

Anger isn't a phase.

December 27, 2015 | 609 upvotes | by [redpillschool](#)

There's a subconscious drive to excuse behaviors that don't mesh with the real world, or pin it on something that's unwanted but temporary, and it happens here a lot. The "anger phase" as they call it.

Some people are annoyed that there are angry people here, while others believe themselves to be "above" the anger, having come to terms with the nature of reality in a sort-of zen way. Either way, anger is unsightly and easily fingered as evidence of the evil lurking in the shadows of reddit.

Anger isn't a phase.

I want everybody to repeat that to themselves.

Anger isn't a phase. It's a natural reaction to injustice. It's a natural reaction when somebody crosses you. It's a natural reaction when you find out the world isn't how you were told, *and you were lied to*.

We accept anger, as this is one of the few places that accepts anger (and the entire spectrum of male emotions) as legitimate. It's not just a phase, it's a reaction.

If you've found a way to make peace with the world around you, then great. Congratulations to you for having done it. But be wary, there's a difference between accepting reality for what it is, and being completely passive.

For instance, would you get mad at a woman for cheating on you? Some who would argue that they've reached some ultimate zen would say that cheating is just the natural way of women. Why get mad at a woman for doing what women do?

Fucking right I'd be pissed. Anger is a catalyst for change. Accepting circumstances as they are is not righteous, it's just passive. And that passivity can be a detriment if not kept on a short leash.

I'm not knocking the older guys here who have more or less lost the visceral reactions to hearing about reality. I don't find myself all that riled up by these things as well. Perhaps it's desensitization, or perhaps it's that my expectations more closely match reality.

But do not dismiss or disparage anger as though it's some early-bloomer stage that would be taken care of by a dose of maturity. If a man loses a loved one, shouldn't he grieve? And likewise, if he is betrayed, should he not seek to defend his honor?

We don't only allow anger, we embrace it.

I would take heart in the fact that personal injustice against you still stirs some level of emotion, it is the mark of a man who has not lost his own will. For those who purport to feel nothing, there is no more growth to be had.

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Comments

HumanSockPuppet • 146 points • 27 December, 2015 09:57 PM

This is really interesting.

/u/Whisper and I were discussing **this very subject** during a car ride yesterday. It's fascinating how we all manage to arrive at similar conclusions even though we're not in the habit of speaking to one another regularly. It lends credibility to the idea that there is an underlying truth to the Red Pill that is true for all of us, regardless of our origins, simply because we are *men* and *human*.

I like the way you've phrased it here, RPS. In reality, the Anger Phase isn't really a phase. It's a legitimate emotional response to the feeling of being lied to or cheated.

Sometimes, new-comers feel compelled to shame men in the "anger phase", because what they see is constant whining drowning out all of the good content.

But we all experience strong and legitimate anger in response to betrayal - by our lovers, our families, and our entire culture.

For a newcomer, the goal should not be to shed your anger, but to use it to motivate you. Let it be fuel for your workouts, your ambitions, and your goals - because most of the time you're starting with nothing, and so **anger is all you have.* *

But once you begin to have small tastes of success (with sex, with business, with education, etc), **the sweetness of success will overshadow your need for anger as fuel.** The desire for further success will then become your primary motivator. And by that point, you will have internalized so much of the Red Pill that you will no longer be in denial or disbelief, and few things will anger you as much as they once did.

Your feelings are meaningful. All of them. And we are here to understand how they manifest, and how we can best harness them to achieve our goals.

[deleted] • 63 points • 28 December, 2015 05:29 AM

This post comes at an interesting time for me. I've been wondering lately if I'm weird for still being in the Anger phase after more than a year of TRP knowledge.

I think my anger actually goes back further, to when I read The Selfish Gene for the first time about 5 years ago. That book not only shattered my already tenuous religious beliefs (raised Christian) but really effectively argued for the notion that life on Earth is the result of a meaningless, memetic process.

Everything we ever do is ultimately for the purpose of propagating our genes into the next generation. There is no such thing as objective morality, the soul doesn't exist, and there is nothing after death.

And now with TRP I'm forced to accept the fact that unless I labor tirelessly to put myself in the top 20% SMV of men, I won't have the type of relationships I want. And not only that, but I can't emotionally confide in my future wife without her losing attraction. She will never truly love me the way I want her to. Marriage is not the fusion of two souls into one, it is an arrangement born out of self-interest and pragmatism, and you can't expect loyalty to play a significant role in it.

It leaves me with a sense of injustice. I'm so disappointed in the way the universe is. I feel so let down about it. And I'm angry. I'm angry that there's nothing more to life than just going to work every day, so that you can buy meaningless consumer goods, so that you can display your social status to society, so that you can find a mate to procreate with, so that you can perpetuate this miserable unending cycle.

HumanSockPuppet • 55 points • 28 December, 2015 06:05 AM

The beliefs you once held dear were not yours to begin with. When they were given to you, you were too young to make your own judgements. You had to trust that those who came before you were both **competent AND had your best interests at heart.**

The reason you feel angry, betrayed, and disappointed is because you are now realizing that this was not the case.

I'm angry that there's nothing more to life than just going to work every day, so that you can buy meaningless consumer goods, so that you can display your social status to society, so that you can find a mate to procreate with, so that you can perpetuate this miserable unending cycle.

Not true.

The game changed the moment that evolution became aware of itself.

See, we now have birth control, and competitive video games, and psychotropic drugs, and exercise, and extreme outdoor motorsports, and recreational hunting, and all kinds of purpose-built technology that allow us to exploit our evolved reward systems without having to abide the risk of death that was once a factor in satisfying them (through things such as courtship, war, hunting, and exploring the unknown). We are no longer required to throw ourselves in harm's way as pawns in evolution's game. We have the freedom to decide what kind of lives we want to lead.

Your life has whatever purpose you choose. And a wholesome feeling of fulfillment comes from your dedication to the achievement of that chosen purpose.

Accept that purpose is yours to define and yours to pursue. Then get out there and grab it.

AtIRP • 13 points • 28 December, 2015 03:26 PM

When they were given to you, you were too young to make your own judgements.

A little off topic, but Richard Dawkins (biologist and author of *The Selfish Gene* for those who don't know) considers indoctrinating youth with religion as a form of child abuse. I think the same can be said for blue pill indoctrination.

[deleted] • 1 point • 28 December, 2015 03:49 PM

? Does he really say that?

If he has, he just lost a great deal of my respect. I appreciate the value of the comparison, but I don't see how it's acceptable to water down the meaning of abuse like that and ascribe some insane efficacy to religious indoctrination. It's not like the stories are convincing; even little kids question them and need to be told they're metaphorical.

For one, I think learning the a "sunday school," level of bible knowledge is beneficial just for existing in a society where 50%+ are raised Christian.. But even if the information wasn't valuable, is it really abuse If they don't also restrict other things that are more important than the ideas?

[deleted] • 18 points • 28 December, 2015 07:04 PM*

Yes, and justifiably, I think. He did not say that teaching religion is child abuse, he thinks it should be taught. But being taught it uncritically, telling a child that he is a 'muslim child' or a 'christian child', basically by virtue of what the parents believe, is abuse. It is abuse on the grounds of the kind of emotional torment it can inflict. For example, by making a child

believe that a friend will roast in hell for all eternity because they are not the same religion. However, he is fully in favour of teaching about religion, if for no other reason than that so much great literature cannot be fully understood without it.

Interviewer Mehdi Hasan asked: 'You believe that being brought up as a Catholic is worse than being abused by a priest?'. Professor Dawkins replied: 'There are shades of being abused by a priest, and I quoted an example of a woman in America who wrote to me saying that when she was seven years old she was sexually abused by a priest in his car. 'At the same time a friend of hers, also seven, who was of a Protestant family, died, and she was told that because her friend was Protestant she had gone to Hell and will be roasting in Hell forever. 'She told me of those two abuses, she got over the physical abuse; it was yucky but she got over it. 'But the mental abuse of being told about Hell, she took years to get over.'

attemptist • 7 points • 30 December, 2015 03:18 PM

Most religious people don't believe the stories are metaphorical and thus don't tell their children that they are. In my opinion this is a big part of the problem, for the reasons that Sawagurumi points out.

[deleted] • 19 points • 28 December, 2015 06:25 AM

[permanently deleted]

BonDeuce • 12 points • 28 December, 2015 06:31 PM

I understand exactly what you're saying. "The Selfish Gene" =the real Red Pill. If there is no morality, then what motivation is there to "fulfill a purpose"?

I think it's very hard to find people who fully comprehend and have actually accepted this. But it makes sense. Having no motivation is a evolutionarily disadvantageous trait and it would be stamped out quickly compared to hyper-motivated reproducing machines. (Doesn't mean your life has to be any worse though. Right?)

[deleted] • 11 points • 28 December, 2015 06:52 PM*

I applaud your thinking. These are questions that men have struggled with for millennia. First, I would say that the idea that immortality would give life meaning is baseless, if you think about it. In fact, it is the opposite, if it just kept going, for eons (we are not talking about mere thousands or millions of years here, eternity is beyond comprehension), then you would go insane and begging for it to end after a few thousand years at most. It is the very briefness of life that gives it its poignancy and meaning. Why bother doing anything if you know you have another few trillion years to do it (and a few trillion years is an eyeblink compared to eternity). No, don't wish for immortality, it is the greatest curse imaginable.

There is a difference between a happy life and a meaningful one, even though there is overlap. <https://aeon.co/essays/what-is-better-a-happy-life-or-a-meaningful-one>

Back in the time of the ancient Greeks they thought about this seriously, and developed practical solutions. I suggest looking into their ideas about about what it means to live a Good Life, in Stoicism, Epicureanism, and the like; also Eastern approaches to the same questions, especially within the Buddhist and Taoist traditions. Knowing there is something to be solved here is the first step. Many people sleep-walk through life, suppressing their fear of death. Death is not what

should make us afraid, but rather, not having lived.

I don't see evolution making any difference to this. I don't think it makes any difference whether I came into being because of a long history of non-conscious evolution which did not hand me a meaning on a plate, or if I came into being because of some super beings that made me for *their* purpose, which I may or may not share or agree with. Ultimately, my life still means whatever I make it mean, it is my choice and responsibility.

Incidentally, hedonic adaptation is something that the Stoics developed specific techniques to overcome. See *A Guide to the Good Life: The Ancient Art of Stoic Joy* by William B. Irvine for information.

[deleted] • 1 point • 28 December, 2015 08:04 PM

I'm actually about halfway done with the Irving book and I haven't been too impressed, but I'm going to try to withhold judgment until I'm finished. I know that in the last chapter he talks about his own personal experience with stoicism, and I'm interested in that.

On a side note, I'm confused about negative visualization. I get the idea of becoming comfortable with the worst case scenario, but many self help books recommend positive visualization. How could negative and positive visualization both be beneficial?

[deleted] • 6 points • 28 December, 2015 11:15 PM

I'm with the Stoics on this, negative visualization is far more valuable. It does a couple of things. First, it makes you fully aware that everything is transient. This means that while you have it you truly value it, because it will not last (hence, an antidote to hedonic adaptation). Second, when bad things happen, they are often not as bad as what you had prepared yourself for. Third, even in the worst case (and the worst I guess is conditioning yourself to accept your own death) it is not some nameless fear that you have been hiding from your whole life, but something you have faced many times before. One of my primary goals is to be able to face my death the way Seneca did.

That aside, it does strike me how much there is in common between Stoicism and Buddhism and Taoism. I like the more rational approach of the Stoics, but the meditative practice of Buddhists is a very practical approach too.

Not that I have answers, it is a big question, the most important of our lives. I don't think it is a hopeless one, however.

tipofmywang • 6 points • 29 December, 2015 02:08 AM

I think this quote by Marcus Aurelius sorta touches on negative visualization.

