

# Be a social dynamo so she doesn't have to be

November 30, 2015 | 362 upvotes | by [Archwinger](#)

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A significant focus here at The Red Pill is the transactional nature of relationships. Men exchange time, resources, attention, and commitment for sex, primarily. Women exchange sex, and if they're actually feminine, charming, and worth a shit, their company, for male time, resources, attention, and commitment. The shorthand metric for this exchange is the SMV – the “Social Market Value” – of each person. A person's looks, fitness, professional success, social aptitude, personality, and even skills and interests all play a role in determining their worth to other people. We sometimes call SMV the “sexual market value” of a person, but the S is actually for social, not sexual. Social cred is, hands down, the primary currency that matters with women.

The SMV concept actually extends well beyond sex and relationships. Valuable people (e.g., hot, high social aptitude, interesting) also tend to have more friends (and better quality/more useful friends), better professional connections and more success at work, and so on. Your social value is what makes or breaks you in the world. Very few ugly, socially awkward people go far just because they're smart or hard-working. Very few hot, socially apt people go far without working at least a little bit or having at least a little smarts (though they'll often go farther than smart, hard-working social rejects). You can compensate for one or two categories by excelling in others, but you can't be a dead zero in any category or you lose at life. The most successful people in the world rank highly in every category. Because life's not fair and humans aren't equal. Some people are just plain better than other people, in every way. And some people just plain suck.

As we all know, women don't date down. Or laterally (which they consider down). Women date up. Before you have a serious shot at a girl, she needs to perceive your SMV as outranking hers, by at least a little bit. Are women simply greedy? What does a woman get from a valuable man that she doesn't get from a less valuable one? Sure, fucking is more fun if the other person is super-hot, and a rich person buys you shit, but you can't fuck a person's social aptitude. In fact, even if a man commits to a woman, his social aptitude, his skills and interests – all of that is going to cause him to spend less time, less attention, and less resources on his woman. Nonetheless, if you're a social retard and you suck with people, that is the single greatest dealbreaker for a girl. Even if you're cute and make six figures.

Men are more inclined (or at least more expected) to be risk-takers when compared to women. Men are the ones who walk up and risk rejection, while women just sit there and accept fuck applicants, passing judgment all night, getting annoyed with the less qualified ones, and imagining that their position is a tedious and difficult one. Men are more often the ones who start businesses, climb corporate ladders, request raises and promotions, and put themselves out there to get established. This carries forward into other aspects of a man's life, such as making friends, seeking out hobbies, and so on.

It's a social risk to sign up for some group activity where you don't know anybody, travel across town to be there at a certain time, arrive at an unfamiliar location full of strangers, and just start talking to people there, trying to make friends. Hell, it's a social risk at a party or some other friendly gathering to just walk up to a stranger – even a same-sex stranger – and strike up a conversation, trying to make friends. Making friends, developing hobbies and social networks – establishing yourself socially -- is every bit as much of a rejection risk as picking up a girl.

Most women suck at risk. Women are petrified of rejection. Women don't hit on cute guys – they let guys come to them. That way, they already know the guy is interested. Women don't drive across town to attend some event with a group of strangers. They'll only go if their friends are going. Women don't

make new friends. They just do everything with their current circle of friends. If they do make a new friend, it's through other people they know. Women don't seek out friends or walk up to strangers. They just end up being friends with whoever they work with or go to school with or wherever else their circumstances put them. Women absolutely, positively, will not, do not, can not bear social rejection. So women do not take the risk.

Women seek out men who are social dynamos because these men take the risk for them. These men have friends, a social network, hobbies, and interests. A woman can cling to his arm as he goes around being social, and she can strike up conversations with his social connections, risk-free, because he's already taken the risk for her. He did the leg work, took the risk, made the friends, made the connections, and established himself. And now she gets to be a part of all of that, risk free. No fear of rejection. That's why women will pretend to be annoyed at all the time you spend with your guy friends, but are secretly happy that you're socially established, since having those guy friends means getting invited to gatherings for her, having an immediate in for conversations with your guy friends' women, and so on.

Women are social creatures. They need a socially established man because without social validation, they wither and die. But women are so dependent upon the social world that they just can't bear a social rejection. They just can't make themselves take a social risk. Their man, and his social status, are what gives them opportunities beyond their immediate circles of friends and coworkers. Their man faces the world for them, takes the risks, does the work, while they follow in his wake, reaping the benefits of his labor, risk free.

Your most valuable currency is being social. The kind of guy who can chat with strangers and walk away with a new friend or professional contact. The kind of guy who knows somebody everywhere, knows people in all areas who can get shit done. The kind of guy people like. None of this I'm an introvert, but I'll just work harder in school and at my job and at the gym bullshit. If you're a social retard, it's going to hold you back in all areas. Awkwardly meeting strangers and risking embarrassment and rejection is scary, but smashing that fear is part of growing from a boy into a man.

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## Comments

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HumanSockPuppet • 136 points • 30 November, 2015 03:31 PM

This is precisely why you must never allow yourself to use "low SMV" as an excuse not to practice approaching and pick-up.

**A lot of guys get trapped in the Monk Mode rationalization.** They think "I'm not hot enough yet, so I need to build more SMV before I can really make successful approaches". This is a self-defeating attitude.

**Practicing your socialization will raise your SMV** just as surely as lifting weights, or reading books, or going to school, or working on your financial portfolio. You cannot improve your socialization skills if you avoid every opportunity to do so.

Next time you see a girl you'd like to bang, don't come up with five excuses not to talk to her. Just walk right up and use her as an opportunity to both practice your ZFG (zero fucks given) mentality and to raise your social sensitivity.

You may surprise yourself at how far you can go using words alone. And with practice, you'll discover that her bed is closer than you think.

[deleted] • 24 points • 30 November, 2015 06:11 PM

Idk, man, I think you have to get past a certain point in SMV (or date fatties who don't have Tinder ) to get to a level at which you have to start getting a chance. If you're just starting out you're not gonna magically have the god-tier game that is required to make-up for very low SMV in another area:

If you're a 10/10 the cheesiest pick-up lines are gonna work but if you're a 2/10 you could have the perfect line for her in that situation and you wouldn't even get a single word out before she calls you a creep and walks away.

Monk mode is a thing for a reason and you gotta make some headway before you can delve into actually picking girls up.

freudianSLAP • 58 points • 30 November, 2015 09:04 PM **[recovered]**

For most men its not so much about succeeding though, and much more just getting comfortable getting rejected.

HumanSockPuppet • 33 points • 1 December, 2015 02:52 AM **[recovered]**

its not so much about succeeding though, and much more just getting comfortable getting rejected.

**Exactly.** Mods, a man point for this gentleman, please.

Once you get comfortable with rejection, you realize that it's not a big deal. You give less fucks about the outcome, and you start to relax.

