see red flags. Date bad ass women. Walk away from anything that doesn't suit you.

PachoHerrera0 • 25 points • 1 April, 2020 06:51 PM

CrossFit

needed back surgery

Lmao

DatRiggz • 1 point • 3 April, 2020 01:57 AM

Beat me to it.

RuleTheOne • 18 points • 1 April, 2020 05:08 AM

Motivation for me I gotta take it up a notch

AntoKe • 4 points • 1 April, 2020 07:18 AM

Loved reading this. Thanks for sharing this solid advice!

kasodegreat • 5 points • 1 April, 2020 07:59 AM

This is the best piece of advice today. ☐

aDrunkenWhaler • 1 point • 2 April, 2020 01:54 AM

Relationships. The majority of married couples in their 20s end in divorce. Marry in your 30s and 40s and the odds are you stay married.

Don't be an idiot. Never get fucking married.

when_its_too_late • -1 points • 1 April, 2020 09:24 AM

I could care less about the rest, what scotch?

Finn_the_dawg • 75 points • 1 April, 2020 02:38 AM

I love being 31. It's like turning 20 all over again. Except more pussy. More over the married friends wives will start trying to set you up with friends that are single

aDrunkenWhaler • 3 points • 2 April, 2020 02:03 AM

Those women are single for a reason and also the same age as your married friends wives, around 30, approaching the wall and looking for their beta chump to wife them up. If you pump and dump you get drama with your friends because that's what you get when you shit where you eat. I'll pass on that.

Finn_the_dawg • 1 point • 2 April, 2020 02:10 AM

Hey whatever works for everyone is fine by me.

PachoHerrera0 • 1 point • 1 April, 2020 06:52 PM

Why's it like turning 20 all over again?

Finn_the_dawg • 3 points • 1 April, 2020 08:45 PM

Best way to explain it is like a snake shedding is old skin

pilot333 • -14 points • 1 April, 2020 04:06 AM*

relying on someone "setting you up" is not a good mindset or even a good benefit to look forward to. look forward to more approaching, not a reason to do less.

signs of a scarcity mindset. i know it's nice and cozy there but you gotta get away from it.

inbredostrptw • 56 points • 1 April, 2020 05:52 AM

He's not relying on it clearly, it's bonus

Zero-Milk • 3 points • 1 April, 2020 03:01 PM

It is a fool who does not take advantage of resources that are there to benefit them. You're turning your nose up at women who have already been pre-evaluated by a reputable source and deemed worthy of your attention, and you're doing so simply because you think it somehow makes you appear desperate.

There's a disconnect between your philosophy and what is bound to happen in real life, because if a trusted individual within your circle attempted to connect you with someone they thought might be suitable, I scarcely believe you'd live by your own words here and reject the offer simply out of principle.

Edit: a word.

[deleted] 1 April, 2020 06:03 PM

[deleted]

Finn_the_dawg • 1 point • 1 April, 2020 06:13 PM

Wow. Someone seems salty. And while care if I'm married. Go fuck yourself

[deleted] 1 April, 2020 06:15 PM

[deleted]

i-am-the-prize • 6 points • 1 April, 2020 07:10 PM

yup. when we're out as a group and one of the fringe acquaintances wives will grab my ass at the concert where it's dark. happened NYE as a quad date and turkey day at a daytime turkeybowl kegger. kids all around too.

another friend of a friend of a friend who i've only met once, flat out wispered in my ear not 6' from my wife: "if things ever don't work out at home, call me"

getting fit and ripped and being otherwise a grown man (career, solid, reliable, capable) it's very eye opening.

married chicks.... either be the chad or get cucked. but make no mistake, if you are bottom 80%, she's not longing for you, she's putting up with you.