"When you wake up in the morning, tell yourself: The people I deal with today will be meddling, ungrateful, arrogant, dishonest, jealous, and surly. They are like this because they can't tell good from evil. But I have seen the beauty of good, and the ugliness of evil, and have recognized that the wrongdoer has a nature related to my own — not of the same blood or birth, but of the same mind, and possessing a share of the divine. And so none of them can hurt me. No one can implicate me in ugliness. Nor can I feel angry at my relative, or hate him. We were born to work together like feet, hands, and eyes, like the two rows of teeth, upper and lower. To obstruct each other is unnatural. To feel anger at someone, to turn your back on him: these are obstructions."

unsoughtiron • 1 point • 29 December, 2015 08:57 AM

Amazing quote. I always seem to forget how precious the book Meditations is for us men. Need to dive into it again sometime.

Govedo13 • 3 points • 28 December, 2015 09:14 PM*

If you are prepared for the worst, you would cope a lot better with the reality.

All of those self-help books are full of shit. They are written for profit, their purpose is to be sold to the lowest common denominator (i.e. fat BB Bob). I hope you does not identify with him. If I were you I would never buy or read any of those books.

Prime example is that if you aim to be in the top 10% physically fit males but you cannot be for some objective reason that is not depending on your personality (illness/injury/low IQ/bad genetics etc.), you would still push yourself to the top even if it is not possible to get there you would end up in the top 7.5-8/10.

On the other hand if you take the mediocrity road as promoted by this shitty self-help books your top would be 5/10 since it is in the middle and you would end up most probably in the 3/10-4/10 zone while with the other mindset you would end up between 7.0-8/10. At the end you can clearly see witch mindset is more productive.

Positive visualisation is for women and betas, also note that there is huge difference between positive visualisation and confidence. You could be confident that after you put a lot of effort into something that you can do it properly/ measure your progress, however being positive about the outcome without putting any effort counting on fate/luck is just idiotic.

Impossible is nothing.

nofaprecommender • 2 points • 29 December, 2015 06:30 PM

I'm not a big connoisseur of self-help literature, but I would imagine quality self-help books don't recommend only positive visualization with no other action taken.

Obviously you're not just going to visualize your goals into existence, but visualization provides the motivation and a guide for action.

HumanSockPuppet • 26 points • 28 December, 2015 08:15 AM

Your problem seems to be that you don't like being human. The idea of being a selfish bag of goo offends yours sense of dignity.

I should remind you that your sense of dignity is ALSO the end product of the same evolutionary process that resulted in the gooey selfish parts you hold in such disdain.

If you don't like being human, then there's nothing anyone can do for you. When you're born into this world, you get what you get.

Get busy living, or get busy dying.

ShounenEgo • 6 points • 28 December, 2015 08:33 AM*

May I intervene because your thought train is similar to mine up until a point?

The fact that there isn't a single objective meaning of life is actually good. If there was one, you would have to sacrifice your ability to judge, which means you wouldn't have a saying on whether you like it or not anyway.

As for the "existence is meaningless without immortality" comment. No, it would be meaningless

even then. If expanding the duration of an activity doesn't add necessarily quality into it, so is life. Infinite duration isn't even remotely a prerequisite for meaning, otherwise your question would have no meaning since its duration is necessarily finite, given the constraints of nature.

Right?

And what about the people who just get bored of everything after the first millions years and just want to die? They wouldn't be able to because immortality is now necessary. Death becomes an impossibility and suddenly you're doomed to live, whether you like it or not. Yay for Earth's overpopulation... No thanks.

LyricBaritone • 6 points • 29 December, 2015 04:38 PM

The real problem here might be that you're clinically depressed. Your attitude that life is meaningless is what leads me to believe this.

I also am an atheist and don't believe in any kind of prescribed meaning/ purpose of life. But to me, this is liberating and exciting. To me, I take it as a blank ticket to make the purpose of MY life to fit my own wants and needs. I do what I enjoy, as a vocation and in my hobbies, and that's what life is about for me. Enjoying myself, enjoying the game (and I absolutely see it as a game) of being my personal best at my profession and climbing the ladder, the game of spinning plates and taking as much sexual pleasure as I can.

I recommend seeking some professional help, life can be too awesome to let depression dull its pleasures.

[deleted] • 1 points • 29 December, 2015 09:36 PM

[permanently deleted]

LyricBaritone • 1 point • 29 December, 2015 10:01 PM

Seek professional help - psychologist and/ or psychiatrist. I'm not qualified to give advice myself; I know people who have been helped by treatment.

It could also be helpful to analyze your life - what things do you enjoy? What things do you want? Then try to reorganize your life to prioritize those things.

[deleted] • 4 points • 28 December, 2015 09:15 AM

This is a great post and your comments are valid. There are some things that are true in this world, even without immortality. I have two children and the love they have for me is real and probably permanent. The love and loyalty I have for them is real and permanent.

I have come to the conclusion that the love between children and parents is the only true love in the world. Love between two adults is a temporary thing, a dance of neurons and chemicals and hormones which trick us into breeding, or provide us with comfort in a cold harsh universe. To have children is very risky as we all know at the red pill. No woman can love you properly, men are the true romantics.

As for there being no fulfillment without immortality. I hear you, it does seem cruel to have our consciousness "snuffed out" permanently. On this perhaps you can keep an open mind. Some great thinkers (Dawkins, Hitchens, etc) think there is nothing out there, some equally great thinkers (Max Planck, Robert Lanza) believe there is.

You don't need to default to the worst position just because the old religions have failed to stand up to modern reason. Read some great philosophy, read some books on quantum physics. The

universe may seem harsh but it is not meaningless. Find your own meaning my friend and look up, not down.

ShounenEgo • 3 points • 28 December, 2015 10:54 AM

I'd argue that if you're looking for something that isn't generated by the chemicals and hormones of your body then you're out of luck, because even the formation of question itself is a product of chemical reactions in your brain, should we also invalidate its value?

[deleted] • 1 point • 29 December, 2015 06:23 AM

Money in the bank is not a product of the reactions in your brain, it is tangible and real. Big biceps are not intangible. Love is intangible, you are just playing with words and driving around the meaning in my comment.

ShounenEgo • 2 points • 29 December, 2015 06:44 AM

Money in the bank is not a product of the reactions in your brain, it is tangible and real.

Acquiring said money or even having the ability to go ahead and save it, or even creating a bank IS a product of someone's brain.

[deleted] • 1 point • 29 December, 2015 06:55 AM

Again you are just playing with words. Love is an illusion, money is not.

ShounenEgo • 2 points • 29 December, 2015 07:01 AM

Love is not an illusion, is a product of firing nerves in your brain. Just because you cannot accurately pinpoint the formation of thought doesn't mean is intangible.

Even the rise of consciousness has physical manifestation in your body, if you disagree with that you're a firm believer of supernatural phenomena and we're done talking.

And go read stuff written by actual cognitive neuroscientists like Sam Harris, for fuck's sake.

RPmatrix • 1 point • 30 December, 2015 12:42 PM

but consciousness isn't just a bunch of chemical reactions, or would you restrict it so?

pizzaman_fl • 1 point • 28 December, 2015 11:25 AM

No woman can love you properly, men are the true romantics

Can you elaborate or give me some reading material on this precise topic? I'm new to the TRP and very interested in this.

[deleted] • 2 points • 28 December, 2015 03:19 PM

there is a post on TRP about that called something like "men are the true romantics", it is also in the RP Handbook. I'd have a look into that if I were you, the best material condensed into one collection. Then pause reading, digest, read it again. At that point you will understand a lot of things that are said here.

pizzaman_fl • 1 point • 29 December, 2015 12:35 PM

I looked for the post with that name but couldn't find it.

By RP handbook you mean this PDF?

<http://redpillhandbook.com/The%20Red%20Pill%20Handbook%202nd%20Ed.pdf>

If it is, can you please take a look at it and kindly point me in the right direction?

[deleted] • 3 points • 29 December, 2015 07:27 PM

You might find the quote "Men are romantics pretending to be pragmatics, women are pragmatics pretending to be romantics".

[deleted] • 2 points • 29 December, 2015 01:06 PM

s189 "love is irrational"

just read it, agree or disagree, either forget or digest, easy as that.

kafka-tamura • 1 point • 28 December, 2015 08:09 AM

Beat evolution. Hijack the reward system to achieve meaningful goals.

[deleted] • 2 points • 29 December, 2015 10:45 PM

His name is Robert Paulson.

ETA: Hear hear!

ZeeyardSA • 2 points • 28 December, 2015 11:17 AM

Dude rest easy in the notion that you can still enjoy the type of Life you want to live. Some of us need to make the best of the situations that we are already in

laere • 1 point • 1 January, 2016 09:36 PM

I've been here for almost 2 years, and it wasn't until a couple months ago that I found a true passion, a mission I could finally call my own, and ride to the end of my life with.

When you find that something, you will finally understand how to be self-fulfilling, rather than dependent on external forces.

NightwingTRP • 8 points • 28 December, 2015 09:16 PM

Theologians once had to reconcile the idea of anger as a sin, with the behaviour of Jesus flying into a rage in the temple and violently tossing out the money lenders.

They came up with the idea of a "righteous indignation" - that anger against wrongdoing, blasphemy and evil is perfectly justified, even admirable. While I'm not Christian, I agree with the logic and the sentiment.

Emotions aren't evil or bad in and of themselves. They're natural and their irrationality is equally natural. Use it or don't use it... but if you're feeling it then it's usually for good reason. The only downside to emotions is that they can blur reality for the person experiencing the emotion. If we keep that in mind, I see no reason to ever say an emotion you feel [as a reaction] is not legitimate.

[deleted] • 8 points • 28 December, 2015 02:44 AM

For a newcomer, the goal should not be to shed your anger, but to use it to motivate you. Let it be fuel for your workouts, your ambitions, and your goals - because most of the time you're starting with

| nothing, and so *anger is all you have. *

When I was freshly dumped and branch swung on.. This mentality really fueled those sessions at the gym after a 10 hour laborious work day. It fueled those 5 mile runs I would go on **in the snow** during a storm. Sometimes anger can be a great thing. Sometimes it will open yourself to your true potential.

Momo_dollar • 4 points • 27 December, 2015 10:32 PM

I see anger often twisted in everyday situations, especially by Betas, to imply "hurt" or "sensitive" yet anger is essential.

TheReformist94 • 2 points • 28 December, 2015 10:48 AM

I don't think I'll ever leave the anger phase. With all the corpses, the cheating, the lack of remorse from women, I just cannot accept it. I feel like I'm going from anger phase to bitter jaded phases

mryddlin • 2 points • 1 January, 2016 11:36 AM

I learned the axiom 'Anger is an excellent servant but is a poor Master' from sci-fi authors and I took it to heart early on.

Don't waste the anger by letting it control you, instead harness that emotion and translate it into drive and action.

Angry men throughout history have produced the best of humanity. It's not a phase, its just another tool in the kit once you understand it.

[deleted] • 1 point • 30 December, 2015 01:11 PM

Everytime I post a comment, I then read the next comment on the list, and it ends up being a better written version of.

I really should read more

Archwinger • 156 points • 27 December, 2015 09:40 PM

Anger comes in various colors. I'd say that there's the "impotent anger phase" -- guys who suck, realized that the world isn't fair, realized that they still suck, realized that they have a long road to travel, and impotently write crap about how terrible the world (and women) are. Impotent anger is definitely something that would benefit from a dose of maturity.

Catalytic anger? That's great stuff. If you push out an extra three or four reps because your girlfriend's being a bitch, attract the attention of an even hotter girl at the gym, and dump your bitch of a girlfriend that night, all because you're an angry motherfucker? Great!

cpnurrenberg • 96 points • 28 December, 2015 04:13 AM

A life without emotion is no life at all; a life led by emotion is to be consumed by it.

toalysium • 30 points • 29 December, 2015 12:51 AM

A life led by emotion is a woman's.

elruary • 7 points • 28 December, 2015 03:38 PM

This some Confucius level shit, fucking love it.

madscientist970 • 1 points • 3 January, 2016 06:05 PM **[recovered]**

Bullshit. TRP mantra of everyone become an alpha just isn't a reality. The fact is that the pack is going to have leaders and followers and the life for followers will always be something that they are right to be angry about. I'm not saying they should blame the alphas and the girls, but for some people this is their lot in life, and they have a right to be pissed about it.

