

You can have the best year of your life: RP took me from a 24y/o virgin to fucking 12 girls within a year

January 1, 2017 | 1272 upvotes | by [sarc0lupus](#)

INTRODUCTION Happy New Year January 1 is a day many of us start writing goals and New Year's Resolutions. And I thank the Red Pill, for saving me, and giving me the best year of my life so far in 2016.

You have no excuses, because someone who was Betamax/Emperor of Beta-stan/Chodeking, achieved the RP transformation within a year.

BODY The Emperor of Beta-stan Picture this: skinny-fat, balding, 5'5" (literally kid's clothes sizes), talked very fast and manic, a generally-annoying guy, poor eye contact, fidgety, couldn't stay on one topic, South Asian (purely on looks I'm a 5/10 - 5.5/10 - the rednecks where I live usually said I looked like Aziz Ansari or Raj from Big Bang Theory), terrible at sports, geeky (I read physics and astronomy books for fun).

Thankfully I didn't have an accent or act fresh-off-the-boat, but on a superficial level, I had a lot of things going against me.

Oh but that's only the superficial stuff: add to that the garbage NiceGuy behaviours of grovelling and supplicating to women, and you have a 24 y/o chode who never got a number until he was 19, went on his first date at 19, never kissed a girl until 22, and couldn't even get a prom date in 12th grade.

And on January 1 2016, I made it a commitment to fix this side of my life up. If I never went after the women I wanted in my life, I would be condemned to settling with the women that approached me. But more so than women, if I never went after the life I wanted, I would be condemned to settling for the shitty life that was handed to me. Fuck that. I had a problem; and I needed to fix it.

Process Lift: Gym was my temple. I became the heaviest I ever was, and was able to lift twice my weight. Sidebar: I treated it like studying. I took notes, I revised. I took it as seriously as the subjects I took in college. I discussed my lessons with my best friends (who thankfully are RP as fuck, and introduced me to the material) Approaching: day-game and club game mainly, with some mild social circle game. Didn't waste my time feeding validation whores with online dating. Other Superficial: Cut my hair short and grew a short beard (now I get mistaken for being Black or mixed-Latino). Got better fitting clothes. Cologne.

By January 7 I lost my virginity to a night club ONS. And the lay count just kept getting better. By November I had fucked more girls in that month than from the first half of the year. One week there were 2 lays. I fucked on beaches, riverbanks and in my office. 18-year olds to 33 year-olds. Multiple nationalities. A plate. Girls crying when I told them I couldn't keep seeing them again.

LESSONS LEARNED 1. You can get everything you want if you go out and get it. Don't think that this doesn't apply to sex and relationships. The BP socially-conditioned world loves to frown upon those that think sex and relationships aren't achievable goals, but that because they want to believe the fantasy and warm-feeling of it being "magical" and "destiny". No, love, sex and relationships are nothing special. They, like careers, fitness, intelligence, foreign languages and dexterity are skills that can be studied and improved upon.

Find out what you want in this sphere (a ONS, a bachelor harem life, finding the mother of your children). Find out how you can achieve this (RSD, The Sidebar, improving your SMV, LTR game) Get it.

2. Actions are everything. You will get nothing in this world - whether it be a job, a girlfriend, or the ketchup bottle in the fridge - if you don't act on it. Blue-pilled beta me thought there was a divine destiny or karma, where I would be rewarded if I "did good" and worked hard at my job, treated people well and followed ethical conduct. Then "magically" I would be rewarded by a good job, or be put in the path of a girl I wanted.

If anything, I had the worst ethics during 2016. At times I slept at work. Numerous women hated my very existence. But I still got what I wanted, because I acted. Act "good" and "morally" if you choose to do so, but not because of some fantasy of being divinely rewarded for it in the future.

The RP world is amoral.

3. Do. On a similar theme to (2), one of the key reasons I succeeded in 2016 was because I stopped thinking and did instead. A lot of betas are way too in their heads, and overthink things. Then when a chance for change comes, they think just changing their thinking is enough. They think that merely affirming RP concepts, and saying to themselves that they are alpha, and confident and secure with themselves is enough. And this happens because by actually doing, you face the possibility of failure. Overthinking is at its core, a fear of failure.