[deleted] • 0 points • 1 April, 2020 10:53 PM

Height? Weight? Bf? Bench/Squat/DL?

i-am-the-prize • 2 points • 2 April, 2020 04:23 PM

5'11", 212# sub 14%BF, I work out a lot, TBH I love it.. I worked very hard to get there... but also lucky to have a good face, too. losing fat brought out the jawline...

Finn_the_dawg • 3 points • 1 April, 2020 06:20 PM

Fair enough. I was a fat slob. Sorry for saying go fuck yourself. I'm sure you are having a blast with all this!

[deleted] • 1 point • 1 April, 2020 10:51 PM

You must be a great friend

[deleted] • 24 points • 1 April, 2020 03:00 AM

You're a bachelor. You're not a perverted weirdo. You have plenty of options.

El0vution • 19 points • 1 April, 2020 05:42 AM

I'm 40 and can still get college girls at bars. You'll feel lonely and different, but my married friends are envious of me. You pick your poison.

trpppp123 • 2 points • 2 April, 2020 02:38 AM

I think as I approach 30, that's something I've noticed as well. While I feel successful and think that TRP is correct on a lot of things, it definitely is a lonely path to walk.

DatRiggz • 2 points • 3 April, 2020 01:58 AM

Lonely indeed, the pick your poison is very true.

como10 • 14 points • 1 April, 2020 03:55 AM

I know you're asking about dating life past 30, but the best advice I can give you is to start investing now. Passive income will give you a lot of leverage in life, and the earlier you start, the easier and more enjoyable your life will be.

underd0g- • 3 points • 1 April, 2020 04:12 AM

What are some ideas of passive income! Just investing in stocks?

crazycoconut247 • 4 points • 1 April, 2020 07:10 AM

Real estate, books, blogs/vlogs, websites, etc.

Something you can put the work in up front complete and profit off of the rest of your life. It may require occasional maintenance but it's extra money in the pocket every month

Apfeltee • 2 points • 1 April, 2020 07:51 AM

What can you recommend? I'm in my early 20s and already trying to set up my financial freedom path...

como10 • 3 points • 1 April, 2020 07:48 PM

Stocks are extremely passive and are probably a good buy right now since the market is down. Real estate is a little less passive but in my opinion a better route to take. If you're currently renting, I'd save up money to buy a house and house hack (look it up on Google to learn about it). Where do you live? Buy a duplex and rent out the other side. In some parts of the country, you can literally have 90% of your rent paid for by someone else. Then when you want a bigger space, rent out both sides and you have other people paying off an expensive asset and you'll probably earn additional money on top of that. It's can also be a good write off.

BruhMoment45886 • 27 points • 1 April, 2020 02:42 AM

A nice looking, successful, and confident man who's single into his later years is known as a Bachelor.

A fat ugly slob with no social life is know as a loser.

You aren't a loser.

Sure people are getting married but that's the thing, some of them married just to beat a time line. That doesnt mean they're going to have a happy and successful marriage. If you're happy with your current single lifestyle keep at it. You're the lucky one not them. If you're actually lonely then go out and meet some girls. See if you click with someone.

masterpiece00 • -18 points • 1 April, 2020 05:30 AM

You aren't a loser.

Sorry mate, no alpha in the top 20% are logging onto a forum full of other men to discuss with them sexual strategy and who to 'get a girl to fuck them'. This place has given you a screwed perspective.

BruhMoment45886 • 13 points • 1 April, 2020 05:50 AM

Lol and what subreddit did you come from little guy? Theres nothing wrong with not being in the 20%. 80% of guys (so an overwhelming majority) are not Chad godlike status. Does that mean he cant love himself and not settle for someone that he doesnt like that much?

masterpiece00 • -1 points • 1 April, 2020 12:17 PM

Lol this is very beta 'my mother loves me how I am'

BruhMoment45886 • 1 point • 1 April, 2020 03:14 PM

What are you talking about? I just said he could still be confident and accept himself while being under the top 20%.