Archwinger • 1 point • 3 January, 2016 08:41 PM*

Some people are just plain worse than others. People aren't equal.

You can be impotently angry about it, or you can suck it up, be a man, and make the best of the hand you're dealt. If retarded guys with Downs can get jobs and girlfriends, how bad could it possibly be to be poor or short or skinny?

GayLubeOil • 117 points • 27 December, 2015 10:13 PM

Let's be 100% honest people go here to be angry just like people go to horror films to be scared. Being angry is fun. It's liberating. It's exciting and most importantly it feels masculine.

Given how global TRP is anger is something all of us can understand. That's why TRP coalesces around anger: its the lowest common denominator.

That being said I try to mix it up between feeding the fires of hatred and giving actionable pragmatic advice that will help men. However no matter what I write the key is keeping it fun. After all there is an internet full of pornography, that I have to compete with for male attention.

pmmedenver • 18 points • 28 December, 2015 12:04 AM

Yeah buddy, I agree. Also to further your point, some places (i'm looking at you, whisper) are dominated by females and their responses toward anger (I like to think of it as passion, more than anger) are extremely telling. They don't understand a man's anger and it frightens them. Their next step is to discredit you (what's wrong with you! Calm down, why can't you just be like us) and completely ignore your valid points you've made, instead focusing on why you're such an angry person, there must be something wrong with you. Men cannot truly be themselves in an environment like this, its toxic and hostile to our very nature. This is why I come to TRP, because we understand anger and I can be myself and be judged based on the quality of my content, not the emotions. It's really a microcosm that highlights problems of a man exisiting in a woman's world. Women are very conformist.

[deleted] • 15 points • 28 December, 2015 02:38 AM

The female response to masculine anger is to ridicule and egg them on while demonstrating to their audience how "dangerous" and "toxic minded" you are.. When in reality, you're just angry at their bullshit entitled sense of view. Beta male types do the same thing because they pick up on it from women and have yet to learn that men \neq women.

Having logical discourse over the issue being talked about is simply too much work for them. It's like entering in a cheat code in a video game to have unlimited health. Real life example = Every thread on TBP and every politically natured meme shared by an SJW idiot who will probably not bother getting off tumblr to go vote for Bernie.

MentORPHEUS • 4 points • 28 December, 2015 04:34 PM

Being angry is fun. It's liberating. It's exciting and most importantly it feels masculine.

Anger is a great place to visit, but it sucks to live there.

Anger is the power that drives many a man to improve; it isn't the journey or the destination.

Paid_Internet_Troll • 6 points • 30 December, 2015 09:08 PM

I used to be very angry, and I believed that my anger was the fuel I needed to strive for change.

Eventually I came to realize that anger is a false friend. As long as you feel that anger, it means you still haven't changed.

To be angry at unfairness, inequality, machiavelianism, hypocrisy, or uneven power structures simply shows that part of you still wants to believe in a fantasy world where fairness, equality, morality, and truth are values that are rewarded.

They aren't now, they weren't in the past, and they won't be in the future.

Once you realize that 80% to 90% of men are simply useful animals -- beasts of burden like horses or mules -- then watching women ride the little beta animals is simply watching nature in action.

Lions eat gazelles. Wolves eat sheep. Women eat betas alive.

Once you swallow that pill, all sorts of shit finally comes into focus.

For example, there was a very powerful U.S. Secretary of State named Henry Kissinger. He was ridiculously machiavellian, publically supported political assassinations, death-squads, shipping machine-guns in diplomatic bags to kill off inconvenient heads-of-state, and so on... and recieved a Nobel Peace Prize for his efforts. You can't make this shit up.

Anyway, he was once quoted as saying "Soldiers are just big dumb animals who do what they're told."

Now, I used to use this quote as an example of how fucked-up Kissinger's thinking was; because he didn't even respect the men he (and Nixon) was sending off to die in Vietnam.

As a former soldier, this rubbed me the wrong way.

Now I realize he was right. Soldiers **are** big dumb animals that are trained to do what they're told... and so are 90% of people in the world.

Men are the big dumb animals who lift heavy shit and do difficult things like engineering, and women are the small dumb-but-cunning animals who pump out babies and trick the big animals into providing for them and Chad's kids.

That's not a bug or a mistake. That's simply the world **functioning as designed**.

RPmatrix • 1 point • 31 December, 2015 08:04 AM

But ... Henry Kissinger was a Man!

a fucking cunt of one BUT a Man, nonetheless

the only 'heavy lifting' he did was a ph

Paid_Internet_Troll • 1 point • 31 December, 2015 05:07 PM

But ... Henry Kissinger was a Man!

a fucking cunt of one BUT a Man, nonetheless

the only 'heavy lifting' he did was a ph

True. He was a man, but he was also pretty damn machiavellian, and therefore not operating under BP programming.

So, he could use all the sneaky and cunning tricks that are normally reserved for women in BP world.

RPmatrix • 1 point • 31 December, 2015 06:20 PM

but ... AMALT with the heavy lifting no?

human_bean_ • 4 points • 30 December, 2015 11:21 PM

As the current existing drug of choice in the western culture is fear, I would much rather have anger, indeed.

TestoRed • 25 points • 27 December, 2015 10:09 PM*

Anger is the catalyst for change.

Exactly this. After discovering my wife's infidelity six months ago(with another woman). I was angry. So I used the emotion positively, dropped 21 pounds, started lifting, worked harder and got a promotion, started reading and discovered the red pill, stopped smoking, started eating well, forced myself to be more social and took up new hobbies; now I'm in the best place I've been all my life.

[deleted] • 3 points • 28 December, 2015 12:49 AM

your wife is lesbian? fuck infidels. keep getting better mate

TestoRed • 5 points • 28 December, 2015 10:04 AM

Apparently a double agent (bisexual), but in 13 years never thought to mention it.

[deleted] • 3 points • 28 December, 2015 10:41 AM

13 years.... sheeit, at least u found out

TestoRed • 6 points • 28 December, 2015 11:30 AM

Yeah, I quietly knew AWALT, but thought she was different. Still its been nice to connect the dots and have a wider understanding of the world I live in. I still don't fully get why guys are angry when they come here and and swallow the pill though, I'm now better informed and therefore more powerful. Exercising this new power is gonna be fun.

rpscrote • 3 points • 30 December, 2015 04:27 PM

They're never different. There are no unicorns. That's the takeaway there

RPmatrix • 3 points • 31 December, 2015 08:57 AM

it's the 5 stages of grief ---

denial - na, no way are women so heartless and conniving

anger - the fucking *bitches*, how *could they?* cunts! all of them! fuck fuck fuck!

bargaining -- yeah, But not all women are like that! This one's different, a unicorn y'know?

depression -- this is so fucked up bro, *they're* so fucked up! idk what to do anymore, this is fuckin terrible, I can't look at a woman the same way anymore, this is depressing!

acceptance -- ok, I get it now, and that's ok, I don't blame my cat for being a cat, so I'm not going to blame her for being a woman and Now I understand them I can begin to manage them and no longer be negatively affected as I was.

when a man realizes what's "ailing him" --- why he's failing to be happy *even though* he's doing All the approved things -- he gets frustrated and angry

Angry becoz he's been lied to. Lied to about Life, about women, about *himself* and *what's*

worse, he believed them!

He believed *they knew* what it's all about!, shit, what a mistake that was! Now he sees that *everyone* has been Lied to, the girls as well, and *everyone* is following a/the mistaken beliefs instilled by their 'elders'

This is a heavy realization that many would rather forgo than deal with, which is why you will always find resistance to 'new'ideas, change is *hard*, doing nothing is easy.

The matrix analogy is perfectly appropriate for guys who learn RP concepts for the first time by coming to this sub!

I learned many RP truths the hard way, IRL, but I think I'd be pissed off too if I discovered the Truth in some fucking subreddit! Partly becoz nobody seems to care about it outside this sub, the BPers prevail and that pisses me off until i stop caring

The anger only lasts as long as acceptance has been foregone --- anger is temporary, life is now.

EnragedParrot • 2 points • 31 December, 2015 05:04 PM

I still don't fully get why guys are angry when they come here and and swallow the pill though

Because they realize they've been lied to and deceived for so long, they also realize the mountain of horseshit espoused by women, feminism, BP'ers, etc, and how society is stacked against them.

Men have valid reason to be angry when the blinders come off.

Blinders have been off me for 30 years (to some extent), and I *still* get angry about it sometimes.

TestoRed • 2 points • 31 December, 2015 10:24 PM

Oh I get that, but the flip side is the newly acquired understanding of how to do things right going forward. It's basically the holy grail and the answer to most your sexual strategy problems. For me that far outweighed and counterbalanced the anger of the lies.

favours_of_the_moon • 22 points • 27 December, 2015 09:51 PM

Anger isn't a phase. It's a natural reaction to injustice. It's a natural reaction when somebody crosses you. It's a natural reaction when you find out the world isn't how you were told, and you were lied to.

It's a typical feminazi passive aggressive tactic to lie, cheat, steal and perpetrate injustice, then "accuse" you of anger and set the world against you.

[deleted] • 7 points • 29 December, 2015 03:24 PM

Really common tactic of antagonists: commit a first offense until it inevitably provokes retaliation, then act like that retaliation was an unprovoked first offense and use it as an excuse to "defend" yourself by increasing your initial offensive.

vandaalen • 19 points • 27 December, 2015 11:33 PM

Amen.

I've even had to read from some of those geniuses how Patrice O'Neal was more of an AFC, because he "constantly lost frame and got angry".

I've got some news for you zen-smartasses out there: That actually was his frame.

Engaging into holy anger and not letting anybody get into his way until he was finished, finished with teaching that dumb bitch and explaining exactly to her what she did, why she did it and why it was wrong.

He didn't give a single shit about anything getting in his way with it and if necessary and in doubt, just cut their mic off. Shut up and listen, or just piss off from my show, bitch!

It always at least felt like his anger was genuine and I personally can relate very much to him loosing his shit over yet another display of self-entitlement by some hoe.

However I personally cannot be rattled by the next BP-/RP-example from askhamsters and I'll often not even read it and jump right to the comments to find the good stuff distilled and refined on basis of the OP.

I also never really raged too much about life being unfair. I come from the gutter. I experienced my disposability first hand. I already hated this world up to a point where I was nearly ready to leave it, if it wouldn't have been for my child.

I would have never gotten to the point where I am now in my personal development myself, without all those posts and other men need them as well, if not than at least as kind of reassurance to them.

If you think you don't: Congrats for moving on. Good for you. Please spare me from your masturbatory raving though and lead by example.

Produce the content you like to see for yourself. Your mom doesn't work here and there is nobody else interested in catering to you what you demand, especially not in this place. Start reciprocating instead.

[deleted] • 46 points • 27 December, 2015 10:29 PM*

The anger phase doesn't end when you get your dick sucked a few times. That's just playing more into the blue pill narrative where any failure to be a supporter of the feminine imperative is because you're unsuccessful with women, and where the only way out is to justify yourself to women. No matter how sucked your dick gets, you still have to hear in university about how you're evil, you still have to face quotas, you still have to fear false rape accusations, you're still stuck with a world where all women are whores and marriage isn't viable. There's a lot to be angry about.

The anger phase ends when you realize that you don't need to excuse anger by calling it a phase or pathologizing it as something that you need to work through, get over, or graduate from. It ends the anger phase because shit doesn't seem like a phase anymore. That's just the world we live in and you accept it. In my case, and in the cases of a lot of endorsed contributors that I've spoken to on reddit or skype, anger never goes away. You get used to it, you react to it less, and you learn to live with it, but it's the same basic feeling. That's because anger is an effect of the world we live in coupled with rational reflection.