Then, when you relax, your nervous habits disappear one by one - wandering eyes, fidgeting, stammering, hesitation - they all disappear, and what you're left with is calm confidence. That's where the magic happens.

But you have to get over the initial hurdle of using the "my SMV is too low" BS as an excuse to avoid approaching.

**All too often, your low estimation of your SMV *actually ends up making your SMV low.* It's an**

**instantaneous self-fulfilling prophecy.**

So proceed with the assumption that you're just here to have fun. If the approach doesn't matter, the outcome doesn't matter. With time and repetition, you'll relax more and more. Then, the effortless pussy-slaying will truly begin.

EpicLevelCheater[M] • 15 points • 1 December, 2015 03:09 AM

Point awarded.

HeinousFu\_kery • 6 points • 30 November, 2015 11:47 PM\*

I'd say "Getting comfortable with the possibility of being rejected". When you stop overthinking it and just get yourself out there, the confidence shows through, you'll get more experience and will be more confident still.

ItIsMyPrivilege • 2 points • 1 December, 2015 03:31 AM

This is where I need to improve. I'm told I'm "Good looking" and this only has added to my approach anxiety and worry about being looked down at for taking out a girl who isn't as attractive as me, just to get my experience. "Why is that dude with her?" is a thought I worry others think. My game isn't shit really, I'm just risk averse and shy. Also if I get denied by a girl who isn't that cute, fucks with the ego, thinking of girls I've made cum multiple times in a row who were more attractive. Like who is this bitch to think she's hot shit? I've broke a couple of the better sluts at my last year of school.

TheReindeerGuy • 2 points • 1 December, 2015 02:20 PM

Well if you know your anxiety or fear that you should face it head on right? At least according to No More Mister Nice Guy, which I have only recently read. So I guess you should date a few girls that you think are date worthy but think you'll be looked down upon for it. Take them to a public place and notice how no one really cares. This way you might teach yourself not to care about others opinion as much either.

Take the risk, face your fears.

Just to be clear, I'm no expert or a master at game this just makes sense to me. Maybe someone who has similar experiences as /u/ItIsMyPrivilege can weigh in?

ItIsMyPrivilege • 1 point • 1 December, 2015 06:02 PM

I actually did just that. I dated a girl I didn't really think much of myself (she was cute and stuff, sort of plain), others were really into her though so I got social proof being with her, but I felt most people outside of the uni didn't pedestalize her, and thought we were just friends. Didn't see us together.

I didn't date her for that purpose though, to try and get over that fear, I ended up dating her because I had just found the pill and sort of gave up on women. But she wanted to fuck me since I fucked her friend and we just kind of banged for about 5 months straight until I dumped her because I wanted to do better.

It's been fucking rough because I realize she really wasn't that bad compared to the majority of girls out there, which has led to this depression/regret/anger I've felt over life decisions I've made. Ultimately though, dumping her left me with no validation. I have no job (we'll see if I get an offer for a place I just interviewed with), not a lot of friends, no real accomplishments and little sense of self.

I'm working on building myself as a person and gaining that sense of self and identity, so that hopefully I can feel secure in MY choices and not give fucks about what others think so much.

That being said, side project for me is to meet girls from tinder for coffee or drinks, just to get out of my comfort zone. Since most really aren't that great, I hope it will allow me to feel more secure taking girls out in public, thus making me less self conscious.

TheReindeerGuy • 1 point • 7 December, 2015 09:03 AM

Ultimately though, dumping her left me with no validation.

Staying with her wouldn't have given you validation either since it comes from you as a man.

Anyway it seems like you are on the right track, you have realised you problems and are tackling them. Get a little better everyday is the way to go.

edit: formatting

[deleted] • 4 points • 30 November, 2015 09:19 PM

Not so much, no. I don't think rejections are bad if there's the occasional success in between. At that point it really does become a numbers game, if you fail every time, it doesn't matter if you try ten or ten thousand times. You're still gonna fail every time which will ruin your confidence (been there done that).

[deleted] • 1 point • 1 December, 2015 02:23 AM

Getting comfortable with rejection is imperative, but equally as important is becoming the best version of yourself that you can.

HumanSockPuppet • 15 points • 30 November, 2015 10:29 PM

You're mistaking content for process.

The "perfect line" is perfect because of **how** it is said, not what is said.

For example, I opened a girl today by telling her that her hair was rebelling against her. In any context that statement would be nonsensical and strange, but because I delivered it with strong eye contact and a smirk she erupted into girlish giggles and stuck around to give me her number.

That kind of delivery can be perfected with constant practice. So if you regard every girl as an opportunity to practice, it only makes sense to practice on any and every girl you meet.

[deleted] • 4 points • 1 December, 2015 12:57 AM

Sure, but you already have a high SMV. If you were ugly you might've been rejected by her.

If you were just a little bit too low SMV she might've still rejected you but maybe not with a better line that builds more rapport. For example if you happened to strike up a conversation about a topic that she's really intersted in or made a joke that she found really funny it would probably give her a higher percieved SMV of you than what she actually thinks about you. The "perfect" line is the optimal thing you could say to get her interested.

All I'm trying to say is: Your appearance and other SMV factors ARE part of "how it's said". If you're confident but can't back it up in other areas it won't be enough because a single stimulus does not give a girl tingles: <https://youtu.be/p-A8GvUehq4?t=16m18s>

HumanSockPuppet • 14 points • 1 December, 2015 02:42 AM

If you were ugly you might've been rejected by her.

So what? The idea isn't to win every time. The point is to *get some practice every time*.

My original point was, whether your approach is a success or a failure, **the act of approaching increases your SMV, because each time you learn something, and each time you get a little better.**

Stop giving a fuck about whether you look like a fool after a rejection. Just dive in and learn.

fitslikeaglove92 • 1 points • 1 December, 2015 01:59 AM [recovered]

From my experience as my SMV has increased, the delivery is the most important thing. What HumanSockPuppet said is true. **HOWEVER**, the difference I've found with a low SMV man and a high SMV man (all other things equal) will be the level of response.

A high SMV man delivering that line well will receive a strong response and the woman will be interested. A lower SMV man delivering the same line in the same manner will receive a mild response. He'll then have to follow up with a second or third line, delivered equally well, to reach the same amount of response as the high SMV man has achieved with a single line.

It all boils down to the amount of time and energy invested. The higher your SMV, the less energy you'll have to invest (confidence and social skills being equal).

[deleted] • 0 points • 1 December, 2015 02:03 AM [recovered]

You're describing the difference between an alpha male and a beta male. I'm talking about an omega male

If you're a 600 pound neckbeard you're not gonna receive a "mild" response because the second she sees you she's disgusted.

-drukpa-kunley- • 7 points • 1 December, 2015 05:31 AM

I disagree. It doesn't matter whether you are alpha, beta or omega. Every man gets rejected, regardless of their SMV.

So it is better to start learning to handle rejection no matter what your SMV is at the moment. And actually being an omega makes approaching easier. You *know* you are going to get rejected.