The truth is that no one cares about your thoughts.

Motivation is for chumps: it's the socially-conditioned BP world's way of getting you to consume and delay doing.

Affirmations are platitudes. Discipline is king.

Instead of repeating to yourself that you're secure and confident, and instead of wasting your time reading other people's stories of success, so you can feel as if you're worthy, I have a better idea. -Do something that makes you feel confident -Do something that makes you feel worthy -Do something that proves you are secure in yourself

4. Frame. Have your own reality to the point of it being borderline delusional. No one else cares about your thoughts, so why not make your world fucking incredible and work just the way you want it to. Likewise, you shouldn't give a fuck about other people's reality, because not only is it meaningless, but your's is better anyway.

Once you start doing this, you stop caring if a girl doesn't text you back (truly, it is she who is missing out), you walk away from a girl that wants to string you along as an orbiter (because in your reality, you never need to justify to anyone why you're alpha), and you are no longer afraid to escalate.

And any challenge to your reality is a shit test.

(And if you don't have a strong frame yet, fake it till you make it. I combined the personas of James Bond, Don Draper and Patrick Bateman until I developed my own).

Sarcolupus

Archived from theredarchive.com

Comments

Cantpumpthefrump • 59 points • 1 January, 2017 11:32 AM*

Realising you can be anything you want to be is the toughest pill to swallow. People cling to the blue pill because it absolves their failures.

Fat > not your fault, diets are hard Virgin > not your fault, you're too short etc etc Shit job > not your fault, you didn't go to college

Snazzy_Serval • 6 points • 2 January, 2017 12:38 AM

Fat > not your fault, diets are hard Virgin > not your fault, you're too short etc etc Shit job > not your fault, you didn't go to college

One of those is not like the other.

Hint: It's the one that people can't change.

rammerprog • 10 points • 10 January, 2017 04:52 AM

Shorty detected. You're proving his point.

Snazzy_Serval • 4 points • 10 January, 2017 02:04 PM

Yes I'm short, 5'5. His example makes no sense because being short is a significant handicap and it's absolutely not my fault. Just look at his post again. Aside from short, he listed things that men blame for their failures but are able to change with enough effort.

Being this short makes me less physically attractive to women and I will never be to fix it. All I can do is become attractive in other areas and hope that it's enough to cancel out being short. I just can't stop being short.

AlwaysFlank • 10 points • 16 January, 2017 09:04 AM

And some people can't afford college. And some people are allergic to foods that would help their diet. Doesn't matter. They can be whoever they want in their reality. In your head, 5'5 can be the most attractive height possible. Might not make it true, but not only will you feel better about it, that change will affect your attitude making you more attractive

Anyone ever telling you 5'5 is not attractive is merely shit testing your reality

Snazzy_Serval • 2 points • 17 January, 2017 05:04 PM

Anyone ever telling you 5'5 is not attractive is merely shit testing your reality

That sounds great but in affect it doesn't change anything.

What's the point in believing that 5'5 is the ideal male height while women are not interested in me because I'm short?

It's very hard to maintain a reality that I'm attractive when I'm not getting laid.

AlwaysFlank • 1 point • 17 January, 2017 09:16 PM

Those women are not interested in you because they are faulty

Kalidane • 161 points • 1 January, 2017 06:55 AM

One of the guys at my power lifting gym has a short playlist so when he's up you always know you're gonna be hearing "Move bitch, get out the way".

Not a fan of the genre, but when you have frame and a trajectory, you'll find something very much like this going through your mind. This is at the heart of where OP seems to be. Nice one.

Luckyluke23 • 20 points • 2 January, 2017 02:22 AM

this guy sounds like he is my friend.

my gyu has those EDM shitty pinger beats on repeat. Has like 30 Calvin harris songs. it's like a fucking shitty night club in my gym. kills me.

you know i'm in the gym cos the wigger beats start coming on.

WeatherOarKnot • 12 points • 2 January, 2017 08:51 PM

My coworker plays Adam Lavine and Enrique Englasis for hours at a time. It's the sappiest "I love you, you own me" shit I've ever endured.