TNNRR • 8 points • 28 December, 2015 02:09 AM

Great reply.

TRP is about facing the truth, no matter how uncomfortable the truth might be. Getting your dick wet doesn't change anything about the world we live in. Pussy won't change the fact that you have zero reproductive rights, are more likely to be imprisoned, killed on the job, or commit suicide, let alone get cuckolded, cheated on or fired.

It's just a part of life. The quicker you accept it, the better of you'll be.

bsutansalt • 13 points • 28 December, 2015 02:21 AM*

It's not just a phase, it's a reaction.

More than that, it's a JUSTIFIED reaction. Men are lied to from early childhood about women's nature, relationships, and just all of it and so guys are well within their right to be angry at a society that does that to them.

Now that that's out of the way, I want to point everyone to this short speech as I think it expresses my thoughts on the matter better than I ever could:

<https://youtu.be/5JAHAFvcr2o?t=46>

killm3throwaway • 9 points • 27 December, 2015 09:42 PM

The anger that came from my initial awakening was one of the most real and powerful things I have ever felt. I was pissed at the world and I wanted to get my own back. This is how everyone should react initially. Grab that anger with both hands and hold it tight.

It won't be easy at first, you'll feel as if your life is crumbling down around you.

Destruction leads to a very rough road but it also breeds creation.

Make something out of your anger.

FLFTW16 • 8 points • 28 December, 2015 10:07 AM

I'm not knocking the older guys here who have more or less lost the visceral reactions to hearing about reality. I don't find myself all that riled up by these things as well. Perhaps it's desensitization, or perhaps it's that my expectations more closely match reality.

This is why anger is a phase. Having a distaste for injustice never goes away.

You can always tell the guys who are in anger phase because they concoct these outrageous revenge fantasies. They imagine these girls who done them wrong slamming into the wall and ending up alone with a house full of cats, no man willing to commit to m'lady. She dies alone covered in urine and cat feces....

It's all bullshit. Women can literally ride the carousel all the way through nursing home. It's a fact that herpes has seen a massive resurgence in elderly care homes in the US because people in their 60s, 70s, 80s, and 90s are still boning. Big Daddy Gov will always be there for her, offering endless State commitment. There are tons of incel white knights to choose from. Literally an *inexhaustible* supply. Hollywood and 5th Avenue will always pander to her hamster, and her doctor will supply her with the necessary meds to get through the day when she inevitably hates her life. **But she will never wake up from the Matrix.** That day of reckoning isn't coming. Dudes in the anger phase think they will have some glorious 2nd coming of Christ judgment day. It's irrational and well-adjusted bros will leave that shit behind because it gets in the way of living an awesome goal oriented life where positive things happen.

_whatcanbe • 7 points • 28 December, 2015 03:26 AM [recovered]

Anger is good, but if you let it simmer without doing anything about it, it turns into bitterness... and that is dangerous. I think anger without action is pointless; anger is an acting emotion. You got to do something with the anger; then it becomes a useful emotion.

crimson_capsule • 2 points • 28 December, 2015 04:38 AM

Exactly. Anger is healthy if used properly. Everything in life has a positive and negative. Negative of anger is it can be self destructive and so on. Positive is that it can fuel you to push through whatever caused the anger among other things. In this case what op described is that the awakening is the "anger phase". I recommend anyone to use this anger to fuel their education on reality now that they have seen the light.

For me I still feel anger but not at the awalt posts for example but moreso things like seeing bullshit college men face especially now due to feminism. One way I can take that anger is to at least be an example where I can for young men in my life such as nephews and friend's kids.

Rollo-Tomassi • 6 points • 29 December, 2015 12:32 AM

Male anger is scary and evidence of his poisonous testosterone.

Female anger is "transformative". <http://www.eewc.com/viewpoint/transformative-anger/>

sir_Preacher • 11 points • 27 December, 2015 11:21 PM*

while others believe themselves to be "above" the anger, having come to terms with the nature of reality in a sort-of zen way

there's a difference between accepting reality for what it is, and being completely passive.

If I'm not mistaken, it seems accepting reality for what it is, is what is termed "acceptance stage" in the manosphere. The stage where you are not surprised to see reality closely match up to your expectations. I have no problem with that. I think I'm at that stage as well.

The problem I have is with guys who claim not to get angry at social injustice because they have reached this stage.

What man will not get angry if his wife cheats on him with Chad, divorces him in court, and takes his kids and assets from him, just because he has reached "acceptance stage" ? Or what man will not get angry if his 15 year old son goes to jail for false rape accusation, just because he is "in touch with reality".

There are certain types of shocks that you simple cannot recover from, except you let the anger flow freely, or you direct it into something productive.

Edit: In Christian circles we call it **righteous anger**.

Ephesians 4:26 - Be ye angry, and sin not

sourpuss_ashkenazi • 3 points • 28 December, 2015 12:48 PM

As a human being with with at least average iq, one can't get angry at the same annoyance after witnessing it for the ten thousandth time. You have to adapt and work with the situation. my grandfather spent his whole life getting angry every day and complaining about the super-rich, yet did little to improve himself. If you still have the same anger reaction to something after a thousand time, then you are a person who is slow to learn and adapt. (stupid)

EnragedParrot • 1 point • 31 December, 2015 05:10 PM

Well, I think that goes a bit far.

There are things we *can't* change (i.e. the injustices levied at men, and the lies about them), so I'd say it's justified to be angry about them.

BUT...I would agree that *stopping* at being angry isn't very useful: continue working on the things you can/have influence over.

[deleted] • 4 points • 28 December, 2015 01:18 AM

When people get scared, they generally either get angry (fight) or avoid the scary object or action (flight).

Getting angry and tackling a difficult problem (fight) is usually preferable to avoiding it (flight). After all, doing some hard task often benefits you and trains your willpower, while avoiding the hard task only makes you more

scared in the long run. Therefore OP is correct that "We don't only allow anger, we embrace it."

OP is also right that this basic mechanism never really changes: "anger is not a phase." Whenever you get scared, you will choose a fight or flight response, and you should usually choose the fight response. You don't "get over" your fight or flight response; it's hardwired.

However, there's a workaround. Your fight or flight response only triggers when you get scared. As you become more experienced and more at ease with the world, you'll get scared less often, which means that your fight or flight response will kick in less often. As OP writes, "I'm not knocking the older guys here who have more or less lost the visceral reactions to hearing about reality. (...) perhaps it's that my expectations more closely match reality."

However, no matter how experienced and at ease with the world you get, your fight or flight response will still kick in occasionally. When it does, you should still choose fight over flight. Again, "anger isn't a phase."

Finally, this is a subtle point, but as OP says, "there's a difference between accepting reality for what it is, and being completely passive." If X happens and you're not scared by X, then you're not getting angry for the right reasons. If X happens and you are scared of X but you choose to avoid X, then you're not getting angry for the wrong reasons.

TRPShill • 6 points • 27 December, 2015 09:33 PM

Getting angry is good. It's a natural reaction. But stewing it for too long is a waste of time spent content. Get angry, and then focus on kicking ass and accepting what is.

Water is wet. Always will be. Just don't go thinking you can change water.

bsutansalt • 3 points • 28 December, 2015 02:28 AM*

Getting angry is good. It's a natural reaction. But stewing it for too long is a waste of time spent content. Get angry, and then focus on kicking ass and accepting what is.

This is something I'd like to see expressed more often. Life sucks, now accept it and move on. Dwelling on it and hoping for some type of revenge fantasy to play out isn't mentally healthy and will hold back your progress at best, and be really damaging at worst. Personally I think it's this dark path that leads to guys like George Sadini, Aaron Roger, etc.

Bottom line, it's perfectly healthy to be angry...at first. Once you are, take that anger and channel it into something positive, otherwise you're letting the world win/get one over on you by *you* keeping *yourself* down.

RedSugarPill • 1 point • 29 December, 2015 12:48 PM

Festering is a sign that we haven't yet come up with a solution to our problem.

We must come up with an actionable solution to our problem(s) or we're on a fast track to perpetual anger, depression, or learned helplessness.

I experience this phenomenon occasionally, and when a solution reveals itself, it's like the hate light switch is flipped off. Sure, it takes a few minutes for the cortisol to metabolize after a solution is discovered, but when I know in that instant that everything is going to be alright, I immediately feel better (even after weeks or months of surviving a shitstorm).

Muddpup64 • 3 points • 27 December, 2015 10:25 PM

Interesting. I'm actually dealing with this right now. Now former, LTR straight up lied to me. Deciding whether or not to act on it and call her out on her bullshit.

aDrunkenWhaler • 2 points • 28 December, 2015 12:44 AM

What's there to decide about it? If you say nothing she'll take you for a fool and will lie to you again.

DarkuSchneider • 3 points • 27 December, 2015 11:53 PM*

The anger phase is merely the death knell of ones blue pill paradigm once exposed to the truth of nature. Things will make you angry endlessly in this world. It is a natural reaction but as a man you have the ability to decouple your emotions from your conscious actions if you choose to and have enough self control. No one is immune to feeling angry but you can control your emotions so they do not control you. That means taking ownership of your emotions and understanding them so you are not easily manipulated by them. Anger can be used as fuel or a driving force to positive ends but you have to have the inner strength and mental clarity to do so or you thrash about and lash out like a child or make very bad choices. It is not a healthy emotion to live on too much too long as it is a gateway to being ruled by hate and fear or an unhealthy thirst for vengeance if you are not careful. Stoicism gets easier as you mature IMHO.

In your example if a woman cheated on me of course I would be angry but she's not getting a floor show from me out of it. No matter what she is out and I am moving on excited to see what new adventures are waiting ahead. If I have to blow off steam it is dealt with like any other day to day stress: lift/work/play/fuck a little harder. Whatever I think is appropriate at the time/scenario.

J_AsapGem • 3 points • 28 December, 2015 01:47 AM

i'm so glad you posted this, TRP was beginning to form an anti anger movement, why wouldn't we be pissed if someone betrays us? but what we must do is direct that anger in the right direction. abundance mentality. girl cheats on you? be angry for a bit, accept that it has happen * AWALT * direct that anger to find a better girl.

tb87670 • 3 points • 28 December, 2015 03:53 AM

That's the only problem I had with TRP, we do have a few idiots floating around praising a hipster version of TRP and they are allowed to post same as everyone else. It's correct to be angry with the current plight men face today, anyone who disagrees with that is mentally pushing aside at least a good portion of reality.

[deleted] • 3 points • 28 December, 2015 02:33 AM

I can't stand bloopers and other beta-mindset people who look at anger as something an individual should be ashamed of. Anger is a natural reaction that **every single human on earth has experienced**. It's how you handle your anger that makes you level headed vs. a psychopath.

I can say "Wow what a stupid fucking selfish bitch" without having a desire to hit a woman or attempt to shatter her reputation. Fuck, it's just venting at the end of the day. "The Anger Phase" is really just the reaction to getting rejected.. And you will experience it **over and over again**.

user_none • 3 points • 28 December, 2015 03:00 AM

Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean.

-Maya Angelou

I had an ex-wife that was bitter, of which she hid in the courtship phase, then it came out later on, bit by bit. She stewed in it; it permeated her thoughts, and oozed from her skin like a stench. She almost never got angry.

[deleted] • 3 points • 28 December, 2015 08:05 AM

I guess I'm just jaded, but I really don't get mad anymore when I'm serious with a girl and she cheats. Just immediately move on. Don't acknowledge it, because it does no good to dwell on past events. It's easy to have a

LTR and not actually have feelings for a woman, for me anyway.

letsgetrandy • 3 points • 28 December, 2015 01:16 PM*

Anger isn't a phase. It's a natural reaction to injustice.

Actually, anger is merely the result of cognitive dissonance. It's what you get when the evidence you see doesn't match with what you believe.