I told him not to settle for a girl he didnt like just to get married.

tilleuno • 13 points • 1 April, 2020 05:11 AM

Hey bro, I finished a 4 year ltr just as I turned 27. I went on to have the best year of my life. The most, the youngest and the hottest I've ever gotten.

Just take care of what you can to preserve your looks, work hard and beat any voice down in your head that tells you you can't, or you're too old. If anyone around you does, cut those sacks of spuds out of your life. They don't belong. It's your life, don't waste it listening to other people's limits.

toilets777 • 1 point • 1 April, 2020 07:23 PM

What made you end it? 4 years is a long time. I'm going on 5 and feeling the pressure.

tyalanm • 1 point • 2 April, 2020 03:30 AM

Pressure to marry or pressure to end it?

toilets777 • 2 points • 6 April, 2020 03:37 AM

Pressure to move in together, future talks, etc

tyalanm • 1 point • 6 April, 2020 02:20 PM

How does she bring it up? Like what would you guys be doing when she starts to say something?

[deleted] • 12 points • 1 April, 2020 03:47 AM

29 and the and the only noticeable changes is that my friend circle is dying off(married) and my pay is increasing substantially every year.

One thing I would like to find is a group of other bachelor buddies who are on the same professional level to go out with. That's my only complaint.

As far as women I chose to be a few blocks from a major college. As long as you look the part dress a little younger there's no issues they all think I'm 25. From what you described you'll be fine in this area.

Looking forward to seeing the answers on here.

trpppp123 • 3 points • 2 April, 2020 02:44 AM

One thing I would like to find is a group of other bachelor buddies who are on the same professional level to go out with. That's my only complaint.

I'm almost 30 and this is my biggest complaint honestly. Friends are becoming scarce as they marry off. When dating women in their late 20s and early 30s, the first thing they think of is getting married/kids before we've even gotten to know each other. The wall is strong.

And as you get older, your chances of finding a quality LTR diminish if kids are something you're interested in, because chances are if they're approaching 30, they're leftover hoes who took too long to get off the CC

and guys don't want them for anything more than a casual fuckbuddy.

[deleted] • 1 point • 4 April, 2020 03:04 PM

Spot on post. So as a close to 30 guy making six figures, in shape, and charismatic I'm supposed to settle down with someone who brings nothing to the table besides a couple years of good looks left with no personality. Hard pass

I've given up on the whole LTR/ and kids thing. Good thing I have four siblings that will pass on our genetic code.

pilot333 • 5 points • 1 April, 2020 04:07 AM

You have no reason to dress 25.

[deleted] • 10 points • 1 April, 2020 04:09 AM*

Probably a poor way of wording it. I'm normally in a suit and tie for work I just meant dress down a little bit. I remember in college always laughing at the one guy in a suit.

pilot333 • 4 points • 1 April, 2020 04:30 AM

depends on the school i guess. i went to a 1% school and the business school kids had to wear suits every day. you would know them when you see them. they were perceived as smart and rich as it was both a difficult and expensive program.

drevil_[S] • 3 points • 1 April, 2020 04:20 AM

I usually just wear a well fitted white t and some some nice jeans. I've had success with that look

[deleted] • 1 point • 1 April, 2020 04:22 AM

Pretty much the same fitted polo and jeans.

Alzatorus • 6 points • 1 April, 2020 07:34 AM

31 here and was recently making my way through a 21 yr old, 22 yr old, and 27 yr old. I say 'recently' as I decided to ltr the 22 yr old - she earned it.

As long as you look after yourself (health, career, prospects) and know how to talk to women (it's so much easier once you've solidly set your frame and know precisely who you are) pussy is easy to acquire.

4thAndLong • 5 points • 1 April, 2020 12:08 PM

I'm turning 30 in a few months. Since RP I've mainly gamed girls in the 21-24 age range with pretty good success. A girl asking your age is a shit test.