He's also the butt of all my jokes because his dating life is shit. His chicks cheat on him, use him for money... One bitch even drops her kid off at his place so she can go out with other dudes.

Raikkonen716 • 95 points • 1 January, 2017 11:03 AM

This is the kind of post that we need. Good fucking job man. Happy new year champ.

slay_it_forward • -64 points • 1 January, 2017 12:18 PM

This this 100000 x SIDEBAR this

[deleted] • 33 points • 1 January, 2017 03:02 PM

why should "This is the kind of post that we need. Good fucking job man. Happy new year champ." be on the sidebar?

and why should it be there 100k times?

MentORPHEUS • 8 points • 2 January, 2017 03:04 AM

You seldom see that many downvotes on a comment here; this demonstrates solid sperg game at least.

iopq • 37 points • 1 January, 2017 12:02 PM

Didn't waste my time feeding validation whores with online dating.

I've met/banged girls online. You shouldn't knock it until you try it.

sarc0lupus[S] • 30 points • 1 January, 2017 03:27 PM

Previously tried Tinder back in 2014 for 2 months with no success: mind you I was BP as fuck.

There are ways to slay it with online dating (good quality photographs, and location matters a lot too).

But I felt as a hard-case newbie, my best option would be to gain experience through going in the deep-end and cold approaching.

iopq • 22 points • 1 January, 2017 04:11 PM

Tinder only works if you're attractive. If you're just average you're better off with sites that let you write a funny profile.

The_Force_Within • points • 1 January, 2017 09:33 PM [recovered]

That's not 100% true. I'm average to below average myself and there are new matches daily, which some escalate into dates.

EmperorAurelius • 39 points • 1 January, 2017 11:18 PM

You're probably better looking than you think.

iopq • 4 points • 2 January, 2017 01:52 AM

I think I'm attractive, but I get a match maybe once a month. I have much better luck on OKC.

prodigy2throw • 8 points • 3 January, 2017 12:56 AM

For south Asian guys, it's just not worth it. Day game and social circle game is where it's at. Pictures only say so much, which is what all Tinder is.

iopq • 1 point • 3 January, 2017 01:06 AM

I didn't say Tinder. You can make a funny profile on a real dating site which shows you're not illiterate and have a sense of humor.

prodigy2throw • 3 points • 3 January, 2017 02:17 AM

You should know by now that looks is what reigns supreme in online dating. Looking south Asian and using online dating you gotta be the top 1% in looks. Not just 20%.

iopq • 3 points • 3 January, 2017 02:31 AM

If you can differentiate yourself by sending clever messages you further distance yourself from the crowd.

Make a female profile. 70% of things guys send you are just "Hi" or "Hello". 20% are arguably worse, some variations of "ay bb u wan sum fuk". The remaining 10% are in-depth messages about your profile, but even most of THOSE are boring as fuck. "What kind of artwork do you do" or some inane questions like that.

Out of 300 messages I received with a fake female profile I only thought 1-2 were clever or funny. If you're the person that sent the message that was clever, your chances are very good.

More often than not I get profile views after I send a message. Maybe my additional photos or profile suck, but I don't always get responses. I imagine if I had creative photos on my profile instead of boring ones I'd improve my response rate considerably.

germanater • 259 points • 1 January, 2017 07:54 AM

Read this as fucking 12 year-old girls initially.

nuc23 • 160 points • 1 January, 2017 09:59 AM

You have to start somewhere, chief.

TaeTaeDS • 66 points • 1 January, 2017 12:46 PM

Dude don't give Spez a reason to ban us!

[deleted] • 59 points • 1 January, 2017 02:36 PM

No.... hes onto something. We go full pedo and spez will shut down people that investigate us

sigma272 • 51 points • 1 January, 2017 04:57 PM

Anybody own a pizza place that we can make our base of operations?

willbabysit4ketamine • 18 points • 1 January, 2017 07:23 PM

No, but I've got lots of cheese

ChanmanVXIIX • 5 points • 1 January, 2017 11:07 PM

I have lots of dough, I guess we just need sauce and we gtg.

vagiants • 16 points • 1 January, 2017 08:29 PM

Old enough to count. Old enough to mount.