Anger is a catalyst for change.

True, but what are you trying to change? We can't change nature... and to try would just be further cognitive dissonance, leading to more anger.

Accepting circumstances as they are is not righteous, it's just passive.

It's neither. Accepting circumstance is enlightened. It empowers you to make useful decisions. Why would you encourage action to be taken by a person who doesn't accept reality?

I think broadly encouraging anger is bad advice. We should accept that anger is data — it's an indicator of cognitive dissonance — and then decide whether the correct path forward is to change our beliefs to match reality, or if it's more appropriate to channel that anger into action.

648262 • 1 point • 28 December, 2015 02:52 PM

We can't change nature...

What nature do you speak of? I can build buildings, remove mountains and change where the flow of the river goes. I am a man and conquering the world is what I do until I die. True, the world always wins, it looks different now compared to what it was before I came here - and part of that is because of my actions. Isn't that change?

To accept that you can not change anything but yourself leads you to the cave of hermits.

If I can not change anything but myself; why do anything?

letsgetrandy • 1 point • 28 December, 2015 03:12 PM

The nature I'm referring to is evolution.

648262 • 1 point • 28 December, 2015 03:47 PM

And what makes you believe you can't change it?

letsgetrandy • 2 points • 28 December, 2015 04:00 PM

What makes you think you can?

Even if you channeled all of your frustration into creating some incredible technology that could reprogram the DNA in every cell in your body, without negative side-effects, and effectively change what evolution has made you... you'd never get society to agree to allowing you to do the same thing to everyone else.

Nature has evolved us into what we are, and you can't change it. It's everything TRP stands for, for chrissake! Every mention of AWALT, every mention of alpha fucks and beta bucks, everything this sub stands for begins with understanding what we have become as a result of evolution....

...which reminds me of another thing you can't change: *history*.

648262 • 2 points • 28 December, 2015 05:21 PM

which reminds me of another thing you can't change: *history*

Ah - I see what you're saying. I agree that you can't change how women are, but the idea that you *can't* change humankind, or similar, by forcing an evolution and create something new entirely is limiting to me. I don't see how you couldn't. Sure, society hates the idea, but GMOs are already scratching the surface and it's basically what we have done with livestock and dogs.

If you do manage to restructure DNA you would no longer have humans. You would have humans v2.0. AWALT would no longer be applicable to this new thing you've created, as it would be something new entirely.

Should we spend much time discussing this here at TRP? No, of course not. We are here to deal with present time; not the future and would-be's - but it doesn't mean it can't be done.

My point is this: I would lose motivation as a person if you remove the option of changing the world around me. But it is not something we should concern ourselves with in the subset part of us that is related to seduction.

Paid_Internet_Troll • 2 points • 30 December, 2015 09:28 PM

My point is this: I would lose motivation as a person if you remove the option of changing the world around me.

A surfer doesn't change the waves. He doesn't change the tides. He doesn't change the depth of the water. He doesn't change the beach, or the undertow, or the rocks.

A surfer simply uses his knowledge of the waves, the tides, the beach, the rocks, and how they all interact, to safely glide along the face of the waves to reach his destination.

648262 • 2 points • 30 December, 2015 09:45 PM

A person can be both a surfer and an engineer.

Paid_Internet_Troll • 2 points • 31 December, 2015 05:33 AM

If you can engineer worlds and engineer realities, then you should get the fuck off of internet forums and go make some new worlds.

If not, then quit fantasizing about engineering, and get to surfing.

EDIT: The biggest change you can make in the world is to change the world so that it's exactly the same as it ever was, but in this new reality, you're not a loser. Make **that** change first.

648262 • 1 point • 1 January, 2016 06:27 AM

If you can engineer worlds

This is a cop out. Of course I can engineer/change the world; it is what I do on a daily basis - a fantasy for you perhaps, but not for me.

Regarding the idea of surfing and how to control it; build a waterworld with built-in waves. Several places have this and it is not really complicated, but a tad expensive to do in your backyard

[deleted] • 3 points • 30 December, 2015 01:09 PM

I consider the anger as an extension of this mindset, a '**so what are you going to do about it?**' Sitting here posting about shitty people doing shitty things that has an effect on your future life might be cathartic, but it's that action, after the fact that separates us from the MRA, and their constant crying into their fedoras.

"I wish the world were a better place, pass the Cheetos"

vs

"The world is what it is. I can affect a very small circle of influence around me, and roll up my sleeves to do so"

I do wish more of the angry posts here had that (most important part) and those who comment with the value therein have my respect, for what little it's worth (zero I think, never been good at math). The difference between rage, and impotent rage

6 harsh truths that will make you a better person. Old cracked really did have some gems.

For those of you who can't watch videos, it's the famous speech Alec Baldwin gives in the cinematic masterpiece Glengarry Glenn Ross. Baldwin's character -- whom you assume is the villain -- addresses a room full of dudes and tears them a new asshole, telling them that they're all about to be fired unless they "close" the sales they've been assigned:

"Nice guy? I don't give a shit. Good father? Fuck you! Go home and play with your kids. If you want to work here, close."

It's brutal, rude, and borderline sociopathic, and also it is an honest and accurate expression of what the world is going to expect from you. The difference is that, in the real world, people consider it so wrong to talk to you that way that they've decided it's better to simply let you keep failing... As smarter people have pointed out, the genius of that speech is that half of the people who watch it think that the point of the scene is "Wow, what must it be like to have such an asshole boss?" and the other half think, "Fuck yes, let's go out and sell some goddamned real estate!"

Or, as the Last Psychiatrist blog put it:

"If you were in that room, some of you would understand this as a work, but feed off the energy of the message anyway, welcome the coach's cursing at you, 'this guy is awesome!'; while some of you would take it personally, this guy is a jerk, you have no right to talk to me like that, or -- the standard maneuver when narcissism is confronted with a greater power -- quietly seethe and fantasize about finding information that will out him as a hypocrite. So satisfying."

Or think of it this way: Remember when Chick-fil-A came out against gay marriage? And how despite the protests, the company continues to sell millions of sandwiches every day? It's not because the country agrees with them; it's because they do their job of making delicious sandwiches well. And that's all that matters.

You don't have to like it. I don't like it when it rains on my birthday. It rains anyway. Clouds form and precipitation happens. People have needs and thus assign value to the people who meet them. These are simple mechanisms of the universe and they do not respond to our wishes.

The world doesn't respond to our wishes.

Marriage sucks now? Good, I wasn't put on this earth to pay bills and die (@rationalmale)

women 'dont need no man?' good, I can go buy something expensive and shiny while she pays half the bills.

Worrying about false accusations for my college/job? Good, I spend too much time around low quality people anyways, this just paints a giant sign on their back.

Everything is about perspective, the world is how it is. I don't like the anger for the sake of it, I like it for the

honest evaluation of the subject matter (can't have feels with anger) and how I react to it is the difference between growth and stagnation IMHO.

[deleted] • 3 points • 30 December, 2015 04:51 PM

Nothing makes me angrier than the delta between what I believe the world should be and what it actually is. The other day, my car broke down on a hill in SF. I have the hood popped open and the car is completely dead. People were yelling at me to move my car. Are you fucking kidding? Ideally I would move it, but it's fucked up and sorry you have to spend an additional second swerving around me. Ideally, someone should feel empathy for those in a situation like that. But they don't. That same manager you busted your balls for for over 3 years will fire you after one down quarter. It's just the way it is. You can be angry or you can adapt and evolve to it.

It all boils down to survival, and if you want to survive, you need to adapt and evolve. GF cheats on you and dumps you, move on. Family goes broke and splits up, make your own money. Manager fires you, find a new job and switch addresses if need be.

Don't get me wrong, I'm angry all the time, and I constantly battle this. Every little injustice motivates me to get better. But at the same time, might I be better served simply reacting logically to situations rather than letting my better judgment be compromised by anger?

It's something I go back and forth on daily.

DoxasticPoo • 3 points • 31 December, 2015 05:54 PM

We don't only allow anger, we embrace it.

This is so key. It's not about somehow not being angry. It's about accepting it. Understanding it. And using it.

Anger is a motivator. For me, it usually means I'm not doing something to protect myself or in general, I'm going down the wrong path.

So there's a sort of balance here. You don't ignore it or act like you're too good to get angry. You also don't wallow in it and project it at other people. You are angry.

Feel it. Let it push you in the right direction. Whether it's wiping away life-strategies and/or entrenched world-views, or getting rid of the feelings you had for that bitch, let it. That's what it's there for.

Because if you don't, you'll stay put. You won't change your situation. And you shouldn't expect anything about you to change unless you change it.

So anger is a very, very good thing.

But keep in mind, it's a last ditch effort. Anger/hate usually only comes in when I've really just ignored some shit or can't find another way to change what needs to be changed. If you really don't want to be angry, if you want out of the "anger phase" completely, you have to always immediately address a situation and find ways to change it. And by "situation" and "change it" I don't necessarily mean shit that's going on in the outside world. It could very well be shit going on inside your head.

Let the girl go, don't hold on. Focus on your work, don't let yourself slack. Find a direction and go, don't second guess.

Anger is a part of you because there's something that needs to be changed but you haven't done it yet. Embrace that anger, let it speak to you, don't project it onto the world as if it's all their fault, understand what it is the anger is trying to get you to do differently, and do it.

NeoreactionSafe • 8 points • 27 December, 2015 11:28 PM*

The Blue Pill is **Global**. (at least this is the plan)

So it's an emotional indoctrination system that uses "Game" to manipulate the males to be beta and the females to be slutty and infertile.

We learn to master Game for our **own** benefit and in becoming masters we become even more aware of the Blue Pill brainwashing.

Anger is really just the tip of the iceberg.

Red Pill aware men must decide to either go Light or Dark Luciferian.

If you choose the "Dark Side of the Force" (so to speak) you are choosing a nihilistic and individualistic world view.

If you choose the Light then you are willing to spread the Red Pill truths to other males so that we collectively fight against the enslavement the Blue Pill is bringing the earth as well as make our own lives better.

Who wins in the end?

Hard to know...

SatanAscending • 0 points • 28 December, 2015 06:40 AM

I know we play with the semantics right now, but why do you have to choose only one?

NeoreactionSafe • 3 points • 28 December, 2015 02:38 PM*

The Dark Luciferian Machiavellian path **is** the path of the global elites.

So unless you are already in the 0.01% of multi-billionaires who are pulling the strings you are likely on the **losing** side of the Blue Pill system because it's designed to concentrate power into those global elites.

In a sense Red Pill is a sort of mental war **against** the global elites because we are exposing the tricks they use to make males into these beta slave androgynous transsexual homosexual degenerates.

Red Pill either reveals the deep mystery of Game to be used to free oneself and others alongside yourself **or** it's used to further "dumb down" people.

The Dark side systematically **lowers** the overall human consciousness.

The Light side systematically **raises** the overall human consciousness.

If the Dark side wins we get something like **Brave New World**.

<https://vimeo.com/45675847>

...at the moment the Dark side is winning by a large margin.

SatanAscending • 1 point • 28 December, 2015 08:14 PM

I see.

So the difference is in what it brings to the world. And you choose sides through bringing said value yourself. There is so many variables it is hard to wrap my head around it.

Light side requires "spreading the word". Yet we cannot speak of it. I see only one real way of doing so and that is through action. Even then, people more often than not, lack the cypher to read it.

Of cypher one have no real obligation to speak. Heck, even if one is willing to reveal it, he usually cannot do so.

NeoreactionSafe • 1 point • 28 December, 2015 09:43 PM

We can speak of the **ideas** of Red Pill while being crafty in hiding those ideas in words that cover our knowledge base. And in some cases if you identify a person with an open mind you can even speak directly.

Do I talk raw unedited Red Pill in public? No.

Even "three sheets to the wind" (drunk) I typically don't give away all the secrets.

