

Ask Whisper: The Fear and Shame Loop

October 30, 2015 | 100 upvotes | by [Whisper](#)

Hey Whisper:

How do I overcome the fear of rejection and shame?

This question is very relevant to beginners. It's one thing to talk about bitch management, or how to pass a shit test, but there are a lot of young men out there who cannot make themselves put one foot in front of the other, physically walk up to a girl, open their mouth, and speak.

Now we can Gronk! away at men like this, call them scared little bitches or whatever, and maybe we even do some good with it, if we make them more scared of *not* approaching than they are of approaching. But there is a reason why this happens.

I call it the **Fear and Shame Loop**.

What young men fear, when they fear approaching women, is harsh rejection and humiliation. But why exactly do they fear this? Odds are this woman is a stranger whom they will never see again. Why does it matter what she thinks?

It doesn't. What these men fear is not the possible negative consequences. **They fear the shame and fear they will experience.** Being afraid *hurts*, in as real a sense as pain hurts.

When a frightened man approaches a girl, he isn't in danger of feeling like shit if things go badly. He *already* feels like shit, because the fear and shame he has developed. That's the danger he is afraid of, and it happens every time, whether he is rejected harshly, gently, or not at all. The more afraid he is, the worse the experience is, and the more afraid he is be next time. This is the loop... a self-reinforcing cycle of social anxiety.

There are many approaches to beating this spiral, everything from desensitization, to visualization, to training, to increased SMV, to drugs... and a full-blown case may require multiple methods.

But the most important first step is the realization that the enemy is not the girl, or the "danger" of rejection, or even his own poor social skills.... it is the shitty feeling he has while doing the approach.

Focus on the knowledge that the fear you are experiencing is not a warning of greater danger ahead. It is only a warning of itself. If you are experiencing it, and you can still hold yourself together and function, then that's the worst it has to offer. There is nothing more to be afraid of.

#Whisper

*If you liked this article, please **don't** buy me any more Reddit Gold. I have enough to last years, and Spez and Ellen Pao don't need more soy lattes. Instead, the completely optional and rather frivolous "Buy Whisper More Steroids and Send Reddit to Chapter 11 Fund" can be found at the following Bitcoin address: 1DChc2Azt3zGHbZcwBwPG42jL9B8SuktdD*

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Comments

GASTON_TONNERRECOQ • 35 points • 30 October, 2015 09:51 PM [recovered]

I will not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.

DarkuSchneider • 5 points • 31 October, 2015 03:54 AM [recovered]

Sci-fi that is RL fact.

This quote is also pure golden truth from Duke Leto:

"I'll miss the sea, but a person needs new experiences. They jar something deep inside, allowing him to grow. Without change something sleeps inside us, and seldom awakens. The sleeper must awaken."

ex_addict_bro • 2 points • 31 October, 2015 12:26 PM

This quote is also pure golden truth from Duke Leto:

RIDE THE SAND WORM INTO THE SUN SET

grngr • 2 points • 31 October, 2015 02:48 AM

One of my favourite novels.

franklyforthright • 1 point • 1 November, 2015 01:03 AM

Heretics of Dune: "Have you mastered the art of vaginal pulsing?" Best author haha RIP

-drukpa-kunley- • 16 points • 30 October, 2015 10:29 PM

A lot of it has to do with being internally-validated versus externally-validated.

If you are seeking someone's approval so that you can feel better about yourself (externally-validated), their rejection hurts that much more.

If you are internally-validated (you believe you are the shit no matter what), then someone else's rejection doesn't hurt so much. Another way of saying to be internally-validated is 'Abundance Mentality'. Any single rejection doesn't hurt, because you know you are the shit.

People, and especially women, can sense when you've lost your mojo, and will respond negatively to that.

So when you are feeling emotionally needy, either don't approach at all or find a way to amp yourself up before approaching. But it's got to be genuine because people can see through the facade.

And again, approach, approach, approach. Approach at least 5 different girls a day. They don't have to be girls you want to date either. Just get used to talking to females. You will build up an immunity to rejection.

You can even make a game out of it. Go and talk to them to see if you can get them to reject you on purpose.

Be the Buddha. Refuse their "Gift" of anger/rejection.