[deleted] • 11 points • 1 January, 2017 10:23 PM

On the clock they get the cock

m4t31 • 3 points • 1 January, 2017 10:53 PM

If there s puff on the muff she s old enough!

therhymerr • 7 points • 2 January, 2017 12:17 AM

old enough to slip n slide old enough to cum inside

guest123420 • points • 2 January, 2017 02:36 AM **[recovered]**

If they can crawl, they're in the right position.

LordThunderbolt • 5 points • 2 January, 2017 05:21 AM

Just leave your front door open so the FBI doesn't have to knock and wake the neighborhood up please.

simotem • 1 point • 3 January, 2017 01:05 AM

Damn, I've missed this one

LordThunderbolt • 2 points • 3 January, 2017 01:28 AM

It was directed at all 5 of the replies above me in this thread. They were joking about some pedo shit. I told them to just be courteous to their neighbors and avoid the ruckus of FBI agents pulling up in the middle of the night lol.

okiedokie321 • 4 points • 1 January, 2017 09:10 PM

I'll stick to my 18 year olds, thanks.

FieldLine • 27 points • 1 January, 2017 07:19 PM

I discussed my lessons with my best friends (who thankfully are RP as fuck, and introduced me to the material)

Awesome. Obviously one shouldn't talk about TRP itself, but surrounding yourself with people you want to emulate can be very helpful.

No, love, sex and relationships are nothing special. They, like careers, fitness, intelligence, foreign languages and dexterity are skills that can be studied and improved upon.

Take note - this is why you shouldn't look down on a man for not being able to get laid. It doesn't take talent. It's just a skill you have to deliberately cultivate. I'm a math whiz, but I don't mock someone who gets nervous on a basic calculus exam. They just haven't put in the time.

You can get everything you want if you go out and get it.

This is the biggest takeaway. It took me a long time to realize that the world ain't fair. There's no justice. Nothing's coming to you just because you "deserve" it. If you want something, you have to go out and get it. Great work.

putsomecolourson • 15 points • 1 January, 2017 02:10 PM

Huge congratulations dude. This is golden. Your BP>RP journey must have been eye opening. What's your goals for 2017?

sarc0lupus[S] • 14 points • 1 January, 2017 03:24 PM

Thanks. 2017 goals: maximising SMV: lifting heavier weights, learning languages, investing, slowing down more with my voice, improving body language, focussing on quality v quantity in terms of women.

putsomecolourson • 7 points • 1 January, 2017 03:39 PM

Sounds great and best of luck. Take it you kept your standards pretty low for the first 12?

sarc0lupus[S] • 16 points • 1 January, 2017 03:42 PM

A range. Mainly 6-7/10. Nothing below 5

cheezyk • 4 points • 1 January, 2017 09:54 PM

Dunno if there's much RP prescribed reading material on investing but I found the Four Pillars of Investing to get me pumped in the same way classic RP books did. Makes it more fun than I originally thought.

Happy 2017 to you & wp on smashing 2016!

awalt_cupcake • 52 points • 1 January, 2017 07:29 AM

I am an RPer who agrees with everything here in practice but not nearly the results you had. I am also not a club person. Were most of your f-closes from clubs? Where else did you game and succeed? Before and after body weight and BF%?

sarc0lupus[S] • 48 points • 1 January, 2017 11:20 AM

Most of my f-closes were from daygame (parks, street, city squares). Clubs can be a challenge for you to stand out in, and with daygame, the girls have less of a guard on, and you can get a hook/vibe easier. Make the initial encounter with her flirty and escalate verbally to make it known you're interested in her sexually, and aren't chatting to her just to be friendly. Set a date (drinks at a bar, coffee, ice-cream) within the next 3 days, and profit.

I struggle to put on muscle mass (shitty South Asian genetics - any weight put on is usually gut, hence skinny

fat). My lifting weight went up considerably more than body weight. Pre-RP was 110 lbs - heaviest I was at was 132 lbs, so nothing impressive really.

slay_it_forward • 39 points • 1 January, 2017 12:17 PM

110 lb god damn. I'm 165 and feel small.