QQC3 • 3 points • 28 December, 2015 01:56 AM*

Reminds me of that line from Macbeth where Macduff learns that Macbeth has killed his whole family and becomes stricken with anger and grief.

MACDUFF - My children too?

ROSS - Wife, children, servants, all That could be found.

MACDUFF - And I must be from thence! My wife kill'd too?

ROSS - I have said.

MALCOLM - Be comforted: Let's make us medicines of our great revenge, To cure this deadly grief.

MACDUFF - He has no children. All my pretty ones? Did you say all? O hell-kite! All? What, all my pretty chickens and their dam At one fell swoop?

MALCOLM - Dispute it like a man.

MACDUFF - I shall do so;

But I must also feel it as a man: I cannot but remember such things were, That were most precious to me. Did heaven look on, And would not take their part? Sinful Macduff, They were all struck for thee! naught that I am, Not for their own demerits, but for mine, Fell slaughter on their souls. Heaven rest them now!

MALCOLM Be this the whetstone of your sword: let grief Convert to anger; blunt not the heart, enrage it.

Macbeth deals with a lot of themes, one of the most prominent is defining what masculinity is. Macbeth is initially mild tempered but is manipulated by his wife and borrows her values of what a man should be like-- which is aggressive and murderous/ruthless. Not only does she flounder under her sins and loses her mind, but Macbeth becomes a one dimensional fake Alpha who is completely frightened by himself and his own power and is driven to madness.

Macduff on the other hand is the true hero of the play and epitomizes masculinity in the play not because of his power to defeat Macbeth, but because of his self awareness and control. He understands that there is nothing manly about pretending that one isn't greatly hurt or furious over the death of his family. He knows he must retaliate, but he doesn't do so because of a knee jerk reaction to his hurt emotions, but because he is following what he believes to be right. He embraces his humanity head on and forges ahead not just to avenge his family, but to enforce his beliefs of what is right.

RedMoonAscendant • 5 points • 27 December, 2015 09:41 PM

maybe you accept women's nature with calm poise this is good, also...

...accept men's nature with calm poise: men feel strongly lies need strong replies we are not angry at women or their nature merely at the lies

Xemnas81 • 2 points • 28 December, 2015 03:56 AM*

We have a serious problem on PPD with people making purple apologetics about their temporary anger phase.

I am angry for my fellow betrayed brothers. Betrayed by a system which promised equality. I was a blind fool. I

still am but my vision is clearing.

redpillbanana • 2 points • 28 December, 2015 09:47 AM

Patrice O'Neal explains why "you have to have anger":

<https://youtu.be/rsq1bmVaR3Y?t=1m40s>

Patrice: Let me tell you something. That little trick you're doing now, Karith? That's level two. That disregarding, "God, calm down Mr. Angry. He's so angry!" All guys are angry like that, Karith, because you're ASSHOLES. Not just you...your people.

Woman: You know what? You have to fucking deal with it because you want to get inside of us. You do!

Patrice: Who gives a fuck?!

Personally, I'm permanently in the angry/bitter phase, but I'm not bitter at women - I'm angry at myself for being such an idiot in the past.

Every time I think of some egregious blue pill behavior from my past, I physically cringe, and that pain is what keeps me from going back to my former beta self, much like the pain from touching a hot iron keeps me from touching it again.

The pain and anger is still there, and it's what protects me.

SaigonNoseBiter • 2 points • 28 December, 2015 01:16 PM*

I think you're onto something, yet you don't have all sides of the spectrum yet. Anger has it's purposes, yes. It can act as a catalyst to action, as you mentioned. This catalyst is basically one of the most primal levels of protection for us though. A survival of the fittest attribute that was immensely important since the time way before human life forms developed. It makes sense not to accept life if you're getting fucked, and to do something about it, because it can mean the difference between life and death. That's why anger is so universal in every single animal alive. This action you end up taking, however, is generally guided by the anger. Anger clouds your judgement and makes you do things you wouldn't do with a 'regular' mind. That's basically the whole point of anger.

The problem here that I see is that in the modern world, anger doesn't have the same utilization as it once had. Much like the gaul bladder, anger once had a very important role in our survival, but over time our life has needed it less and less as civilization has evolved. In a world where people protect each other better, and there are laws, the primitive method does not fly. You can't just go bash someone's head in if they steal your food, for example. You can still utilize anger, but it must be done with finesse, and you can't rely on the raw emotions that our ancestors did. In fact, to me, anger should never be acted on while angry unless you're in physical harm. Anger is an indication for yourself that someone has wronged you, and that you need to take some sort of action. **You need to understand the difference between using the anger to guide your decisions and actions, versus using anger as an indication that someone has wronged you.** The latter allows you to regain your peace of mind and analyze the situation with clear logic.

Lets use your cheating example. Your gf has cheated on you. You get angry naturally. Now, you can use this anger, flip out, beat up the other guy, spray paint slut on her car, shame her on facebook, and get back at her the best you can to make her also angry and hurt, and to satisfy the anger within you (your ego grows 3 sizes when you are angry - anger is like ego stim packs!). This is the path that anger brings you down, and it generally won't improve your situation in life very much. Yes, you've broken up with her and shamed her, but you look like a dick and a lot of people probably hate you now -OR- Your gf has cheated. You get angry. You recognize the

anger within yourself and realize actions must be taken. You go no contact while you let the anger subside. The next day you analyze the situation and do what is BEST FOR YOU based on a logical, clear viewing of everything that has happened, which is literally impossible with anger present. You get out of the relationship, you put yourself into a better situation, and you don't cause potential problems in your future (maybe the ex is crazy and gets revenge if you get back at her, for instance). The best revenge is ignoring her anyways. You're not fighting her ego now - you just ignore it, which is even worse. This is not possible while angry.

Anger makes you too concerned with 'the enemy' instead of focusing on yourself. It should be seen, recognized, and used as an indication of harm from someone. It should not be used to take actions. That is the weak and easy way out. Literally anyone can get angry and take a crazy action. But few men can use anger to their advantage in this way and control it.

TL;DR: Anger should not guide your actions and thoughts. Anger should be used as an indication that someone has wronged you.

[deleted] • 2 points • 2 January, 2016 03:45 AM*

You're dead on.

In my eyes, anger is only an indicator that you're not happy with a situation, and the decision how to react to an indicator should always be up to your clearest possible frame of mind, whether that indicator is anger, joy or anything else (although joy gets somewhat of a pass, as it doesn't cloud your judgement as easily as the rest, because it doesn't kick you off balance and make you look for an as-quick-as-possible way out).

Anger can only act as a method of decision-making in literal life-or-death situations, and even then, it needs to both be separated sharply from hatred (as it always should) and also replaced by intuition and reason again as soon as conceivably possible.

Hatred should have no place in anyone's hearts, as it is an inferior method to dealing with a situation, especially compared to things fundamentally inspired by joy and love. By extension, anger is an inferior method of dealing with things too 99.9% of the time (the remaining 0.1% being the times when there's *literally* no time to think, only to react, and even then it needs to be tempered and channeled as much as possible in the moment in order for it to not take over completely during that time).

If I have learned anything in my life, it's this: if you find yourself in a situation where hatred seems like the reasonable way to go, there is practically always also a way to be found to solve the situation satisfyingly with methods inspired by joy and love, even if it sometimes at first may look to you like you would have to compromise your goals in order to do that.

In the end, it always turns out that the consequences of the decision based in love and joy was the goal you always looked for, but perhaps couldn't yet grasp. If one can't see that path, it either means that their mindset is too narrow, or that they have a broad mindset, but lack a good and clear guiding idea/principle that guides them throughout their life.

Mine are love and joy, and if I do something I can't somehow trace back satisfyingly to those principles, I know I'm doing wrong. And interestingly, even hatred can be traced back to love, and thus ultimately, joy. The thing that makes hatred different though is that its results are bad in the long run, for everyone involved, and to easily and proudly accept a path like that is something I would never do. Some just can't see that at the time of deciding because they lack a deep enough understanding of their own situation.

SaigonNoseBiter • 2 points • 2 January, 2016 05:47 PM

Lots of truth in there, cheers

crestingwave • 1 point • 2 January, 2016 09:16 AM

Awesome post. Everyone gets angry, and that's OK. I'm not one to tell somebody to get enlightened and never be angry. But it's wonderful to reach a point when something that once incensed you can be brushed off with bemusement. And rest assured, the further you go down the path, the more you recognize behavioral patterns and traits, and plan accordingly, the less angry you will be. Because you won't be surprised or shocked by selfish behavior. Because you've grown up and know fairy tales are bullshit. Because you're less likely to be played like a fool. And because you're not placing your well-being in the hands of another. Permanent anger, may seem masculine, but really it's a kind of impotence. I'd bet most of the guys that are the most angry, had oneitis, built the girl up to be the answer to all their problems, and then got crushed when she gagged on some douchebags cock. Well, whose fault is that? Get your head right.

SaigonNoseBiter • 1 point • 2 January, 2016 05:45 PM

Constant anger is definitely a sign of weakness and insecurity to me. It's a shield.

Sdom1 • 2 points • 28 December, 2015 03:04 PM

Anger is simply an emotion. Nothing more, nothing less. All humans have it, and animals as well. That should be a clue that it has a use. If it didn't, it wouldn't be so damned universal. Anger is like fire - when controlled, it can generate massive benefits. Uncontrolled, it can consume and destroy you and all you hold dear.

Used correctly, anger is a powerful motivator to action, whether that's an animal fighting like a son of a bitch to defend itself or secure a mate, or a beta who decides he's had enough and starts down the journey to self-improvement.

Used incorrectly, anger causes inordinate stress levels, unproductive and/or harmful behaviors, and unpleasant, circular thought patterns. In other words, it makes you miserable and destructive.

Anger isn't good, or bad. Like so many of the bedrock components of life, it simply is. It's nothing to be rejected, nor embraced. Can you reject or embrace water, or the air you breathe? What you can do is accept anger, and the reasons for its existence. When you do that, you can decide whether it has a place in any particular situation, and harness it if you wish.

LuckyLuke23 • 2 points • 29 December, 2015 05:56 AM

I think when it comes to anger, people like to blame everyone else.

for me, I'd blame myself. maybe it's bad maybe it's good... but in the end I WILL get shit done

nofaprecommender • 2 points • 29 December, 2015 06:24 PM

How long is one supposed to wallow in bitterness and emotionally-driven thinking and decision-making? Forever? If you're supposed to carry around your anger forever, then sure, it's not a phase, but if one wants to move past anger into a satisfying lifestyle, it's best to consider it a phase rather than a destination.

invader_red • 2 points • 30 December, 2015 05:19 AM

No I believe in stoicism. Women are creatures. They are biological objects incapable of being logical instead they're emotional. Getting mad is counterintuitive to progression. Mgtow is truly your only way.

soadaa • 2 points • 2 January, 2016 12:58 AM

Great write up. Anger is very natural, but using it as a motivator instead of fueling hatred is the best thing we can do.

w1seguy • 2 points • 3 January, 2016 12:49 AM

This post kind of reminds me of that quote from Butters:

<https://s-media-cache-ak0.pinimg.com/736x/1f/76/18/1f76183dfdb2a0929a35c0444cb8d246.jpg>

Except replace sad with anger.

J_AsapGem • 2 points • 28 February, 2016 04:59 PM

well bro it's been a year since i discovered TRP and i'm still fucking angry, the type of anger that is like " what the fuck are you looking at? " i can't seem to get pass this phase of my life... i only recently hit the gym for 2 weeks now, any suggestions? sometimes i just laugh it off and move on but it comes back.

rigbyismyhomie • 2 points • 27 December, 2015 09:43 PM

I hate the anger I feel each day. It is a futile practice expecting emotion to trump reality. But what TRP has taught me is the orgin of this anger.

I was always angry. I was angry at the girls I dated for trying to change me. I was angry at them because I felt like I wasn't getting what I deserved; hell, I wasn't getting anything close to what I was putting in.