As for my friends who are married, stuck in shit relationships, and/or have kids... it sucks a bit. I like traveling and doing spontaneous shit. I don't have many friends that can hang with me much anymore.

idevastate • 6 points • 1 April, 2020 09:08 AM*

Better than your 20's. In our 20's we're just teenagers with a 2 in in the first age slot number.

You will absolutely be able to pick up college girls, in fact they get real into the idea, 30's is like a sweet spot, you're more mature than their idiot age group, but not their dad age. However, believe me when I say this, there will be mental changes in your maturity. College girls under 24-25 will have nothing to offer you other than looks, and even then most will be pretty meh at sex compared to what you'll find with a girl in her higher 20's.

Ed4all15 • 5 points • 1 April, 2020 12:05 PM

This...for the first time in a long time, I hooked up with a chick that was just about to turn 30...she may have not had her 22 year old looks anymore, but she was all about having great sex.

idevastate • 5 points • 1 April, 2020 12:07 PM

100%. I've been going for girls in their low 20's for ages, hooked up with a 28 year old recently and it was... I mean wow. They lose their insecurities, they give back, they know what they like, they'll talk dirty, they're adventurous.

[deleted] • 8 points • 1 April, 2020 06:17 AM

-> 27 year old being too old for college chicks -> lol

Hungboy6969420 • 3 points • 1 April, 2020 12:57 PM

Last year at 27-28 I banged more college chicks than the previous few years combined

Project_Zero_Betas • 1 point • 1 April, 2020 05:40 PM

LOL I'm approaching mid-30s and high school girls still flirt with me

MajIssuesCaptObvious • 2 points • 1 April, 2020 10:17 AM

You'll adapt. I'm 43. Since my 20s, every year has been greater than the last, especially with dating. I find older women attractive, plus they're less likely to play mind games as women in their 20s and early 30s, although you will find a few who do, especially on dating apps.

StolenSpirit • 2 points • 2 April, 2020 01:26 AM*

Turning 27 this month and with 30 on the horizon I feel like life's already over. Greatest hits were definitely late teens early 20s, didn't see it back then of course. Every woman past 27 looks ridden hard and dating in your 30s with woman at that age is a straight boner kill. None of them look appealing. Everyone here seems to praise their 30s as being some new chapter of their inevitable ending up alone life, which I can see I'll end up. You can dress up in your head that it's going to be great but truth is your heading into old and balding territory. But I get it, for the sake of masking the depression gotta look happy on the outside. Young romances are the best, ultimately they make up your defining moments in your life. If you don't meet and stay with someone when your in your 20s everything else is damaged goods. If I had any spine I'd off myself in hopes I could relive my youth or another and do it differently with a better social upbringing, and more supportive environmental factors that were outside of my control- or even just not making some the mistakes when I had it good it would of been a different future forsure. Best not to dwell on that shit, it's not "TRP" way. But deeply engraved personality flaws are unfixable, and can't be unbound. In a world where everything is boring and bland, organic new relationships just don't happen.

drevil_[S] • 3 points • 2 April, 2020 03:05 AM

Damn dude that was depressing as shit. I'm your age and I've been dating around for the past few months since I've been single and I've had decent success man with girls as young as 20. My age doesn't even come up most of the time, I forgot that I'm way older than these girls. I'd say just get as shredded as possible and take care of your skin/teeth and getting laid shouldn't be super difficult. I mean look it's always gonna be harder for us because we're men and we have to create our own luck with dating but when you look good as shit it doesn't matter if your personality sucks, girls will overlook that. Check out Luxlife dating videos on YouTube that dude is very motivational and will help get your head screwed on straight

DatRiggz • 2 points • 3 April, 2020 02:08 AM

Honest and brutal, hats off to you.

AnonymousSportsExec • 2 points • 2 April, 2020 10:40 AM

I'm 56 and still sleep with women in their 20s.

You just have to be very fit and dress well.

I'm also black tho and black don't crack. Most women think I'm in my 30s.