When starting out, approaching is not about actually getting the girl. It is about inner game: How to handle rejection. How to read a woman's body language. How to be funny. How to hold a conversation. How to manage your body language. How to handle AMOGing.

Patrice O'Neal was a fat motherfucker. But he knew how to spit game. And that game came from practice. One of his openers was "You look like your breath stinks."

Learning to approach is about forging your mojo in the fires of rejection. There is no better time to start than now.

InscrutablePUA • 8 points • 1 December, 2015 12:17 AM

Why can't monk mode include 3 cold-approaches a day, just to desensitize yourself to approaching women you've never met before and desensitize yourself to rejection?



The reason most guys go into 'monk mode' is because cold approach is emotionally much harder than lifting and working.

[deleted] • 4 points • 1 December, 2015 12:39 AM

Sure you can do it, and you should definitely do it from time to time, to see where you're standing with your SMV, but if your SMV is so low that you get auto-rejected then your game won't improve through practicing before you improve your SMV to above cave-dweller levels. That's all I'm saying

NO\_LAH\_WHERE\_GOT • 2 points • 1 December, 2015 09:39 AM

Idk, man,

This is your problem. You don't need to get past a certain point in SMV. You need to get past "Idk, man..."

VictorEremitaK • 1 point • 1 December, 2015 10:38 PM

You should not be talking about this since you obviously have no experience at all.

jackandjill22 • 6 points • 30 November, 2015 03:49 PM\*

So, what if introversion isn't about fear? What if it's disdain? The sheer absence of spaces for thoughtful reflection in this society of madness, mindless extraverted overbearing assholes destroys all alternatives to this current course or path & hijacks the culture; holding it hostage to your self-contradictions & desire for instant gratification. : I don't drink. I'm never going to. So, why? *Fuck you, that's why.* You're so narrow that you expect everyone else to jump off the cliff with you like lemmings, so you can indulge in the moment for shits & giggles. I want no part in that.

Archwinger[S] • 74 points • 30 November, 2015 04:04 PM

A lot of people get bogged down with all of this mental masturbation and idealism.

They're so obsessed with "being true to myself" and being who they think they really are, that they'll cling to some kind of stupidass unsuccessful behaviors and practices and be less happy and less successful for it. But then, they can say, "At least I was true to myself."

Nobody cares if you were true to yourself or if you did something from a position of superiority instead of inferiority. All we other people see is a loser who wasn't successful. That whole internal monologue about how you don't care if X works better than Y because Y is who you are, you really really want Y, and you choose Y because you're so superior -- that doesn't matter to anybody. It's mental masturbation.

PotentFapstronaut • 8 points • 30 November, 2015 07:54 PM

FUCK YEAH ARCH. Spot on.

Thoughts are irrelevant. Actions are everything.

HS-Thompson • 11 points • 30 November, 2015 06:55 PM

Nobody cares if you were true to yourself or if you did something from a position of superiority instead of inferiority. All we other people see is a loser who wasn't successful. That whole internal monologue about how you don't care if X works better than Y because Y is who you are, you really really want Y, and you choose Y because you're so superior -- **that doesn't matter to anybody. It's mental masturbation.**

This is an absolutely crucial point to really "get" in understanding TRP.

I'm probably closer to a natural alpha (have done well in business and with women for a long time) but it wasn't until I got much older that I realized how much I had been engaging in this kind of pointless pride my whole life.

It's a subtle and hard habit to break.

DoesNotMatterAnymore • 3 points • 1 December, 2015 11:02 AM\*

you choose Y because you're so superior

This pretty much sums up my life.

I realized how much I had been engaging in this kind of pointless pride my whole life.

Because no one gives a shit about you, you have one life to live, and on your death bed there will be only one person to blame for your avoided chances.

If you want to live a better / happier life you have to take actions towards it, no one will save you, and do the work for you.

hard habit to break.

It is, i'm an arrogant bitch with a lot of pride, but i can't backup that pride with anything.

You know what is really funny? I'm sort of disrespecting my therapist, because we barely can have a meaningful (for me) discussion about myself. And here i'm, on an internet forum getting more insight about myself, then with a "professional", paying for the whole thing.

LukeMcFuckStick • 5 points • 30 November, 2015 08:59 PM

Preach. I also would say it's the male hamster saying "don't do that you're too good for it that's why you aren't doing it" when the actual reason is you're too cowardly to risk anything. I know I'm guilty of it.

[deleted] • 3 points • 30 November, 2015 08:16 PM

So true.

One of my old jobs was chugging, getting monthly subs to charities. You could rationalise the fuck out of it, whether there were no cold calling signs, whatever; bottom line, you knock on doors, you pitch, you sell. You have an action to take, it doesn't matter if you come at it from "Yeah I'm going to help this charity grow!" or "Yes, more money to rinse behind this door." The only people who lost out were the ones too afraid to take action at all.

Scroph • 1 point • 1 December, 2015 06:32 PM

Nobody cares if you were true to yourself or if you did something from a position of superiority instead of inferiority. All we other people see is a loser who wasn't successful. That whole internal monologue about how you don't care if X works better than Y because Y is who you are, you really really want Y, and you choose Y because you're so superior -- that doesn't matter to anybody. It's mental masturbation.

The point is not for others to care though, the point is for whoever thinks this way to be able to sleep at night. Not saying I agree with it 100%, but I see where they're coming from.

rpscrote • 1 point • 1 December, 2015 07:06 PM



What got me out of this rut (most days at least) is the knowledge that I alone control who I am.

If approach works, I can become an approacher. I can do it so much it becomes part of me. I am what I do so I do new things when I want to be new things.

'Self' is not fixed and anyone claiming so is using it as an excuse.

antariusz • 13 points • 30 November, 2015 05:39 PM

You're so narrow

Pot, meet kettle

By cutting off every other option, you've limited yourself and become another lemming, except you're jumping off a "different" cliff following different leaders and you somehow think that makes you superior.

We're all going to die eventually, that is the cliff that none of us escape. Whether you drink or don't drink doesn't matter in the grand scheme. But by limiting your options to only one possibility, you've limited your potential.

HumanSockPuppet • 6 points • 30 November, 2015 10:35 PM

If you still feel disdain for women, it might be because you're still in the anger phase.

Most guys who loathe the RP approach to gaming women hate the fact that women don't respond the way they "should". They're still upset that women are shallow and uncomplicated.

I too went through a loathing phase, and I was able to overcome it by making a game out of getting girls laugh like children. I found that once I became good at the game, I stopped loathing women and started relishing the opportunity to play with them.