I think something really important is that, now that I understand why I'm angry (I was lied to), I'm able to understand my emotions enough for the anger to inspire positive change instead of negative self loathing.

Thank you for this insight.

cleftscout • 3 points • 27 December, 2015 11:09 PM

I like that a differentiation is made between anger accepters and anger phasers. It's good to see a post that will make the community take a step back as a whole to reconsider their opinions on a core belief that has been taken a bit out of hand.

For a while now, I've viewed the definition of anger phasers as someone who gained 5lbs of muscle and furiously masturbates to their imagination of dramatically explaining to their ex they just relit the flame with and railed in a bathroom stall why they aren't good enough for their new alpha commitment. I've forgotten why I stuck with this sub in the first place. It's because I was angry, I was wronged, and *I was that guy furiously masturbating to that fantasy.*

I appreciate the step back this forced me to take.

Troll_Name • 3 points • 27 December, 2015 09:32 PM

Anger is blaming the stupid for being stupid. Parting with anger is leaving the stupid to their own devices and yourself to yours.

awalt_cupcake • 2 points • 27 December, 2015 09:37 PM

Accepting circumstances as they are is not righteous, it's just passive. And that passivity can be a detriment if not kept on a short leash.

I'm not religious but *A-men!*

[deleted] • 2 points • 28 December, 2015 01:02 AM

OP, read a little bit about stoicism.

Xemnas81 • 1 point • 28 December, 2015 04:07 AM

Kidd, don't teach your grandpa how to suck eggs. Or get your dick sucked, more importantly.

'OP' is head mod.

letsgetrandy • 3 points • 28 December, 2015 01:25 PM

'OP' is head mod.

Does that make him infallible?

Xemnas81 • 0 points • 28 December, 2015 04:06 PM

No, appeal to authority and all that, but I've been here long enough to know that RPS knew about stoicism a loooong time ago buddy.

letsgetrandy • 2 points • 28 December, 2015 04:08 PM

Maybe you could have just said that, rather than talking down to your fellow TRP'er. I guess I just think we should be looking out for each other more in here, and pointing our aggression out toward the BP bunch. No?

Xemnas81 • 0 points • 28 December, 2015 04:24 PM

Sorry if I offended you bro.

Well I disagree there. The issue is the bloops WANT to tone police the anger phase. They don't care about the effects of internalised anger on the male psyche, only their own feepees. With this said I try never to make angry statements based off meaningless conjecture or even hyperbole.

letsgetrandy • 2 points • 28 December, 2015 04:30 PM

I'm not offended, but I'm not the one to whom you were rude.

[deleted] • 1 points • 27 December, 2015 10:08 PM

[permanently deleted]

bsutansalt • 1 point • 28 December, 2015 02:32 AM

Post removed due to linking to reddit. Change the link to an archive URL and I'll reinstate it.

[deleted] • 1 point • 28 December, 2015 02:09 AM

I think when we refer to anger as a phase we are really saying that I am currently furious at ----- situation/person. I won't be angry forever, I'll move on, because I won't let ----- situation/person make me angry forever. So you're right in one sense, anger is a natural reaction to a perceived injustice, but it is also a phase, because you won't be stuck in anger forever, it's a catalyst for change but after change occurs continual anger interferes with further growth.

[deleted] • 1 point • 28 December, 2015 02:21 AM

Kai Murros, a Finish nationalist and a thinker has said a good few things about this. Even if you don't agree with his political ideology take a moment and listen to this. It gives perspective and fits well in with OPs post.

<https://www.youtube.com/watch?v=97mbNzg2YUQ>

littledong • 1 point • 2 January, 2016 01:47 PM*

Watched it. Great video. I have always been suspicious of those who value certain emotions like happiness and devalue others like anger and hate. Hate and Anger are just as important emotions as all others and if denied or repressed can cause many problems. I think a big issue is many people try and avoid feeling their

TRUE GENUINE feelings. Just acknowledge your true feelings and let them guide you I say.

SW9876 • 1 point • 28 December, 2015 03:54 AM

I would put myself in the category of "zen enlightenment", but maybe you're right. I'm going to reconsider this position. There should probably be some middle ground. Basically, I've been docile and passive in situations where I should have been furious. I told myself that it was my fault that I let it happen and there is no reason to be angry at anything besides myself. Although I think the individual should bare primary blame, it probably isn't healthy or appropriate to take sole responsibility. My example isn't about a girl either. This kind of anger is relevant to all walks of life.

BradsCanadianBacon • 1 point • 28 December, 2015 04:34 AM

I'd say I'm a naturally angry person, but because it's socially unacceptable to display it, you really need to find a practical outlet for it else it threatens to consume you.

There is something intoxicating about anger though: the way your heart pounds in your ears, how you feel you could rip the door off of a car. I can totally understand why people are quick to jump to outrage (especially whilst drinking).

[deleted] • 1 point • 28 December, 2015 05:09 AM

Anger is fine, embrace it. What can be a problem is how you **choose to channel** it. My ex-gf cheated on me. If I'd killed her for it, that would be a problem. Whereas I shrugged it off, so it's less of a problem. Was I angry? Probably, though I (still) don't understand what I felt.

Emotions for me are not so much what I feel, but how I act on those feelings. If I throw things and get pouty, that's anger to me.

This was more "ok, you have needs, I have needs, let's see if we can meet in the middle". In this instance, she started getting upset with me because I wasn't mad at her for having the affair.

I can't help myself, though, I just don't feel upset/violated/whatever I'm supposed to feel.

throwaway-aa2 • 1 point • 28 December, 2015 06:36 AM

I did a similar piece on anger on this subreddit a year ago... bot won't let me link to it.

AFPJ • 1 point • 28 December, 2015 09:30 AM*

Nothing wrong with anger, provided one can use it constructively. Most lack the self-awareness to do this consistently and will ergo be better off suppressing it, or at least taking a break from decisions / actions while under its influence.

lozboss • 1 point • 28 December, 2015 10:58 AM

good Post OP.

Anger is a tool, like all emotions.

It is useful when applied correctly. If it's the only thing you feel it will destroy you in time.

In moderation anger can be a useful tool.

Sepean • 1 point • 28 December, 2015 11:20 AM

Getting over the anger phase doesn't mean you never get angry again. Of course you should get angry when appropriate - it's natural, and anger is a natural way of incentivizing people to not betray or otherwise fuck with you.

Anger is very relevant when it is directed towards changing people's behavior, and that sort of anger shouldn't be associated with the anger phase.

The anger phase refers to being angry about things you learned when you swallowed the pill *that you can't change*. You're angry that girls are different than what you were told, you're angry at your wasted efforts and missed opportunities.

Being angry that your girlfriend cheated on you isn't being in the anger phase. Being angry that she is attracted to alpha traits and that doing nice things for doesn't give her the tingles, that's being in the anger phase. You can expect your girlfriend to exercise some damn self control and be faithful - but you can't expect her to be attracted to something she isn't.

[deleted] • 1 point • 28 December, 2015 01:02 PM

This was a good post. I have to say when I read the title I was all set to rip it apart, moderator or not, because my first thought was, great, another post by a jackass telling someone who is angry "just get over it" or the other zen bullshit like you said.

It's perfectly natural, and normal, to be mad as hell when you've finally fucking figured out just how badly you have been lied to over the years. You don't just fucking accept it and progress to the next fucking phase. The trick is to use it in channels that are productive. It's great fuel for working out. It's also great at causing you to break frame. So, I think managing the anger is far more important than trying to "get over it".

Thanks for the post.

wehadtosaydickety • 1 point • 28 December, 2015 01:03 PM

Anger about women is dismissed because it is useless. We've all been there, and probably will be again, and the end result is always the same. The anger fades and you wonder why you even cared about her. So for someone in the throes of that anger it's good to remind them of the futility, and to focus on the future which they know includes the loss of anger.

rajesh8162 • 1 point • 28 December, 2015 01:05 PM

The scene from "Anger Management" when Jack Nicholson throws a plate on the wall comes to mind.
<https://www.youtube.com/watch?v=iuosfJ8Ki7Y>

OilyB • 1 point • 28 December, 2015 02:07 PM

My anger, controlled to a certain extent, is my anti-dote against passivity and depression. Won't have it taken away.

[deleted] • 1 point • 28 December, 2015 02:43 PM

I feel that when we say the anger phase is a phase, we mean whining about anything you're angry about is a phase, whereas after awhile you just do things about it.

648262 • 1 point • 28 December, 2015 02:46 PM

Anger happens when your own expectations of the external world is not met. You can adapt to the world and not become angry, or you can unleash the wrath of hell upon whatever made you angry.

As /u/redpillschool said; it's about change. Do you want to make an impact on the world you'll have to have some anger episodes. But as you get older you'll pick your battles and decide if you or the world is what needs to change.

Embrace your anger if you want something out of life. Let it be your fuel for 2016.

ironblacksmith • 1 point • 28 December, 2015 03:19 PM

RPS, this is important for everyone to know. We don't need to pretend that anger is an issue, only the way it is channelled. When I joined and read about this "anger phase" I assumed I'd stop being angry at some point. I never did. But I love my anger, I don't ever want it to go away. I did, however, stop arguing with people about the injustices as much, I stopped caring about whether women came out on top, started turning a cheek when I heard something that would have made me rage before. It all still makes me angry, but I turned it within. I shut up and realized the fight could only be won by improving myself and getting what I want. We don't need to walk around telling everyone we're angry, but we all know. TRP needs to be a place where we accept that.

[deleted] • 1 point • 28 December, 2015 04:21 PM

Our society was built on anger.

"Why are men angry?" "Why don't men talk about their feelings?"

Answer: Survival, Strength and Dominance.

From my point of view my greatest work has been done through anger and frustration. It focuses the mind. A lot of my emotions don't manifest themselves in other ways, usually it comes out in anger.

I will say this, you can choose to be aggressive and snap or channel that anger into a way to assert dominance. Assertiveness NOT Aggression.

If you have a dog and that dog shits on your floor. You're angry, you can choose to be aggressive or assertive to overcome this horrible injustice done to the carpet. The carpet has no other choice but to be passive, so clearly the blame lies on the dog. One option causes the dog to respect you and learns that shitting there isn't okay. The other option causes the dog to distrust you. The dog is naive/ignorant to the injustice, so if you beat the dog it doesn't understand. How can we expect the rest of the world to understand what they do is wrong. They were taught that shitting on a carpet is perfectly fine. Nothing is gained through aggression only through the persistence of asserting the truth. Never stumble always channel the anger.

Ephesians 4:26 "In your anger do not sin"

I believe that anger is a phase in some ways, you may not understand the manifestation of "Rage" but I have had a life time of it. I think most of these people are speaking more to the extreme cases of rage. Anger will always be apart of life and how we express our dislike of injustices. When I first started reading feminist material, I would have extreme cases of black out rage. I would have to go out and literally smash things. I would scream and yell like a complete psychopath. Now that I understand I'm in control of myself and only myself, I've calmed. The storm has passed, anger may be apart of my life but rage has been subdued for a time.

edwardhwhite • 1 point • 28 December, 2015 06:23 PM

If a man loses a loved one, shouldn't he grieve? And likewise, if he is betrayed, should he not seek to defend his honor?

No. Its just foolish to fight reality.

RedBigMan • 1 point • 28 December, 2015 07:53 PM

On the topic of 'Anger Phase'.

I think that the terminology of 'Anger Phase' is what happens when people first discover TRP. They become angry at everything. They're angry at women, they're angry at themselves, they're angry that nature made women into lying cheating sluts and that society doesn't accept men to be masculine or for men to be able to be victims, or whatever...

Eventually all that general anger needs to be shed. When you have anger directed at specific injustices THAT is when anger becomes most useful to men and drives them in the right direction for fixing their lives.

Being pissed off at the world does jack shit for fixing your own life or the world as a whole.