Marcus1138 • 24 points • 1 January, 2017 03:00 PM

I'm always amazed at the extent that height affects weight. As a 5'6" guy at around 130 pounds, who was around 110 before I started exercising, it's completely astounding to me that someone closer to 6' can weigh 170 pounds without even building any muscle. Hearing about people over 200 pounds is just crazy - relative to them, I must be like a child.

TrimPot • points • 1 January, 2017 09:06 PM **[recovered]**

I'm 6'3 210 lb and people call me skinny all the time, I'm more skinny fat than anything. Going to start lifting this year, my dad was fucking ripped when he was my age just from working hard labor jobs. I think I have massive potential if I would get off my lazy ass and start doing things to improve myself.

whutyomamado • 12 points • 1 January, 2017 10:42 PM

Do it bro. I'm right there with you. Let's feast 2017 and beyond !!!!!

proveititproves • 3 points • 2 January, 2017 12:48 AM

Focus on living the life of the lifter, build connections within your gym to reinforce that lifestyle. Started lifting at 19, 25 now and have enough muscle mass to just worry about body proportions more than anything. It can become a buffer though, that is, a means to distract yourself from approaching women/fulfilling your sexual/romantic needs (which happened to me).

BinaryResult • 2 points • 2 January, 2017 03:26 AM

I'm 6'3" and went from 250 (actually fat) to 188 (skinny fat) through keto, then ketogains and started stronglifts 5x5 and now at 200 with so much more muscle, can't believe I waited so long to get my shit together, never again.

metalhead4 • 4 points • 1 January, 2017 04:54 PM

I'm 5'11 and 205. I worked out to get from 150 to 190 and then I've put on some excess Canadian winter weight by eating shitty lunches.

Marcus1138 • 1 point • 2 January, 2017 10:53 PM

Ayy, put some weight on myself lately for the winter, Christmas didn't help. Gotta turn that into muscle before t-shirt weather hits (which fortunately is like May here).

TheRealPinkman • 2 points • 2 January, 2017 10:29 PM

I'm 6'2" and 180 pounds. I'm pretty much skinnyfat. I set a goal to do 50 pull ups, chin ups, and sit ups each day and I'm sticking to it so far. Already have my 50 in, so I'll probably try for another 25 or 50 before bed. A good friend of mine just did 50 chin ups per day for 6 months and was fucking ripped. I'm gonna see where it takes me.

Marcus1138 • 3 points • 2 January, 2017 10:51 PM

Congrats man, keep at it. Consistency really is key - even if you miss a couple days because you're sick or hurt yourself, get back into it when you can. I did around 50 push-ups a day for a year, and went from having no chest to having a body that girls comment on at the pool. Weights might be a faster route, but consistent bodyweight fitness really does deliver results.

TheRealPinkman • 1 point • 2 January, 2017 11:00 PM

Lifting can come later. All I have in my home is a pull up bar :/

scissor_me_timbers00 • 1 point • 1 January, 2017 11:05 PM

lol I'm right there with you

broketsuu • 24 points • 1 January, 2017 12:08 PM

My man with the stats you were handed in life that's still pretty good we're proud of ya.

Toker95 • 4 points • 1 January, 2017 08:09 PM

Don't say that. I'm from south indian. Legit 6'2 96kgs with a 4 pack (bulking atm) . It doesn't get better than this my width is awesome. You just lucked out, don't blame the continent

screw_hypomania • 2 points • 2 January, 2017 05:09 AM

exactly, op seems to have a lot of reverse racism going on. thats unfortunate. Happy for him though, and shall be learning from this post.

Thetruthwithin21 • 2 points • 1 January, 2017 09:55 PM

Good job man. What was your typical day game approach like?

sarc0lupus[S] • 3 points • 4 January, 2017 09:47 PM

Mainly libraries, open city squares, parks. Openers would range from situational openers, comments about what book they were reading etc. Avoid openers about appearance: chump move - so many betas and thirsty pseudo-alphas open with appearance openers.