IllimitableMan • 4 points • 30 November, 2015 05:32 PM

Definitely a lot of value in what you're saying. You'll like this:

<https://twitter.com/IllimitableMan/status/669554259587919877>

egoisenemy • 2 points • 30 November, 2015 10:56 PM

Rage against the machine much? Yea there are fucking guppies that live by outbidding the Joneses, love to suck corporate dick, get shit faced every weekend and live a miserable life up their asshole to try to smell the roses; there are also people who like to go out and have a good time while building meaningful relationships and building themselves. It's easy to demonize cultures because you rationalize it as pointless and self-destructive but the case is that most people who decide to stay inside and jerk off to netflix and hate alcohol are usually socially autistic losers. I've gone out many times as the DD and still managed to have good time meeting new people and hitting on women.

thenemaxofredpill • 41 points • 30 November, 2015 04:46 PM

"Ugh I hate how you can just meet new people and go hang with them" - my LTR.

noobforlife • 6 points • 1 December, 2015 02:33 AM [recovered]

Mine thought it was so wierd that I strike up random conversations when we go out. She says she never met a guy or girl who did that.

thenemaxofredpill • 2 points • 1 December, 2015 05:14 PM [recovered]

Exactly. Seems so weird that there are people out there who never talk to anyone.

Got great sex from my LTR a few weeks ago when my apartment complex hosted a huge event in our entertainment building. I'm talking 3 beer vendors, 8 food vendors, desserts...the works. Well, I invited her to go with and beforehand all my friends were texting me to see if I was going and when I got there, my friends were introducing me to random people because I was the guy "they had to meet". And I even was flirting with the women that work in the leasing office. Wasn't expecting to have the event be like that for me....just wanted to go get free food and beer. But the look in her eyes was one of astonishment and primal instincts. She was blowing me in the elevator going up to my apartment that night. Was pretty awesome.

CopperFox3c • 66 points • 30 November, 2015 04:44 PM

**Women are *sexual* objects ... men are *status* objects.**

It is not a *double* standard, just a *different* standard. Act accordingly.

ColdEiric • 20 points • 30 November, 2015 04:58 PM

**Women are *sexual* objects ... men are *status* objects.**

This axiom works perfectly with what I have thought about. Women are very careful about not getting seen with someone of lesser status, and men are very careful about not catching anyone or anything who dumps a huge shit on his status.

DoesNotMatterAnymore • 4 points • 1 December, 2015 11:16 AM\*

He loved my family and they loved him. Every family gathering and holiday, he would show up and **I would show him off. Almost like I was telling my family, "Look what I snagged. He's better than yours."**

This is a direct quote from the woman who wrote the post on / r / off-my-chest

<https://archive.is/WjSjk>

It worth a read, a great RP example. You can be the most fun person on the planet, but if you change (even for a horrible reason like in the story) she sees no more value in you.

It's Briffault's Law to the core. He is unable to *provide* same way as he did in the past.

The beauty of the RP lenses are, i'm not mad at her, i understand.

NeoreactionSafe • 25 points • 30 November, 2015 05:20 PM

None of this I'm an introvert, but I'll just work harder in school and at my job and at the gym bullshit. If you're a social retard, it's going to hold you back in all areas. Awkwardly meeting strangers and risking embarrassment and rejection is scary, but smashing that fear is part of growing from a boy into a man.

Absolutely true. Introversion and extroversion are simply where your **focus** on reality resides. One can be both introverted and extroverted depending on the circumstances. This idea of a **binary** reality of being either introverted (making the self centered case for higher IQ nerdiness) or extroverted (the jerk boy game player who captures chaos in his actions) is a false duality.

When the introvert becomes the extrovert he switches from his own internal **order** to the external reality of **chaos**.

The hardened introvert resists believing in chaos.

It is this philosophical rejection of the true nature of reality (chaos) that makes the introvert seek the only order he is certain about which is his own order.

Unfortunately for the introvert his "order" was often forced into him by the Blue Pill emotional indoctrination machinery so he often is **unaware** that what he believes is ordered was really artificial.

When you Kill the Beta you are destroying internal myths of order and grabbing the chaos of nature and creation at it's core.

Seize the day.

MoneyStatusLooks • 4 points • 30 November, 2015 11:32 PM [recovered]

Not hating. I believe that you can change how introverted/extroverted you are.

That said, people obviously have a natural or unnatural disposition to certain things. For example, many 'introverts' including myself, although they can socialise, they will get tired after spending a long time socialising, whereas other people 'extroverts' will feed of the energy and not experience such depletion.

After forcing myself to 'extrovert' more, this symptom does not go away. In fact, although I have got much better at socialising, I would still rather be doing introverted things, it's just how I am wired and I am much better at it (example, former pro online poker player, enjoying copywriting, writing/online marketing). There is a reason why I became an internet marketer and make 7-figure websites and didn't become a car salesman. I believe it's natural introversion, and no matter how much you practice you are never going to set the world on fire at something you aren't naturally gifted at, but can set the world on fire at something you are gifted at. Hope that makes sense. Would be interested in your thoughts on this.

Basically, my stance on this topic as a whole should be you should work to get your weaknesses at least to a socially acceptable normal level. And then focus on your strengths to become brilliant at something. Its much better in life to not be fighting resistance to get good something you are naturally poor at, that to become world class at something you are good at.

Scroph • 1 point • 1 December, 2015 06:21 PM [recovered]

I agree with you, but I also agree with the OP in that having extroverted tendencies will help you improve in many areas. Being mostly introverted myself, I'll admit that there is definitely value in extroversion from an introverted point of view : getting connections to boost your career, forcing yourself out of your comfort zone and even keeping the friends you currently have (I am actually horrible at this, most of the friendships I make wither away because I rarely take the initiative when it comes to contacting them, even if the friendship was tight). This attitude might come naturally to someone who is extroverted, but you, being the solitary you are, must simulate it in order to reap its benefits.

I do however disagree with the implication that being an introvert makes you socially inept. It just means you enjoy spending time alone more than you do with others.

MoneyStatusLooks • 1 points • 1 December, 2015 08:51 PM [recovered]

There wasnt an implication that introverts are socially inept. Thats simply not true. There are probably more inept introverts than extroverts, but still, such sweeping generalization is inaccurate.

Scroph • 1 point • 1 December, 2015 09:51 PM [recovered]

I now realize my post was confusing. I should have made it clear that I was referring to this part :

None of this I'm an introvert, but I'll just work harder in school and at my job and at the gym

bullshit. If you're a social retard, it's going to hold you back in all areas

antariusz • 3 points • 30 November, 2015 05:59 PM

Thanks, this was a great summation of what my own internal process was a few years ago that led me "out of my shell" a few years back. I would take personality tests and identify as a INTP or whatever it was (I don't remember nor care about being defined these days), but I would feel "safer" in my pre-defined societal role.

I suspect that at least one man that reads it will benefit from it.

NeoreactionSafe • 6 points • 30 November, 2015 06:10 PM

It's safer to believe in order. (reaction + safe ---> chaos + order)

But reality is actually eternally creating itself, so in the deepest sense conscious life is chaos... or it emerges from chaos.

Time is the greatest myth.