[deleted] • 1 point • 7 April, 2020 02:49 AM

Do you believe in men age like wine?

AnonymousSportsExec • 1 point • 7 April, 2020 09:57 AM

Without a doubt. Who's going to do better with women? The 25 year old with college loans living at home or the 35 year old who owns his own business and house.

masterpiece00 • 4 points • 1 April, 2020 05:28 AM

Possibly not, trps 'getting older more pussy' is wrong.

You'll be alone much of the time, any young girls you do fancy will be with 4 friends and 10 guys hovering that group, who will all be younger than you and with much greater social proof - basically most of them will be in school/college together and have been friends for 'years'.

You might find an outlier here and there but be prepared to take of RP's rose colored glasses of being older as you will be on your own with little company.

[deleted] • 9 points • 1 April, 2020 06:24 AM

I think you misunderstood the advantage of being older. Girls looking to settle down tend to go for guys 33-38 who are 4-8 years older than them. Hook ups can be a bit different, sure.

Hungboy6969420 • 2 points • 1 April, 2020 01:00 PM

Yea grabbing them at the bar when they're out with their group probably ain't the right way to approach it. Need to meet online so it's outside her circle

VasiliyZaitzev • 2 points • 1 April, 2020 06:03 PM

30 was a great year for me. If you pay attention to your shit, you can have a nice life as an older guy.

Further Reading:

Life After 30: How to Be an Old Guy

-You have one life. Here's how to enjoy it.

Older Men, Younger Women: How & When It Can Work

-For Older Men who prefer Younger Women, and *vice versa*.

Older Men, Younger Women, Part II

-More Fun With Younger Women.

For Online Daters, Women Peak at 18 While Men Peak at 50, Study Finds.

-Even More Fun With Younger Women.

DatRiggz • 1 point • 3 April, 2020 02:10 AM

Fuxk 30 is old? Brutal.

Project_Zero_Betas • 1 point • 1 April, 2020 04:50 AM

as I get closer to and move past 30? Will I still be able to pick up college girls at the bar?

Yes.

jkpj95 • 1 point • 1 April, 2020 11:27 AM

Don't sweat it.

AngTheEphemeral • 1 point • 1 April, 2020 06:17 PM

How do you lift 6 days / week while still having enough time to recover in between workouts? What does your regimen look like?

DatRiggz • 1 point • 3 April, 2020 02:06 AM

Test and your weapon of choice

i-am-the-prize • 1 point • 1 April, 2020 07:36 PM

understand, about this 'drive' you feel to not be alone:

- 1) women will feel it 100x worse than you because they have a biological clock, you don't for another 20-30 years
- 2) they will sense your thirst, so get that in check. if she thinks you're worried about being alone, look out. be ready for shittests and have some A&A responses ready to: "so are you gonna ever settle down?" "are you worried about not finding the right one?" etc.

[deleted] • 1 point • 1 April, 2020 10:04 PM

“For the right girl ☐”

“No”

JamieMadrox2020 • 1 point • 7 April, 2020 06:41 PM

1. If you still want “to be social” don’t move out to the suburbs. Stay in the city. Yes you won’t have a 2 door garage house with a picket fence like your married friends. But living in the suburbs can be a bigger barrier to making new friends/dating women (whichever your goal is) than “being old”.
2. Depending on your city, you’d be surprised how many 30s singles there are.
3. Go all in on your hobbies and interests. Not like “join a coed volleyball league to meet women”, but like go all in nerd about shit you actually like. At this point enjoy and own every moment of your life unapologetically.
4. Gotta stay fit, but don’t be a gym rat either. Never needed to be, but you have things to do with your time.
5. The solitude and loneliness feelings can come sometimes, but also the independence and freedom to do what you want is amazing. A little pleasure like going home when you want without having to justify it to anyone is great.
6. If you are generally stress free, and fit, in terms of women the age thing doesn’t even come up in casual situations.

slamdunktiger86 • 1 point • 8 April, 2020 04:26 AM

Don't finance shit.