[deleted] • 1 point • 1 January, 2017 07:47 PM

Also, and this might be a stupid question, but how do you fuck a girl at the club? Like where? In the bathroom?

sarc0lupus[S] • 4 points • 2 January, 2017 09:45 AM

Meet at bar > isolate > hook/vibe > escalate > make out > drive back to my apartment > fuck. Haven't fucked in a bathroom (yet)

[deleted] • -16 points • 1 January, 2017 12:42 PM

You sound like an idiot saying "shitty south Asian genetics " when there's definitely people in South Asia with great genetics due to Arab and Persian ancestry. If your a Dravidian Hindu just say that instead

[deleted] • 8 points • 1 January, 2017 03:20 PM

Lmao I'm pure Pakistani and my genetics aren't shit(6 feet and nice face?) so I don't know why you would be coming at the south east like that.

[deleted] • 4 points • 1 January, 2017 09:59 PM

If you're Punjabi , nuff said

sarc0lupus[S] • 2 points • 2 January, 2017 09:48 AM

Agreed. Some South Asians have great genes: I'm happy for them for getting some lucky genetic lottery numbers.

I wasn't so lucky. My dad is fat and 5'3" Mom 5'2" Both have either cholesterol or diabetes. Rampant heart disease on both sides of the extended family. Not a single athlete on either side. Didn't stop me trying but.

Xaxsparrior • 1 point • 2 January, 2017 06:55 PM

Those "Arabs" in South Asia, or "Persians" were not and are not descended actually from real Persians or Arabs. They were actually Turks and Turkic people's from Central Asia and Siberia.

Also there is no such thing as a "Dravidian race", I've seen big and huge South Indians before, but let's stop this pseudo race non-sense. OP is just applying and projecting his shitty situation and body image to his race and applying a blanket generalization for it...

sarc0lupus[S] • 3 points • 4 January, 2017 09:55 PM

Whoa I had no idea people could take race so sensitively. In the end it doesn't really matter unless you want it to. It's BP to think race doesn't matter whatsoever: there are small advantages and disadvantages to being any ethnicity (from ability to put on muscle, to discrimination, to portrayal in the media etc.).

Understand the reality, and change what you can change to be Boss.

My extended and immediate family have crappy genes for staying slim and putting on muscle. Those genes extend to me of course.

That didn't stop me from trying however. There are South Asians who are tall and can put on muscle easily. The majority where I live (N Florida) are tiny, skinny/skinny-fat.

gistamminute • 26 points • 1 January, 2017 07:57 AM

I'm 5'6 with shoes and can do well in club game if I'm there with certain friends. Usually in VIP/after hours as a guest of a DJ though since I dabble in that stuff. Never realized that mattered before TRP lmao. Most of the chicks I hung out with at that time and brought to parties were hot and it was all I knew. Out of it now and in a new city but I see the same thing with new producer/DJ friends I meet here

awalt_cupcake • 6 points • 1 January, 2017 05:46 PM

The clubs I looked at where I'm from cost anywhere from \$50 - \$150+ to get in.

tb87670 • 7 points • 1 January, 2017 12:09 PM

I used dating websites. Yes, they suck, yes you get lots of no-responses, and yes it took half a year before I learned how to get consistent results. I am in the midwest mind you, so women are spread out in lower density than a major city. Game is different in rural areas and small cities, the general outline is similar but the finer details have to be tweaked to your environment. I learned this and adapted through failure my friend.

awalt_cupcake • points • 1 January, 2017 05:45 PM **[recovered]**

Yeah in the 2 years I started this I was in a small town wannabe city, rural area, and now I'm in a high density city capital. I learned rural game relies so much on social proof so I essentially shot myself in the foot diving into this stuff without that in mind. fwiw my notch count has gone from 2 to 10 but I could be doing so much better (and spinning plates consistently instead of ONS). The girls here in a big city are much more receptive so far.

BreathOfDick • 6 points • 1 January, 2017 05:51 PM

Fuck glad to read this. I'm in a small town, population 8600, and God damn. Most women are taken or married, others only interested in people from their social circles. Haven't been laid in like a year. Getting some professional photos done for dating profiles and going to make a profile on every site and app I can find.

Planning to move to a real city, ASAP. Is it night and day difference?

guest123420 • 7 points • 2 January, 2017 02:39 AM

Girls in your market are like parking spaces: taken, to far away, or handicapped.

awalt_cupcake • 2 points • 2 January, 2017 12:07 AM

Let's put it this way: as soon as I moved I got a fuck buddy, # from the tightest athletic cutie I've ever spoken to, and a few other #s the first week.