Linear time gives order to the chaos of eternal creation.

Past and future are just ordered dreams.

Extroversion means you embrace a kind of chaotic reality... but once you learn "Game" you start to bend reality.

We invent our perceptions, but we are also vulnerable to influence and imitation.

Imitation is usually unconscious.

Rene Girard is a guy to read up on... he's all about human imitation.

scissor\_me\_timbers00 • 2 points • 1 December, 2015 12:28 AM

If you've read Girard, you're probably familiar somewhat with postmodern critical theory? Your post sounds acquainted with it. Reality is a fluid text that can be constantly appropriated and re-appropriated to new and different ends. I love being able to connect obscure philosophy with real world shit like gaming sloots.

NeoreactionSafe • 2 points • 1 December, 2015 03:53 AM

Yes, Rene Girard was a critic of post-modern thinking.

To think in a post-modern way you decompose everything based on an ideology and become a virtue signaling Blue Pill beta slave.

Game is about decomposing reality to begin with (Chaos) but then "appropriating" and redefining reality in your own frame.

The Beta receives his frame from the outside. (unconsciously and unable to see the Chaos)

The Alpha defines reality by his frame, but must see the Chaos to know how to reconfigure things.

fejnews • 2 points • 1 December, 2015 02:10 AM [recovered]

You need to make a 101 level reading list for your posts like this. It sounds amazingly deep but I feel like I need to read up on some area of philosophy or quantum physics to actually understand it.

NeoreactionSafe • 1 point • 1 December, 2015 03:47 AM [recovered]

Sorry about that.

In brief...

Chaos is the full list of possible options.

Order is the selection of a specific option.

Read up on Rene Girard.

fcjnews • 1 points • 1 December, 2015 04:32 AM [recovered]

Which of his books would you start off with?

NeoreactionSafe • 2 points • 1 December, 2015 04:55 AM [recovered]

You might just read some articles:

<http://www.iep.utm.edu/girard/#SH4c>

<http://www.brusselsjournal.com/node/4953>

<http://www.brusselsjournal.com/node/5178>

<http://www.firstthings.com/article/2009/08/apocalypse-now>

<http://www.firstthings.com/article/1996/04/002-are-the-gospels-mythical>

[https://www.academia.edu/13839756/Apocalyptic\\_Intimations\\_Daft\\_3\\_Revision\\_](https://www.academia.edu/13839756/Apocalyptic_Intimations_Daft_3_Revision_)

...Rene Girard died just recently. (a few weeks ago at 91)

10211799107 • 1 point • 30 November, 2015 07:44 PM

I like the explanation. What would you say about the deeper introversion things going on like the amount of time you can handle around people? It sounds stupid, but for me I really do get anxious if I don't have my alone time to recharge. I can be around a big group of people and have fun for a few hours but I definitely get to a point where I get sick of it and need to leave. Is that also something to practice to change in the moment and work on your mindset, or is there a line that introverts will call it a night or whatever earlier based on real personality traits?

NeoreactionSafe • 5 points • 30 November, 2015 08:06 PM

Oh, you mean sleep.

Just kidding. Yes, there is a time for extroversion and a time for introversion.

It can be exhausting being around people all day long, but I never find it boring. Sometimes when you are tired physically you just want some space.

Do whatever works.

scissor\_me\_timbers00 • 2 points • 1 December, 2015 12:33 AM

It's funny you ask that because one of the ways introversion vs. extroversion is most clearly defined is that introverts recharge with alone time, and find social interaction to be gradually draining. Not negative necessarily. But extroverts recharge by being around people, and find alone time to be gradually draining.

10211799107 • 1 point • 1 December, 2015 03:20 AM

Going to a bar to watch Rugby especially during the world Cup was fun as hell . Everybody screaming and eating /drinking. But about 30min to an hour after the game I left and savoured the quietness of my house. I like going out, and get drained like you mentioned.

Paradigmond • 1 point • 30 November, 2015 08:10 PM

If you were bold enough to steer the conversation to what you wanted to talk about and do what you wanted regardless of what the other people thought, do you think you could go longer without needing to "recharge?" Repression is exhausting.

10211799107 • 1 point • 30 November, 2015 08:37 PM

I just get to a point regardless of the situation and need to be alone. I never put my TV on at home either, it's quiet, silence all the time. Until my LTR comes over.

Paradigmond • 1 point • 30 November, 2015 09:46 PM

I just get to a point regardless of the situation

I just believe this to be untrue. There are infinite social situations that can keep you energized, you (and me both) are just not capable of finding or creating them. I think social acceptance and (gratifying) sexual experiences are extremely rewarding, and you have probably learned to expect something else from socialization due to an absence of those rewards. The alphas have taken them all, or at least made them harder for you to obtain by contrast.

10211799107 • 3 points • 1 December, 2015 03:17 AM

It's possible, but even at BBQ with my friends I get to a point where I feel I need to get away. When I get home I'm relieved. I do enjoy it though, just there is a time limit

LukeMcFuckStick • 1 point • 30 November, 2015 09:12 PM

Got damnit I love this sub sometimes.

[deleted] • 19 points • 30 November, 2015 04:27 PM

The irony is that by being a social dynamo you essentially make your main girl less relevant for your social life since you meet new girls all the time.

Archwinger[S] • 29 points • 30 November, 2015 04:30 PM

That's fertile ground for shit tests and drama. Women love it.

"You're so selfish. You're always at the gym and out with your friends. You never save any time for me or for this relationship! By the way, here, have six blowjobs."

"God damn it, you used to be hot and really let yourself go. And you used to go out and do things and be interesting and now you just sit around all the time like a needy child. You're suffocating me! And I don't care that we haven't had sex in three months! I've been so stressed by all the flowers and massages you keep buying me!"

[deleted] • 9 points • 30 November, 2015 04:34 PM

If I was very social I wouldn't want a stable GF. That's the twist these dumb cows don't get. A man who is too social will not be there for them 100% but like dogs you can't keep giving them treats.



Orig\_analUse\_name • 1 point • 1 December, 2015 04:32 PM

Its exactly how 'douchebags' were created. So social that they can't commit and end up hurting the people around them.

bigdickedyrone • 27 points • 30 November, 2015 03:31 PM **[recovered]**

It's true your social status is one of the most important aspect of your SMV, but the wife at home will still fuck the buff latino gardener that cant even speak english while her husband is out socializing.

Attraction is still about tingles and emotions. I don't think you can say "this" or "that" is the most important factor. They all play a part

[deleted] • 2 points • 30 November, 2015 11:03 PM **[recovered]**

What kind of wife would stay at home in that context? Not an attractive one, I'm imagining.

It's still about tingles and emotion, but Op's making a point and makes it well.

[deleted] • 10 points • 30 November, 2015 06:02 PM\*

I noticed this just 2 days ago:

I've been going to the same bar for a while now and made some pretty good friends there and I generally know many of the regulars.