RedOnArrival • 8 points • 31 October, 2015 02:10 AM

listen up here fellas because this shit is gold. we preach self improvement via lifting, eating right, reading, etc. but as drukpa-kunley here points out, all this shit is for naught if you're doing for other people's approval.

the second your worth is dependent on another person's nod, then you lose control over your own life. earn your own approval. be internally validated. lift and hit your PRs because you want to, because you don't respect anyone else that neglects his body and you won't respect yourself. the only person's validation you ever need is yourself's, but without that, frankly you're still at square 1.

vengefully_yours • 14 points • 30 October, 2015 11:14 PM

How I got over approaching and rejection:

I asked every girl in my high school to marry me. Some more than once, just because. I knew I wouldn't see many of them again, if ever, so there was no downside. It became a game, how many times could I get a rude no or a simple laugh. Turns out, often because of how I went about it, which was the intention.

After a few hundred no, fuck no ya jerk, you gotta be kidding, and girls who either ignored me or tried to bore holes in my brain with evil looks, I could walk up to any girl and talk to her effortlessly. Then I watch body language and see who is interested and who is just being nice. Go for the interested girls, ignore the rest.

The thing is, it doesn't matter what she says. It is completely irrelevant to your future, and she is doing you a favor. If she looks at you and isn't eager to swallow your man juice, the best you can hope for is pity fucking. Go for the ones who actually want you until you feel up for a challenge and decide to hang done evil harpy cunt smuggler. (easier than you might think)

[deleted] • 5 points • 30 October, 2015 10:50 PM

I was raised as blue pill as they come. Some time after finding TRP and seeing posts like these, i resolved to approach two girls a day, every day. The first approaches were clumsy and girls didn't really want to speak. But i viewed this as **achieving my goals** rather than being rejected and i felt elated. Their reaction didn't matter because i'd done what i set out to do. Within a week (thats all it takes) there was no fear of approach and now it's as comfortable as anything.

DarkuSchneider • 3 points • 31 October, 2015 04:26 AM

I used to get this bad and sometimes still do a bit. What I found starting out is approach ASAP if you want to meet someone. Don't overthink just go for it, people approach strangers and start a conversation all the time and is normal. It is not creepy unless you let your discomfort become contagious. Old warrior saying was 'never let them see you bleed'. The longer you wait the more tension builds up until you lose the nerve to even try or fall apart in the middle of the interaction. Just approaching and even trying to meet women puts you in a class above MANY guys now because so many are weak and timid now days(I am 40 for reference). Showing even a shred of guts and initiative can pay off big with women.

Once I learned to internalize outcome independence and realized it's OK either way things got a lot easier. Practice. Only the bitchiest of women will be nasty to you if you approach and be jovial. If they are bitchy, keep smiling and be off, she did you a favor and did not waste your time before learning her real temperament. A good tip to start: If you are really anxious strike up conversations with random people then cute women with no intentions of anything in line someplace that you are shopping at or BS with the cashier. Your only intention is to pass the time while you wait to be served/checkout so there is no sexual/dating tension to add on to social anxiety. Just talk about random shit that is applicable to the setting and learn reading reactions. If at the grocery store talk about specials or whats in their/your cart, the bars decor, the band on stage, it does not matter, just get comfortable talking about shit to people you just met. I got asked out once or twice just doing that; accidental Outcome Independence/IDGAF/confidence??? Go forth and conquer gentleman because fortune favors the bold.

[deleted] • 2 points • 30 October, 2015 11:26 PM

Congratulations, you've successfully made a complete TL;DR of *Bang* by Roosh!

[deleted] • 2 points • 31 October, 2015 03:36 AM

Fear of approaching is a common issue, if anyone wants to continue learning how to overcome this obstacle, I strongly suggest watching Ross Jeffries videos on YouTube.

Ross breaks it down to a palatable process:

- 1) I don't know what is going to happen when I approach petite hardbody
- 2) I don't like not knowing what will happen
- 3) The absolute worst thing that will happen is nothing will happen.

"Hi, I saw you come in to the restaurant and I knew if I didn't say hello then I may never see you again. I'm Dick"

Linrraba • 1 point • 30 October, 2015 09:33 PM

Not really related to your post but on the subject of how others perceive us : what are your thoughts on charitable work? I wonder if volunteering gives a vibe that I can be easily taken advantage of.

snow_jacket • 9 points • 30 October, 2015 11:00 PM

Anecdote here. During my marriage I volunteered once a week at a children's hospital for paralyzed kids. I used to work there. After I went through my ex wife's phone and her computer account I found she thought much less of me because of this. Would talk about what a chump I was. So I don't know if this will "help" you with women. If you want to volunteer for something make it something you care about that you do because you want to. Who really cares what a girl thinks about that?