Been busy unpacking and getting my life in order now that I've moved but each approach has been highly receptive and usually # close.

1v1mebruh • 1 point • 1 January, 2017 11:07 PM

yes, absolutely night and day difference. population of hundreds of thousands vs 8600, what do you think?

if you want an analogy, try panning for gold in a river that only has like 8600 grams of gold (your 8600 population city) vs panning for gold in a river that has 500000 grams of gold. what do you think your results will be?

[deleted] • 1 point • 1 January, 2017 02:38 PM

I was able to get 12 in a year after my divorce. Several were former co-workers that were interested but I paid no mind to until I left and the rest were off dating websites/apps.

Youbetripping • 49 points • 1 January, 2017 12:46 PM

Progress pics from lifting?

putsomecolourson • 17 points • 1 January, 2017 02:08 PM

This would be interesting to see

randommofo • 34 points • 2 January, 2017 12:19 AM

It would also be hilarious if it was just keyboard jockeying

Rammetin • 10 points • 1 January, 2017 01:01 PM

Basically I'm pretty much where you were last year except I'm 21 and I have had sex a few times but nothing spectacular. Now to the point of me writing this: I recently came in contact with TRP and have read most of the things in the sidebar under REFERENCES and NEW HERE?, now my question is, where did you find the

material on day-game and club-game? I find that I have little to no trouble approaching girls in school because there is already a common theme to us being there but just approaching girls out in the street is something i have wanted to do many a time but always chicken out last second :/

rebbit_reddit • 9 points • 1 January, 2017 09:53 PM

YouTube RSD and 21 convention. A whole rabbit hole in itself

freeman_c14 • 1 point • 1 January, 2017 10:46 PM

This and check dj fuji's speeches. He really nails it down about committing to your goals.

[deleted] • 7 points • 1 January, 2017 08:22 PM

One of the key reasons I succeeded in 2016 was because I stopped thinking and did instead. A lot of betas are way too in their heads, and overthink things. Then when a chance for change comes, they think just changing their thinking is enough. They think that merely affirming RP concepts, and saying to themselves that they are alpha, and confident and secure with themselves is enough.

This is great, and cannot be said enough.

gistamminute • 23 points • 1 January, 2017 07:45 AM

You sound like the kid from Gran Torino. Sadly you sound the same as me, except I'm white so I have that tidal wave of privilege to ride on (sarcasm). I realized earlier this year what I had when I was younger and had been beaten out of me and have been getting it back, and the beatings are coming harder than ever. But life is starting to work as I learn how to cope. Fuck excuses indeed, you're spot on about motivation being for consumers. All you can do is not care about shitty conditions... eventually you enter a void of indifference and things like calling you boss a prick at the right time fly. Don't get me wrong, I'll treat my people well when I can hire them, but I see where the soulless attitude comes from. And a man can handle it. Cheers

[deleted] • -7 points • 2 January, 2017 03:39 AM

White privilege exists. Your ancestors fought long and hard for it. No need to deny it. It's not something you need to be upset about or try and "give" to others, in spite of what the liberal media says, but you should still acknowledge it (from a non-white).

rubenbrasil • 1 point • 2 January, 2017 08:10 PM

I pull more than lots of white guys. I am one of those exotic brazillians (according to what bitches tell me - the kind you see on some tropical vacation). (dark tan skin, light colored eyes)

Every race has favorable exotic features that can make white guys look 'plain'. I am still 6 foot and almost 200 ripped, so its probably that too.

chokobomaster • 13 points • 1 January, 2017 02:45 PM

DISCIPLINE is KING. - I like this.

This is what I need to improve on.

Good read.

[deleted] • 3 points • 1 January, 2017 08:57 PM

Great post!

Basically the lessons here are:

Just do and don't overthink!

Be serious about Game like it was your job!

[deleted] • 6 points • 1 January, 2017 07:18 PM

Thanks for the motivation, Man! 17 year old beta bitch here, looking forward to change

GeorgeBushIV • 3 points • 1 January, 2017 10:58 AM

good to hear man. ill be starting grad school in a few weeks, it'll be nice to be girls my age again and get me out and about. looking forward to applying these skills i learned here

[deleted] • 9 points • 1 January, 2017 04:15 PM

I've always wanted to be a girl my age too bro. I totally feel you.

hhhhw • points • 1 January, 2017 11:27 AM **[recovered]**

I am very happy for you and the progress you have made.