2 days ago I invited two friends from high school who I don't see very often and who knew me as the introverted shut-in that I was until 2-3 years ago. I always thought the girl was hot but I never had the balls to make a move and tbh she woulda probably rejected me (she was dating way hotter guys in high school).

That evening I knew roughly 40% of the people in that bar, literally all of my best friends from that scene were there. I kept introducing my highschool friends to interesting people, and basically just watched them interact the rest of the time. Still, the whole evening she kept giving me IOIs to a degree that she never had before. I managed to finish the evening with a K-Close, which, considering there are still massive holes in my SMV (have been lifting for a few months only , no game, etc) is huge. My friends basically gamed her for me. Too bad I'm probably gonna fuck it up if I try anything in any other setting.

It was the first time I got to see how it feels to have a decent SMV. Definetly a motivation boost to keep doing what I'm doing, next goal is losing that beer belly.

rpscrote • 2 points • 1 December, 2015 07:14 PM

That evening I knew roughly 40% of the people in that bar, literally all of my best friends from that scene were there. I kept introducing my highschool friends to interesting people, and basically just watched them interact the rest of the time. Still, the whole evening she kept giving me IOIs to a degree that she never had before. I managed to finish the evening with a K-Close, which, considering there are still massive holes in my SMV (have been lifting for a few months only , no game, etc) is huge. My friends basically gamed her for me. Too bad I'm probably gonna fuck it up if I try anything in any other setting.

Dude. Stop with the self limiting beliefs and the outcome dependence.

If you think you're going to fuck it up, you will. If you are so invested in how things turn out, you will get anxious and nervous and not give off fun or interesting vibes.

Just hang out with the chick, have fun hanging out for what it is, and if something happens it happens. If it doesn't, you are literally exactly as well off as you were before. There is no loss.

Basically, just chill dude. You won't even remember this in a year.

lv1mebruh • 1 point • 1 December, 2015 05:52 AM

Preach, had a similar experience this weekend in regards to K closing a girl who used to think of me as friendzone material, definitely a nice motivational boost/assurance. Keep up the progress man.

Oh, and don't forget: she's not the one! So absolutely resist any one-itis your brain is giving you for that chick; it's just your weak inner voice feeling so close to not being thirsty anymore and fiending for that romantic/emotional feeling again which just happened to come FROM that girl at that one time (NOT the girl herself, just the experience you had with her). If you don't have a problem with this then ignore it, I just noticed that within my own mind there was a slight twinge of craving for having that experience again, so I had to shut it off. Wasn't hard to shut off at all, but it definitely was present for a moment. Hopefully you understand where I was going with all that.

[deleted] • 1 point • 1 December, 2015 12:12 PM

Nope, she absolutely isn't! Oneitis, fortunately not one of my problems, although, due to still having low SMV and thus few options I don't entirely give 0 fucks yet either.

lv1mebruh • 1 point • 2 December, 2015 12:09 AM

awesome, good stuff man keep it up

alexfred693 • 9 points • 30 November, 2015 10:10 PM

Seems like a longer version of what Rollo already told us:

"Looks. Assets. Game. Have two. Three is best, but if you only have one, Game is the most essential."

[deleted] • 17 points • 30 November, 2015 04:10 PM\*

Melania Trump doesn't have much of a personality. She's very beautiful, poised, and pleasant but doesn't bring much of her own shit to the table. When the Trump's have guests over, they spend their time admiring the beautiful shit that Donald earned, and then run into Melania who sits in the center of the house as his finest ornament. Guests worship her in anticipation of seeing Donald Trump, and then Trump shows up last to entertain guests while Melania stays quietly behind him.

huge\_gap • 7 points • 30 November, 2015 08:33 PM

Spot on. As a law student I saw this all the time with my ex. The greatest value I brought her was status. She was a cute, tall blonde but socially awkward as hell. When we started dating she rose far and her social net widened significantly because I brought her along to all my friend events. Then she was know as "oh you're x's girlfriend!" Also, she was so smug that she landed a guy with my SMV. At the end of our relationship I told her she wasn't doing it for me and she begged to stay together. Her words were "but I can't date anyone else in law school now." She knew that once it was over the well would be poisoned and no other law student dude would touch her. I told her she can't negotiate desire and broke it off. Incidentally the well has been poisoned for me too. But I have really taken the whole "don't shit where you eat" mentality to heart. You may ask why I would date someone with smv so much lower than mine, well I've been shaking off the last dregs of beta nuclear family dreams. No more monogamous relationships, no more dating within my profession. No more commitment until it's earned from a worthy woman.

Blaat1985 • 5 points • 30 November, 2015 05:51 PM

So if you have a speech impediment, that limits your social potential like I do, you're fucked?

Archwinger[S] • 19 points • 30 November, 2015 06:10 PM

Not everyone is equal. Some guys are bald. Some guys are in wheelchairs. Some guys are blind or deaf.

You make do with what you can.

scissor\_me\_timbers00 • 3 points • 1 December, 2015 12:38 AM

baldness doesn't have to fuck you man. If you wear it like a boss, women can dig that.

Hoodwink • 1 point • 1 December, 2015 02:53 PM

There are many men who can wear baldness like a pure alpha-motherfucker.

Then there's other's whose facial and skull form a weird looking alien figure rather than a dominate man.

When people complain about baldness you can expect that they already realize that they look like a weird alien rather than jacked dude-bro.

chaseemall • 5 points • 30 November, 2015 07:20 PM

There are comedians, preachers and public speakers who have speech impediments. They make it work. Brother Bakht Singh had a speech impediment, yet he was the most powerful preacher in India.

My point is that a disadvantage doesn't count you out, but you will have to work harder than the rest. You can use your intelligence, body language, vocal tone, a good handshake, and other things to socialize even if you have a speech impediment.

nutty\_bi • 6 points • 30 November, 2015 11:39 PM

I used to stutter severely from age 5 to 18, which vastly limited my social skills. You have to first understand it's not something you're born/stuck with, no matter what you've been told. I realized that while reading the first chapter from a psychiatry book on how to treat stutterers. That realization, combined with getting to the root of why I stuttered, made me nearly 100% cured in a matter of days.

I still stutter a couple times a day but it's more natural (mostly from thinking too quickly). You can cure yourself, bro! Feel free to PM me.

And check this out: <https://m.youtube.com/watch?v=iM7kpRwoomE>

Blaat1985 • 1 point • 1 December, 2015 08:37 AM

Stuttering runs in my family so there is a genetic aspect to my stuttering. I'm most likely born with it. Whether I'm stuck with it I don't know. I want to believe otherwise, but my experience has taught me different. Been through 22 years of all kinds of stuttering therapy. From individual therapy to the intensive McGuire program where you do a 4 day bootcamp like course where you are taught a new way of speaking and you get kicked hard out of your comfortzone. You need to talk to 200 strangers and do a public speech on a soapbox in the middle of a crowded street. Sadly everytime the same pattern repeats. After the course I relapse back to my old stuttering and the control techniques stop working. My stuttering seems very persistant.