Linrraba • 4 points • 30 October, 2015 11:16 PM

I'm not trying to run volunteer game if that is a thing. I'm on a new level of my monk mode where i'm thinking on doing something meaningful and i'm considering volunteering. On the other hand, i don't wanna be taken out for a sucker. So your anecdote resonates with me.

snow_jacket • 8 points • 30 October, 2015 11:50 PM

I care about those kids. They have very little interaction with reality or real life. One guy, 25 years old and quadriplegic from age 3, loved to hear stories about women. He had a better idea of what women are actually like than 90% of my friends.

Maybe I should go back. Don't neglect your own soul. Your soul is far more important than any woman.

ChairBorneMGTOW • 3 points • 31 October, 2015 08:04 AM

You're a good man. If a woman finds compassion disgusting, then she is disgusting.

CoyoteeBongwater • 1 point • 31 October, 2015 03:09 AM

just my opinion, but girls who would consider "volunteering" is for chumps are not girls i'd be too interested in. For a fuck sure, but i always see myself in search of a unicorn or something close rather than fucks only.

Volunteering isn't a chumps game, only a tard of a girl would think so

drallcom3 • 3 points • 31 October, 2015 12:49 AM

Did she really don't like your volunteering or did she just not like that you went there once a week to care about children and not her?

NiftyDolphin • 2 points • 31 October, 2015 01:47 AM*

Feels => Decision => Rationalization

She felt he was a chump. She decided to categorize him as a chump. She rationalized his helping those kids made him a chump.

Edit: Gah, too many variables. That and the local ABC store finally restocked Blanton's (glug, glug, glug) is throwing off my cognition.

I re-iterate that my first two points are spot on.

The third: rationalization is... open to refutation.

So she felt he was a chump, decided that he was chump, but the rationalization is only conveyed by what she communicated to him.

But you don't trust what she says. What she says is tailored to conform to what she feels.

The question is, what was she feeling when she verbalized this to him?

Did she feel that he was a chump for helping those kids and verbalized it directly?

Or

Did she feel that she wanted to damage him and used his service to do so?

Conclusion: Fuck this. I'm going to have another glass of bourbon and a smoke. Bro-hug to snow_jacket. Good on you for what you've been doing.

SkorchZang • 1 point • 31 October, 2015 03:05 AM

In many women's minds, volunteering at the hospital for kids is a girly thing to be doing. It shows caring, compassion, affinity for looking after children - all primarily female qualities. Just like being a male nurse as a profession, it doesn't really spike any extra vagina tingles...

On the other hand though, if OP was in the "honeymoon phase" with this woman, then nothing would stop her from praising him to high heaven for being a compassionate and charitable human being, selfless and there to hold up those in need. Her position that he is a loser was already set and fixed, because she's honeymooning with a different man, so now no matter what OP does, he's a loser to her.

TheOboeMan • 3 points • 31 October, 2015 01:41 AM **[recovered]**

That's some bullshit. She thought less of you because you were charitable? I don't use this word often, but what a cunt.

snow_jacket • 3 points • 31 October, 2015 02:01 AM **[recovered]**

She's just a girl. I can't really blame her for anything. I mean she's a girl. She's not a man. She knows no responsibility. Her pain centers around her vagina.

Can't really blame her for anything. She's a girl.

My fault for not setting harder boundaries and holding her to them.

I mean she's just a girl. Sure she's a cunt and an awesome cock sucker. I've got video proof. But to expect her to be a real person? A "good" person?

That was my mistake.

She's a girl. She's not a man.

We are men. We lead. They follow.

MattyAnon • 2 points • 30 October, 2015 10:28 PM

I doubt it. If you're happy saying "no" to people, you'll be fine. People subconsciously assume/test and when they find out you can't be walked all over, they'll quickly give up.

If you are a doormat though, you're fucked with or without the volunteering.

throwawayyourliberty • 1 point • 30 October, 2015 11:59 PM

If you really can relate to do charity due to special personal reasons, well do it.

