

[FR] Life got so much easier thanks to TRP!

December 20, 2015 | 79 upvotes | by [J_AsapGem](#)

Summary: it's amazing to see what happens when you know what to do in situations, and that's specially thanks to TRP, here is just a short field report that happen last night it was so easy and awesome, still pretty siked!(i'm not the best at writing so bare with me)

So last night i decided to go clubbing with a few of my friends, currently i'm not as fit as i want to but i'm slowly moving in that direction, in the meanwhile i've been dressing appoiately to make up for that. Immediately as i got to the club i saw a few girls that i know, so we went in together and that really increased my preselection, a lot of women were looking and staring in my direction while realizing that i got a little bit nervous but i held my frame and kept a good composure. If there's one awesome thing i've taken from TRP is the power of small talk, i started talking to everyone at the party just to get myself in a more relax frame and that really set the ton for the night, it was simple conversations and it really help 1,hey bro those are some wicked shoes, where did you buy it 2, do you know if the hennesy gold is better than the hennesy black 3, dude wtf i thought i was the tallest guy at this party, great now you're gonna steal all the ladies. was basically making everyone feel good about themselves and in the process making myself more likeable.

we're on the dance floor and the girls were chilling with me and my friend that we came into the club with, this continued for like an hour, and that's when i met (lets call her lisa) lisa, she was staring me down as i heading to the bar for a good 3 seconds right into my eyes, so i was like SHIT! this call feeling me then my male hamster went on for some reason - _ * what the fuck would i say to her, what if she doesn't like me and she shames me * until i told myself to shut the fuck up. I went to the bar got a beer and did some breathing exercise to calm down then i reminded myself that i'm awesome, sometimes we have to motivate ourselves * you 're just classy and everyone is looking in your direction, you met a lot of friends and had fun all night, what do i have to lose? you can always find someone else if it doesn't work out * then i said fuck it and approached her! and this is how it went, " by the way you guys are awesome i used some of the lines i saw here :D "

Gem- Hi goodnight my name is Ge...

Lisa - interupts me before i could say my name " i'm sorry i'm not looking for a boyfriend "

Gem- " panics a little, ok get yourself together and be conscious of what is going on, AH! IT'S A SHIT TEST! I GOT THIS " yea me neither those guys are pussies man

Lisa - "Looks at me funny" what the hell are you gay or something?

Gem- " Hehe another shit test, i got this! " yea but only for nick cannon, don't even think about it he's mine! (thanks whoever introduce me to this line on TRP)

Lisa- Haha omg you're so funny, i'm lisa, what's your name?

(Wait..wait.. is it really that easy guys? pass a few fitness test and that's it?) from that point on everything was just on easy mode, i continued talking to her for another 15 mins or so, did everything right a little kino, playful banter and tease her a bit. i went back to the dance floor and chill with my friends a bit(don't want to seem to needy) she was with her friends also on the dance and i see her staring me down, one of the girls i came in with was dancing with me, i could tell that she was hamstering " i wonder if that's his girl, shit i need to do something " fast forward 30 mins later i was chilling in the sitting lounge and she came right over and sat on me i told her don't blame me if you get stick with something in your ass, then she said would that be such a bad thing (ok wait a minute i was a fucking game 6-7 months ago and now a HB7 wants to fuck me? MIND BLOWN!) that's when i knew i had to isolate her, i told her i'm

going outside to smoke a cigarette, come with me.

As we got outside i told her " look at me for a sec then i stick my tongue down her throat and squeeze her ass " now i'm thinking fuck... when can i go to fuck this girl, silly me forgot there is a beach a minute away -_- , i told her my car is park that way (it wasn't but i had to find a way to get her there) so as we got there i grab her purse and said this is mine! and run to the beach, then she said wanted back her purse i told her come and get it and stick my tongue out at her, she ran after me, then we started making out on the beach " ok guys at this moment i'm freaking out and this is where i fucked up, i was thinking omfg i'm actually gonna fuck this HB7 WTF! " i know i know.. i overthink things and put her on a pedestal i had like no LMR, this is getting pretty long so i will finish here, sadly i Came in under 2 minutes and that really killed my vibe :'(anyways it was awesome guys! i never fucked someone before that i've only met for 2 hours so this was a new experience for me.