How did you manage to improve your fluency and what was the book you've read?

[deleted] • 1 point • 1 December, 2015 11:18 AM\*

Definitely not.

I have a life long friend, call him T. He is brilliant, tough, driven, wealthy, classical Jewish family and background, 27, just got married to an hb9.

The first decade I knew him he couldn't speak. Awful stutter. Bad enough that he couldn't introduce himself 90% of the time.

He gave up practicing medicine for speech therapy, ended up mastering in it, then went back to medicine to finish up.

Now he's teaching speech therapy and doing conventions and conferences for excellent pay, speaks like James Earl Jones, banging a classical old school Asian wife who, I shit you not, let's him Fuck anything he wants, and he gets offers regularly.

They're both happy, she stays in the house all day, I don't think she even has a car. she might know how to drive.

If she's not emptying his balls she's cooking, cleaning, or playing video games. She works out with and under his instruction.

He's built himself a life many would want. It took him years, but he deserves every moment of it.

You can do it to. But you'll have to be like him. Bust ass every single day.

[deleted] • 2 points • 30 November, 2015 09:27 PM

Very nice thread. Just wanna confirm - I've actually had a girl friendzone me after spending a day with her friends. Luckily I'm making rapid progress but man it sucks getting rejected for such an intangible thing. Never the less life goes on and I keep improving.

grewapair • 2 points • 30 November, 2015 10:45 PM

Friends are a danger. You have to pass muster with not only the girl, but with all her friends too.

That's a difficult challenge unless you are very handsome. If you make up for it in some way, the friends won't always see it and will ask her why on earth she'd stoop so low as to hang out with you.

stawek • 2 points • 1 December, 2015 12:38 PM

Exactly. It is great validation for a woman to reject somebody. Her friends can reject you without losing anything, so they do.

[deleted] • 1 point • 1 December, 2015 07:26 AM\*

Yeah. We still hang out and we're pretty honest with each other so we've talked about it and what happened. This was about half a year ago so I wasn't that far along in my development. The guy friends were pretty alpha, especially compared to me, so I think I was visibly intimidated. That didn't help. I was totally aware of this and tried to not let it affect me but it did. I just didn't have the tools to handle the situation. I'm pretty sure they don't get why she'd bring someone like me, but that might just be me projecting. Doesn't matter though. That was then, this is now and the future is the only thing I have power over. If I ever see them again I'm sure they can tell something's changed, just as most of my friends can.

[deleted] • 2 points • 1 December, 2015 03:18 PM

Even if you don't care about your SMV you should still be getting better socially. It will help not only in your career but also in many other ways too.

10211799107 • 3 points • 30 November, 2015 03:28 PM

I'm still working on this myself. My problem is i'm tall, buzz cut with a beard and a "fuck you" face. When my mum visited months ago she told me stories of how teachers couldn't figure out if I'm happy or not in class

because i don't smile. My current LTR says the same thing. She would lean over in a movie or bar and ask me if I'm okay, I'm having a fucking blast but apparently it doesn't show.

People at work also don't greet me unless I greet them first. Everyone tells me I'm intimidating yet I'm a really nice down to earth guy with a sick sense of humour. I'm starting to practice to smile more, even just a smirk. It's working slowly.

Because I'm so "intimidating" with a "fuck you" face, I've been having a hard time striking up conversations with friends at the bar of my LTR. I ask a few questions here and there but if the other person doesn't reciprocate I leave it, I'm not going to lick someones ass to start talking. It's a slow process, slowly I notice differences what just a smirk or smile can do. Not sure how to be "less intimidating" so her beta friends and gf's will actually be open to chat.

BaconEggsAndSleaze • 12 points • 30 November, 2015 03:49 PM [recovered]

A man comes into a bar and sits down next to you.

Shortly after, he turns to you and

1.) Asks whats on tap, 2.) Asks whats good on the menu here, or 3.) Asks any question period.

A man comes into a bar and sits down next to you.

Shortly after, he turns to you and

1.) Makes a statement about the bartender, or bar atmosphere 2.) Makes a statement about the two sports teams playing 3.) Makes ANY statement.

Statements are more engaging, and are more likely to lead to conversation where you aren't pandering.

While questions may leave the other person put off because they are not sure if you want to talk, or just want the answer to your question.

[deleted] • 8 points • 30 November, 2015 08:15 PM [recovered]

A man comes into a bar and sits down next to you

Was seriously expecting a punchline.

Very solid comment, but I'm still a little disappointed.

10211799107 • 3 points • 30 November, 2015 03:59 PM

I agree. Should've said I don't always ask questions, that is one of the first things I changed when I started here on RP months ago. I pick up on social queues and body language easily and know when people don't reciprocate conversation even though I'm friendly and open.

My LTR tells me I look like I hate everyone. So now I try the whole "making my face look friendly" thing by smiling etc since apparently it's been a problem since I was young.

It's going slow, I take it one day at a time with small tasks at work focusing on my expression and being open in the mornings in the break room. I do notice a change.

PotentFapstronaut • 2 points • 30 November, 2015 08:06 PM

Keep at it my man. In the past, I thought "smiling" was fake as hell, or would look too feminine, especially if was directed toward another male.

But smiles are really just a friendly interface. You know you're a cool, genuine, respectable, fun dude on the inside, now you just need a friendly interface to break the ice.

You should self-amuse in social situations anyway, without coming across as a clown, and smiles

affect your own internal state to help you do so.

10211799107 • 1 point • 1 December, 2015 06:27 PM

I'd say the self-amuse is also a road block sometimes. Because associates and friends don't always engage with me in convo because of my demeanor, I'm having a hard time to self-amuse.

lugubriusTRP • 1 point • 1 December, 2015 02:50 PM

i have this problem too, everyone says i look angry. Only problem is when i smile it feels forced unless i'm genuinely happy by something.

10211799107 • 1 point • 1 December, 2015 06:25 PM

My LTR gets really excited when she sees me truly happy about something. Apparently my face looks very different when I'm truly happy or laughing.

lugubriusTRP • 1 point • 1 December, 2015 07:29 PM

Does this not affect you when your trying to game chicks? Sometimes i feel as if i come across as to uninterested/bored and it puts them off

10211799107 • 1 point • 1 December, 2015 08:28 PM

That's where putting the smile comes into play. I have a natural sick sense of humour, and I'm also very straightforward. Combine it with a smile and what not, you look normal.

AnAbsoluteSith • 1 point • 1 December, 2015 02:56 PM

Are you me? I intentionally don't sport my beard often because that and my face scream "fuck off" at people. That aside, there are the advantages I think, to having chronic resting bitch face: yes it's annoying to have to instigate most interactions, but it leaves you in control. You get to decide who to engage and when. It's a balancing act though; you have to cultivate the social skills to break out of that role whenever necessary. It comes with practise.