Save cash.

Learn to invest with hedges.

Learn more skills.

Honestly, if I could be 27 again, (33 now), i would go monk till I'm 30.

It's the red plague right now away, just keep your head down, stack cash and maintain a low profile.

drevil_[S] • 1 point • 8 April, 2020 07:08 PM

Thanks for the advice man. The hardest part is that most of my friends are wifed up or in serious LTRs at the moment so it's hard to find people to do shit with when you're single. Any advice on this besides finding a girlfriend?

slamdunktiger86 • 1 point • 8 April, 2020 08:04 PM

No worries.

There's lots of more masculine community groups out there.

Jiu Jitsu, boxing, mma Gun clubs Motorcycle clubs Civic groups - Rotary Men's orgs —

Freemasons/Shriners (i would stay away from the co-ed groups like Elk's or Odd Fellows) Trading and investment groups — stocks, options, futures, forex

Sylvester_Sterone • 1 point • 1 April, 2020 12:24 PM

I'm 32 now and that is perfectly normal to have those thoughts.

It only gets better if you've been improving yourself in your 20s. Picking up girls at the bar can still happen but expect "how old are you?" shit tests. Just tell em "sit on my lap and tell me what you want for christmas." Also, expand your approaches in day game.

People comment that your seeing a girl in her 20s? Fuck em.

I would never be with a girl my age as most are now fat or weathered.

Realize this. Although it is normal, based on society, that a lot of your friends are married... even in their mid 20s. By the time they are 30s a great portion of those guys let themselves go and will be divorced.

mikkeldaman • 0 points • 1 April, 2020 06:51 AM

Chicks seem to love balding guys for some reason. Also now you can brag about dating girls 10 years younger than you (also helps keeping up with the memes).

[deleted] • 9 points • 1 April, 2020 08:03 AM

"Chicks seem to love balding guys for some reason"

...wait, what? Bald, buff, early 30s dude here. Chicks might subconsciously like the masculinity of a shaved head if you have a body that suits it, but almost no woman will actively choose to date a guy with a shaved head over someone with a full head of hair. Shaving your head without reason is poor advice.

mikkeldaman • 1 point • 1 April, 2020 03:17 PM

I am actually quite self-conscious about the balding (I haven't shaved yet) but I notice that as I'm approaching 30s I get more often approached by women than I used to when I was younger and women are far more responsive when I approach them. Still a baby face, same work out routine for the past 12

years. I figure it's my sexy receding hairline then.

[deleted] • 1 point • 1 April, 2020 06:59 PM

Hahaha. I like your attitude. I don't think it's a good idea for guys with hair to shave it off...

...but for us irreversibly bald guys, believing we have higher SMV bald than not is probably the best mindset to have.

knuglets • 1 point • 2 April, 2020 02:18 AM

but almost no woman will actively choose to date a guy with a shaved head over someone with a full head of hair.

Completely disagree here. There are women who have told me they only go for bald guys. That I look sexy because I look like I'm in the military, etc.

What is true however, is that not many women will choose a guy who is insecure about being bald over someone who has hair and is not insecure. It is 1000% about how you rock it.

It's time to accept yourself and get over this insecurity you have that being bald is somehow inherently worse. It's just a hairstyle dude. It's not any inherently better or worse than any other hairstyle.

Some women will like it, others will not, the vast majority will not be moved by it one way or another.

[deleted] • 1 point • 4 April, 2020 11:19 AM*

You need to go outside

brutwoodmac • 2 points • 1 April, 2020 07:54 AM

Happy birthday my guy ☐☐

[deleted] 1 April, 2020 09:34 AM*

[deleted]

brutwoodmac • 3 points • 1 April, 2020 09:49 AM

I'm celebrating the birth of his Reddit account.