Lesson Learned-

- 1, Overthinking can be your downfall if you don't relax your mind.
- 2, Being Stoic and conscious really puts you on top in a social situation
- 3, having women with you increases preselection
- 4, Small talk can work wonders for you, and put you in the right frame of mind in an uplifting manner
- 5, Just have fun man, we can find ourselves sometimes in this mental box of thinking about what people might be thinking of you, who cares that you can't dance just dance! Have fun! at the end of the day we only have one life to live don't let restrictions hold you down, keep telling yourself that until you believe it. Steve Jobs once said one of his motivations is knowing that one day he will die, and that made him prosper tremendously, so who cares what others think of you.

If you guys have anything to add to make me improve by all means go ahead, til Next time lads!

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Comments

ChadJr • 31 points • 21 December, 2015 12:33 AM

Good post but work on your formatting didn't know if you had a thought or were talking

[deleted] • 7 points • 20 December, 2015 11:37 PM

Its good that you at least have the power to self motivate yourself to do things you feel like you wouldn't be that comfortable doing. It helps because soon enough you wont have to, you'll actually FEEL like "I'm the man I can get any girl in here" rather than "Well if I act like I'm the man and have this confidence, maybe she'll think I actually am and wont be able to see through the facade. Because sometimes they will.

J_AsapGem[S] • 4 points • 20 December, 2015 11:45 PM

i struggled with self confidence throughout my high school years, someone posted a ted talk video on the reddit and i really liked it, a quote that really stuck out to me was " fake it until you become it" by Amy cuddy, definitely gave me a new perspective

[deleted] • 1 point • 21 December, 2015 01:33 PM

Good for you. Keep up the progress, the direction your heading into seems good as of now.

PissedPajamas • 15 points • 20 December, 2015 11:08 PM

This was a fun read, but I can tell you have some underlying anxiety issues. Find the root of the problem and your game will improve tenfold, verbal judo will feel natural and the conversation will go smoother than a baby's butt.

I always pop L-theanine before I pop her cherry so performance anxiety won't get in the way.

J_AsapGem[S] • 4 points • 20 December, 2015 11:37 PM

I had a terrible experience about 4 years ago, and since then i started to suffer anxiety attacks, i've managed to get rid of it by thinking positive in the moment, still have a long way to go but i've reduced it to minimum as possible.

lv1mebruh • 5 points • 21 December, 2015 06:25 AM

try some simple daily meditation, it will do wonders to level out your mind and your emotions and allow you to be in the moment and relaxed. truuuuust me.

1. sit on a flat surface cross legged. dont rest your back on anything, don't have to keep it upright but just like youre sitting on the ground cross legged in elementary school where you don't have anything to rest your back on.
2. keep eyes closed. set phone timer for 10-15min so you wont have anxiety about how long youve been meditating.
3. try to clear your head of all thoughts by focusing on your breath. people call this "finding your breath" and what it basically is is you focusing on the physical sensation of breathing and how your breath is flowing through your body. DO NOT CONTROL YOUR BREATHING, breath normally and in a relaxed manner, just focus on it. doing this helps push out other thoughts and keep you tranquilized. you want to be thinking literally zero other thoughts besides focusing on

your breath, and this will take a bit of practice to accustom yourself to, but its much easier than you might think.

4. repeat daily or as necessary. I use meditation to deal with depression, anger, anxiety, laziness, or any emotional state that's hampering me. mediation just returns you to zero, so if you're feeling any bad vibes that will be a good thing. if you're in a high energy environment and feeling happy/euphoric then obviously that's not the right time/place to meditate since you dont want to cut good vibes short. just do it when you're home alone and have some free time or before you're about to do something you're anxious about (like going out with your friends).

trust me on this one man! give it a shot; if you don't like it, no worries. it may take a few tries to get the hang of getting into that state of mind and relaxing yourself but its a great tool for ending any negative/unproductive/undesired emotional states you're having

[deleted] • 7 points • 21 December, 2015 01:53 AM

I'm in med school, and the "fake it 'till you become it" it is a good one. 90% Of exams in med school (in Argentina) are oral lessons. Most people think I'm confident as fuck, I enter and crush the exams, even If I don't know that much, most of the time I'm pretty retarded talking, but I ENTER THERE AND I'M A FUCKING SALESMAN, and I get better grades that some guys with x20 knowledge do because, they enter there, start mumbling, miss stuff, start shaking, and make stupid mistakes.