10211799107 • 1 point • 1 December, 2015 04:35 PM

I hear ya. It takes a conscious decision "Okay third guy not greeting me and I'm in a good mood, put on a smirk or smile and stop looking like an asshole".

ramjam812 • 1 point • 1 December, 2015 03:09 AM

"Social cred is, hands down, the primary currency that matters with women."

True story. This is well-written too and completely in line with the kind of thoughts I ponder while sitting in traffic after work.

I understand we are talking theory and theories are best understood in general. That said, my personal experience is at odds with your conclusions. When it comes to hook-ups, social cred is primary (social cred is binary for women, as in you either have it or you don't, and then other factors come into play). But for LTRs, many women date lateral or down. Women, like men, enter relationships for different reasons depending on the desired outcome. At any stage in life, a woman will latch onto a higher quality male and hope for everlasting commitment. However, higher quality males leave them at some point because, after all, they're higher quality. After riding the higher male cock wheel for a while and consistently getting dumped, women realize that a lower quality man is an appreciative man and an appreciative man is a committed man. Once women begin feeling like



they're youth and beauty is waning they begin looking for that man in the middle. They seek out the man that will be a good stable provider, is adequately attractive to show friends, and is insecure enough to stay committed. The motivation is threefold: (1) they want kids, (2) they want social validation as being "marriage material", and (3) they want insurance as they begin to exit the SMP with an "S" for sexual. Women don't rationalize like that and instead refer to it as, "once I realized that most guys were assholes, I decided to settle down with a computer programmer" (no hate).

I dated a beautiful girl in my early twenties who simply adored me. She still does. She is painfully shy. She never liked me to be social. She didn't enjoy being introduced to my friends. She threw tantrums when I hung out with my guy friends. She viewed me as higher status and she didn't want to risk me meeting another woman on one of my excursions.

I dated another woman, slightly less beautiful, who was very socially adept and she introduced me to people, she made the approaches, and she had the connections. She was also a narcissist (good sex up front, no sex at the end... so it goes). My point is that inexperienced women want a social dynamo for an LTR but more experienced women avoid them for an LTR. For ONS, a social dynamo wins hands down.

Archwinger[S] • 2 points • 1 December, 2015 04:04 AM

We'll have to agree to disagree on that one. One of the biggest things my wife and I used to fight about was my lack of social aptitude. Back when we were dating, I used to bring her along to all kinds of cool shit I did with my friends. Then we married, had a kid, and we didn't do much. We moved into a neighborhood far from everybody I used to know, and everybody we hung with were friends of my wife, couples with kids -- essentially my wife's social circle. I wasn't very outgoing, her friends didn't like me, our neighbors didn't like me, I didn't add any friends or activities of my own to our social life. Being with me cost her social points. We didn't get invited to various things because I wasn't well-liked. My wife was pissed.

Every time we got some new giant toy for our kid, my wife would rage and fume about how she'd have to find someone to put it together or spend money paying a handyman because I wasn't handy with a tool box, and I didn't have any friends I could call to help me out. She had this idealized image that guys just send a couple of text messages, meet up in someone's back yard, and build toys for each other's kids while drinking beer and talking football. I come from a long line of people who make shit-tons of money and pay other people to send Mexicans over to my house to build and fix shit, but back then, I didn't own that and kept trying to explain, defend, justify, and argue with my wife.

LTRs and wives want you to be their fucking cruise director. They want you to tap your contacts and make every weekend an exciting adventure while they barely lift a finger. They absolutely, positively require you to be a social dynamo. They just don't want you to exclude them when you do so.

windowsoup • 1 points • 1 December, 2015 05:06 AM **[recovered]**

This is really a great post, and I see the value in learning to become more social. I've always wanted to be that guy who can talk with just about anyone, anywhere and leave with a new friend. I actually know someone like this. We can call him John. Every time I hang out with John in public, he's always talking to random people or getting those people to talk to him, men and women. I see now that this is because John honestly doesn't give the slightest fuck what anybody thinks about him. He just does not care.

My question is, how can you train yourself to the point where you CAN be that social person who can talk to anyone with ease? Do you force yourself to approach random people, even if you have nothing in common, and over time you'll get better at being social and approaching? Should you work on trying to master the "I don't give a fuck" mentality? Any advice is greatly appreciated.

ringostardestroyer • 2 points • 1 December, 2015 08:42 AM **[recovered]**

My question is, how can you train yourself to the point where you CAN be that social person who can talk to anyone with ease?

Definitely. Growing up I was never the kind of guy to just strike up random conversations with people. Fortunately social skills are just like a muscle. You gotta keep working them out for them to get stronger. But first there's gonna be pain, perhaps the pain of rejection. Without pain there's no growth.

Start small by talking to service people, like waiters or cashiers. Talk to co-workers about their weekends and interests. Make small talk with the guy/girl sitting next to you on the subway. Find an excuse to strike up a conversation and do it. As soon as your gut tells you to, say something. If you dwell on it, the moment will pass and you'll shy away. Strike while the iron is hot.

Eventually you'll become very comfortable with talking to strangers. Most people will be courteous enough to entertain some small talk.

As for your friend John, I highly doubt he doesn't care what people think of him. Social intelligence requires a degree of investment in how people think of you, because then you can calibrate your behavior accordingly to optimize the interaction. If he truly didn't care how people thought of him like a psychopath, he probably came off like a huge asshole and obviously nothing is gained from that interaction.

StoicBeard • 1 point • 1 December, 2015 05:52 PM

I will get downvoted for that, but for the last week at nights I play fallout 4 while LTR is sucking my cock and then she enjoys just watching me play. I **DON'T** want to prove my LTR that I can talk because I'm already fucking her. I'm grinding all day long and lifting 6 days a week so I don't find this important. Live your way.

trp\_dude • 1 point • 1 December, 2015 05:57 PM

Mostly correct, except women will approach men with high SMV. Not just flirt - they will come right up and proposition them. It's a myth that men have to do all the work. Men who are in the top 5% have women hitting on them ALL the time.

cirelhat • 1 point • 30 November, 2015 05:29 PM

You speak 100% truth, girls will count how many friends you have and if they deem it to little you have a smv hit.

However building social skills shouldn't be a thing you feel pressured to do.

If you don't have any friends and you are dating a girl its not the time to get friends, it something that should happen naturally and requires face to face meeting.

This is extremely difficult the older you get which is why you need to adopt a god social attitude in public, and you can say

"I don't really like friends, they just ask for things" you know what I mean.

If you a introvert because you just don't enjoy social settings you will get a pass if you can conduct yourself socially correct in situations

geddyfan13 • -1 points • 1 December, 2015 12:00 AM

thats how i ran my gamen back her ein okc in the 1980s and it worke dout fuckin well u give them btiches some meth and theyre urs for life!