However, most people (mainly women or WK) try to gain external validation only by such actions. Its basically a fraudulent act emulating certain characteristics they do not inherently possess.

The circle-jerking is complete if you are able to gain so much energy in form of validation and acceptance that you repeat and repeat it over and over again, neglecting any logical or rational reasoning why you are doing such actions.

NiftyDolphin • 1 point • 31 October, 2015 01:37 AM

The human capacity for empathy is one of the qualities that put us at the top of the food chain.

[deleted] • 1 point • 31 October, 2015 03:40 AM

Congrats on EC, long overdue as you make really great comments

theshadowban • 1 point • 31 October, 2015 12:45 PM

I understand that TRP is about sexual strategy, but it still hits on deeper principles that make all areas of a man's life better. It's not just an issue of learning to approach women. Think of having your own business and you're at a trade show. You need to be able to walk up to some 6'5" CEO looking guy in a nice suit and be comfortable striking up a conversation. If you seem nervous or fearful, you're not going to make a good impression. Career success is just one angle of this, it helps with making new male friends as well, developing your social circle. Social anxiety does not help or provide benefit in any area of your life. If its holding you back with young hot women, it's probably holding you back with older pillars of the community who can mentor you, young men your age that would make good friends, business contacts who can help your career along, etc.

I like one of the posts from a couple weeks ago that you have to be comfortable talking to anyone, any time, any where, and one of the ways to do this is express your internal monologue. I've been practicing this for a while. If you can't bring yourself to cold approach a 10/10 girl, start by making small talk with old people who are usually more than happy to talk to anyone, then work your way down to BSing with men, then women who aren't attractive to the point of being intimidating, then work your way up. I didn't even need to do it that granularly, I just got in the habit of making conversation as often as I could, like say with the old man ringing me up at the gas station was step 1. A few weeks later, I'm chatting with an attractive girl in the middle of an airport terminal, and I didn't even have to make a conscious effort to approach her and psyche myself out. I simply got in such a habit of making small talk as often as possible that I was on auto-pilot when I did it. 0 fear, and because I wasn't trying to get inside her I actually WAS outcome independent. I did a cold approach without realizing what I was doing or even thinking about it. A couple weeks later, I managed to get a phone number and a date from another girl, middle of the day, while she was at work. I was just making conversation like usual when I noticed she was trying very hard to qualify herself to me.

For me nofap helps a lot with this. It makes me want to leave the house and be more sociable, and it does a lot on

its own to get rid of general social anxiety. It also seems to make it easier to tell when a girl is just making conversation with me or when she's interested.

savoryprunes • 1 point • 31 October, 2015 10:37 PM

Thank you so much for this post. I'm mentoring a 15 year old who is asking me questions about this and I can't seem to find a clear way to explain this. You just helped me (and him) a lot.

[deleted] • 1 point • 31 October, 2015 02:25 AM

I read this, I agree with it, but I really think it comes down to action.

How do you do something? You fucking do it.

If you're weak, do you ask for help for months? No, you get to the gym.

If your savings are low do you complain or ask for financial advice? Sure, but not over the course of months, you start saving.

Similarly, if you're afraid of rejection what do you do? You go out and plan on being rejected, build thick skin and idgaf mentality, before you know it you're not failing every time and you've got a few numbers.

Really, **just fucking do it** is appropriate here. I did enjoy the read though, thank you.

throwaway-aa2 • 6 points • 31 October, 2015 03:44 AM

Well it's different though, right? Saving money is rather painless. Going to the gym is rather painless too (comparably at least). Gym is less about overcoming pain, and more about just showing up. Approaching is different and causes a lot more pain. At least at a gym, everyone is working out and it is acceptable to do so. Approaching makes you unique, put on the spot, being judged. I'm not saying that that shouldn't be the attitude, but what I'm saying is if approaching were that similar to lifting, not a lot of people would have problems doing it at all.

[deleted] • 1 point • 31 October, 2015 10:55 PM

Dammit whisper, yet again i have to agree with you. You're right, there is a clear difference and I did not notice it, I played the bitch and only considered what *I* would have focus on.

You're good. Hope to see you posting more often it's been a while.

RedPillAnonymous • 0 points • 31 October, 2015 12:57 AM

That Naps bitcoin sale is fucking sweet right? If Only I hadn't ordered before it started....