Do I get angry? Sure. I get angry every time I hear about some dude getting divorce raped. Even blue pill beta dudes really don't deserve the amount of fucking over they get in divorce/family court. They've basically been shown a picture of a brand new Ferrari saying this car is for sale and find out that it's a 1986 Ford Pickup who's odometer has done a full circle and is showing 10,000 miles on it now.

PantsonFire1234 • 1 point • 29 December, 2015 12:03 AM

I would take heart in the fact that personal injustice against you still stirs some level of emotion, it is the mark of a man who has not lost his own will. For those who purport to feel nothing, there is no more growth to be had.

Very well put. Anger can be a powerful tool. Just don't get to lost in your anger. If you can manage your emotions this shouldn't be a problem, you're a man after all.

I do believe all of men stay stuck in anger because some women/bitch/guy crossed him but he never reclaimed his dignity. TRP teaches us that getting angry at women after their fuck-ups could be considered losing frame.

What would you people consider a reasonable reaction after a betrayal?

Rollo-Tomassi • 1 point • 29 December, 2015 12:21 AM

<http://therationalmale.com/2013/11/06/anger-management/>

Anger is a Gift

One of the more common criticisms lobbed at the manosphere in general is that the men contributing and commenting are just angry.

It's the easiest reaction for men and women conditioned to feminine-primacy to retort with. If men are just "bitter", "burned" and "angry" it absolve them of really having to think critically about what those men are proposing. Anger is one of those easy answers for people who don't want to be exposed to things that either they don't have a real answer for (such as JBY) or are too comfortable in their ego-investments that they don't want to be forced into any kind of introspection that might challenge them.

So the manosphere is just a collection of angry men, shaking their virtual fists and venting their frustrations about their loser status, their tough luck or being on the sharp end of the SMP.

"There's a lot of anger towards women in the manosphere. These misogynists think all women are evil bitches out to take half their money, steal their children and force them into indentured servitude. I pity them, really I do."

Most appeals to anger read like some variation of this. While being an easy retort, playing the anger card is also a very useful social convention for the feminine in that it's so culturally embedded that it's men who display the most anger and therefore more believable. Anger is the perfect disqualifier for the feminine. Accusing a man of misogyny will always be more believable than accusing a woman of misandry because men are always just angrier than women.

Beyond the quick and easy dismissal of anger about anything even marginally critical a man might say about the feminine is an underlying conditioning that prompts people to it. By that I mean, to the majority of blue-pill plugged in people, anything critical of the feminine, by default, is rooted in anger. We can link this to women's default status of victimhood, but even relating the most objective observation of behaviors, psychology or social

constructs pertaining to the feminine in anything less than a flattering light is automatically suspect of a male anger bias.

But are we angry? I can't say that I haven't encountered a few guys on some forums and comment threads who I'd characterize as angry judging from their comments or describing their situations. For the greater whole I'd say the manosphere is not angry, but the views we express don't align with a feminine-primary society. Men expressing a dissatisfaction with feminine-primacy, men coming together to make sense of it, sound angry to people who's sense of comfort comes from what the feminine imperative has conditioned them to.

Most of the men who've expressed a genuine anger with me aren't angry with women, but rather they're angry with themselves for having been blind to the Game that they'd been a part of for so long in their blue-pill ignorance. They're angry that they hadn't figured it out sooner.

I understand that a lot of what is written in the manosphere can certainly be interpreted as coming from a source for anger. When I (or anyone else) outline the fundamentals of hypergamy for instance, there's a lot to be angry about for a man. Women get pissed because it exposes an ugly truth that the feminine exhausts a lot of resources to keep under the rug, but for men, learning about the feral reasons for feminine (and masculine) behaviors often enough cause a guy to become despondent or angry. That impression should never be the basis for a Man's Game, nor is it ever really an aspect of internalizing Game that will benefit him personally.

It's easy for women and blue-pill men to discourage a Man from red-pill self-improvement by convincing him he'll turn into an angry Jerk who no woman would want to get with, but the truth is that learning Game isn't the positively life altering revelation it is because it begins from a root anger. It's successful because Men have a motivation to move past the anger or despondency that comes from a better understanding of the hows and whys of the feminine. They want a better life for themselves and the women they engage with. Whether that means upping a guy's notch count or finding a woman worthy of his attentions and provisioning for monogamy, Men realize that their betterment with women and themselves doesn't begin with anger, or hate, or crazy.

Rusty_Sparx • 1 point • 29 December, 2015 12:28 AM

Watch the anger Gandolf exerts in any scene in LoTR to understand anger exerted as an extension of personal power and not the lack of it in any way.

Buchloe • 1 point • 29 December, 2015 03:25 AM*

It's often said here that men differ from most women in that, at their best, they take actions based on logic and not emotion. They can set their emotions aside. However, this doesn't mean disown the truth, kill it off, call it "wrong", accept someone else's judgement of it.

Only actions are worthy of judgement. We don't resent women for their emotions, just what they tend to do based on them.

To become un-angry over a woman cheating, to "temper" ourselves to accept the unavoidable reality of hypergamy? That is to become as yin: fluid and accepting. That is self depreciation by choice. That is willingly opening your submissive asshole to the still sticky dong of the feminist power goddess. That would be to lose serious frame and accept someone else as the king of our inner domain.

Anger, sadness, happiness, fear, shame... despite what we let our external actions express, we ought to let that shit flow through us as it's meant to without stifling it. I mean, if a chick can get on fb and express the pettiest of qualms and societal insults and receive all the sugar coated validation she could dream of, the least we can do for ourselves is value our own emotions instead of snubbing them out. Now whether we act on that shit is another matter, but judge your actions, not your self.

All humans are babies on the inside. They need what they need. Feelings are relevant. They are signals indicating the status of the machine. The only thing to judge is strategy and action. Though I guess depending on

how "dark" you're willing to allow yourself to become, even strategy can be justified. Something like that.

The_Junto • 1 point • 29 December, 2015 06:00 AM

I agree with what you're saying but I don't think the anger phase was ever meant to be thought of as an actual measurable amount of time at which some point it just stops on a dime. It's just an expression used to describe the onset of anger felt when a newbie is "unplugged". I agree with you in the sense that no one ever fully gets over their anger, it just mellows over time.

But I don't think it's necessary to cultivate that anger and try to perpetuate it by means of some sort of self motivation. I think you were on point when you said "perhaps it's that my expectations more closely match reality" when describing your numbed response to bitches and their bullshit. Anger is reactive and is not beneficial when bitches are involved. It is natural yes, and certainly unavoidable, but I'm of the belief that it should be more or less suppressed when dealing with women.

The one sentiment that I wholeheartedly disagree with is the idea that a man somehow needs to "defend his honor." One of the single most helpful concepts I've taken to heart while reading TRP is that PRIDE IS BULLSHIT.

Let the white nights be honorable, pride is a product of the ego. When we are able to chip away at our ego things like pride and honor become less and less important.

zenhood • 1 point • 29 December, 2015 12:27 PM

RSD did a video Tyler Duden talks about how it can be wrong to dismiss anger, and how anger can set the right path you. Thanks for the post!

[deleted] • 1 point • 29 December, 2015 05:21 PM

"Anger is a gift."

-Malcolm X

rpscrote • 1 point • 30 December, 2015 04:24 PM

I've been saying this for ages. Anger got me to where I am today. I absolutely could not agree more. All these holier-than-thou high horse assholes in reality are just repeating their mantra to themselves "Im better than anger and therefore better than the angry" to convince themselves, when actually they feel anger just the same. I don't know if its some delusional way of asserting control over your life. I find it dramatically more productive to realize anger is a natural reaction in men with spines and morals and to harness it while I have it. It's free motivation.

Fuggernugger • 1 point • 31 December, 2015 03:53 AM

Injustice or not, the anger phase is still a phase and directly impedes your progress.

But then again, arguments about semantics are a waste of time.

BlueFreedom420 • 1 point • 1 January, 2016 12:39 AM

Damn good post. I actually think people just taking the red pill are not angry enough.

TheJollySatan • 1 point • 1 January, 2016 06:04 PM

What sort of anger do you mean? Is it uncontrolled emotion or can it be harnessed to motivate.

I've always been conditioned to not let others under my skin so i prefer to be ice cold tactical asshole than to let someone see they can get to me.

Don't get me wrong, i feel stuff deeply, but ideally it's always channelled.

TheKidFlash • 1 point • 1 January, 2016 08:09 PM

You are so right bro. I was literally thinking about this today.

"Stand for something, or fall for anything." applies here I believe. I actually think being that passive all the time can decrease T levels. Imfaoo

[deleted] • 1 point • 1 January, 2016 10:44 PM

Necessary post. I'd argue it depends on how one defines anger.

If it's selfish anger coming from one's failures or something personal fair enough.

But if reading about some slut on 2x through a "red pill lens" pisses you off, or another man's failures then I'd argue you need to accept reality.

littledong • 1 point • 2 January, 2016 12:30 PM*

When I get angry, it sometimes wakes me at 3 in the morning. I take this opportunity to drive over to the ex's and egg her car or her house. Always helps turn things around for me. :)

And on a serious note, I don't think we have much choice in how long certain emotions take residence in our beings, the best we can do is just be honest with ourselves, if we feel angry then we acknowledge that, if we feel sad then we acknowledge it and so on and so on. There is no point putting time limits on our feelings, because by doing that we will most likely force ourselves to repress our emotions causing a whole other host of issues.

Paratonir • 1 point • 27 December, 2015 10:25 PM

I strongly agree with this post, minus a little comment: a man should embrace legitimate lucid anger; because it is very easy for a man to lose control over his own actions under the drive of anger.

Ochreata • 1 point • 28 December, 2015 12:46 AM*

I'm not sure I understand what the point of all this is.

Anger can easily be defined as a stage in a process of change or development, which is the dictionary definition of a phase. Anger is both "a natural reaction to injustice", and a phase, a transitional stage in the natural reaction to injustice.

Ok, I just reread your post and rather than rewrite mine I will just plod on. I am a little confused though. You write;

It's not just a phase, it's a reaction.

So you agree it's a phase but would have everyone repeat that it's not.....and just to clarify here I'm not trying to be divisive here but rather trying to have more clarity in what is a stickied post.

That fact that we define anger as a phase, I believe, is not merely to remove it's negative connotation, but to accept it as part of the natural transition into red pill awareness. Yes, we need to embrace anger as a natural part of life. We also have to accept that anger filled vomits of emotion often lack self-awareness and logic, and this is what brings about the negative label. We define ourselves as a self-aware and logic driven group, anger is the antithesis of this. Hence we logically see it as a necessary 'phase' in our growth. Not a negative one.

DaBaulz • 0 points • 28 December, 2015 05:24 PM*

There is so much wrong here in this post and coments it is hard to know where to start.

TRP is not depressing, its not injustice, its not a failure of feminism or a realization that something you have to

stomach. If you regard TRP as something you have to accept or stomach, then you don't get it, yet.

The blue pill is about guilt and commitment and promises and neediness. Blue pill is about what you feel you are owed by some mythical woman. When you swallow the red pill truly, you begin to learn how to become a man. A man that needs only that which he creates. A man that is not needy, or dependent, and coincidentally man that women want.

With respect to TRP anger is most definitely a phase. Blue pill men have been sold a lie, and when they begin to discover the lie they go through the ANGER PHASE. A ton of people on this sub seem to be stuck in that phase. Once you truly swallow TRP, there is nothing to be angry about.

IsaiAlanaus • -4 points • 28 December, 2015 11:41 AM

Anger is a mindset, Just like happiness, or sadness. Not everyone is a cheater. Never generalize my friend. Generalization is the root of racism, sexism, or any ism you can think of. People might be similar but there different. I wish you would Take it easy friend.

littledong • 1 point • 2 January, 2016 01:27 PM

You do realise that saying "Never generalize" that you are generalizing right! There is a good generalization that highlights this paradox, it goes something like this "All generalizations are false, including this one".

Like most things, generalizations have their place and usefulness.