I go there, and I bullshit hard! Not anyone but Doctors that give speeches all around the globe. But it wasn't always like that, in highschool I would shake the fuck out, and I wouldn't be able to say a freaking Word.

How I became such a confident folk? I fucking fake it!

Keep doing it, keep pushing, put yourself under stress, that's the only way to better yourself.

Stevonz1233 points 21 December, 2015 04:19 AM **[recovered]**

Hey man! I'm about to do my first year of med school, any tips to crush it?

RedPillDad • 6 points • 21 December, 2015 05:40 AM

He just gave a big lesson: demonstrate confidence.

The point isn't to try to feel confident, it's to ACT that way. Get good at displaying likability and confidence and others will trust you and assume you know what you're talking about.

Mofocheez • 1 point • 21 December, 2015 02:23 PM

Think about this:

You can't kill patients by missing questions on your paper exams. There's nothing to be scared about with these.

You can, however, kill them as a resident or attending. But that's not the point.

[deleted] • 1 point • 21 December, 2015 08:24 PM

Yo! 20 minutes a go I just pass a Final with the best grade, teachers were being assholes, 30% of the class didn't pass. A friend of mine who has been studying for the test for 6 weeks didn't... and I did, I only studied for 10 days.

*Don't study a lot, or if you do you have to feel like you runned a fucking maratón. Really, people "study a lot", but they basically don't concéntrate.

-Turn off your phone. -Concentrate YO THIS IS VERY IMPORTANT, you have to feel tired. - Sleep 8 hours at least every day, this is important, I can study well rested in 2 hours what my Friends do in an all nighter. Don't do all nighters unless you are deseperated. -For Oral lessons, be really confident. -Avoy night outs, maybe I'm 19, and I like to go out and this is very taxing for my mind, and usually I take off the hole day after. -Exercise, and eat healthy.

-Don't do stupid things, like studying 12 hours a day, I'm from a really elitist school, where 3000 guys enter a year (It is public) but only 50 graduate a year, AND I only study 4-6 hours a day. It is not about more, it is about FOCUSING, after 4-6 hours your mind will be tired as fuck if you study de right way.

-I use Modafinil quite a lot, and I also get pretty sleeping problems when I study a lot (12++ hours a day) for a long period of time (3-4 days), ussualy before finals, so I use Melatonin to regulate my sleeping time.

FunkyMonkeyAssassin2 • 3 points • 21 December, 2015 06:58 AM

Great job. You worked on yourself and applied what you learnt and got results. I'm happy for you. Keep working on it friend.

On the side note, even though I didn't like the lack of formatting, it somehow helped me imagine the whole scenario with so much more immersion. Weird.

radianceofparadise • 3 points • 21 December, 2015 07:27 AM

Haha who cares that you came in 2 minutes? You got what you wanted. Most people on this board will never close that quick. Congrats.

FrameWalker • 2 points • 21 December, 2015 11:08 PM

so as we got there i grab her purse and said this is mine! and run to the beach, then she said wanted back her purse i told her come and get it and stick my tongue out at her

If this brand of game works why aren't more men getting Laid?

sodainthewatercup6 • 2 points • 20 December, 2015 11:01 PM

How does it feel to be alive, and awake?

J_AsapGem[S] • 2 points • 20 December, 2015 11:38 PM

oh it's awesome man! i use to wonder if you needed to be born with some special gift to get laid that easy, but that belief has been shattered since i found TRP

[deleted] • -1 points • 21 December, 2015 05:18 AM

Be honest, was nofap part of your recipe?

J_AsapGem[S] • 1 point • 21 December, 2015 05:49 AM

nah it wasn't unfortunately