You say that some women hated you and your very existence; do you mind expanding on these women and what they did?

sarc0lupus[S] • 18 points • 1 January, 2017 03:30 PM

A few reasons. Some hated me after they found out I had approached and escalated with other women they knew of (lesson learned: avoid fishing off the company pier). Another hated me because I told a guy she previously fucked that I had fucked her (rookie error, and lesson learned).

fc98292 • 3 points • 1 January, 2017 04:12 PM*

Wear your rain coat and fuck on! Don't take shit from any plate...

Don't take the critics too much to heart. Although their comments have merit if taken in the context of time and experience, you're now in year #2 of RP and will have the best year of your life! Never let go of the wheel, brother!

stomponthesun • 6 points • 1 January, 2017 08:30 PM

<http://lookism.net/Thread-Story-RP-took-me-from-a-24y-o-virgin-to-fucking-12-girls-within-a-year>

angryguy4444 • 19 points • 1 January, 2017 09:55 AM

fucking 12 women shouldn't be the goal and the definition of a productive year

success in professional life should be

you improve THEN the women come

Focusing on women is lame, focus on health, money and living life instead.

That said, it's a good accomplishment, congrats, but I think you are taking it the wrong way. It's TRP here, not PUA. Women are not the goal of our life.

sarc0lupus[S] • 60 points • 1 January, 2017 11:25 AM

Agreed that women aren't the goal. But already I had achieved success in every other sphere of life: career, money, health etc.

So there was still a problem with Game, which I treated like a project: and I worked hard on it just as I had with college, gym, reading. And it worked.

angryguy4444 • 25 points • 1 January, 2017 11:32 AM

i've got nothing to say then, good job! :)

_TheRP • 5 points • 1 January, 2017 11:31 PM

So I'm not disagreeing with you, if you're doing well everywhere else and you just weren't getting laid - good on you. You did exactly what you needed to do.

However. Now that you have figured out how to get your dick wet on the regular, I would highly recommend you take your obvious work ethic and point it toward making more money. Maintain where you are at physically, socially, and sexually. Funnel all of your remaining energy into gathering resources.

I did a lot of the same things you have done. I was a Virgin until I was 19, and I functionally turned RP without ever knowing what RP was. I looked at other people, what was working for them, and came the the basic realization that everyone here should already have - traditional gender roles existed for a reason. The time when men were men (stoic, responsible, masculine, dominant) wasn't that way because all the dudes in the world got together and decided they wanted all of the responsibilities life throws at people. Women drove the bus on that shit by selecting the powerful men as sexual partners. They still do.

That was almost 10 years ago now. I've slept with countless women. It took me about 3 years of fucking my way through college and then the city at large before I realized that it's all pretty pointless. The novelty wore off. Know what's not pointless?

Money. Power. Respect.

The novelty of those three things *never* dissipates - because they aren't novelties. The added bonus is that your quest for those things will get you more pussy than you would think. Just telling women what I do, why I do it, and who I do it for flat out drops panties.

[deleted] • 2 points • 1 January, 2017 05:47 PM

I'm sort of in the same position you started this time last year. I've got the education, career, etc. Only thing left is attraction.

Would you say becoming more attractive has had an impact in other areas of your life?

Lord_Varys • 11 points • 1 January, 2017 05:39 PM

fucking 12 women shouldn't be the goal and the definition of a productive year
success in professional life should be

The definition of a productive year is one hundred percent defined by each individual. You are no one to tell him how to define a productive year for him. You define your own happiness.

Alth12 • 10 points • 1 January, 2017 07:48 PM

Disagree in ops case. He was a virgin, it was clearly creating a block that prevented him moving forward. Now he's gained success with women he can work on other stuff and likely be more focussed and do better without the weight on his shoulders virginity can be.

To me one of the best things TRP does is teach guys to get laid who haven't had much or any success previously. They learn game, gain a few plates, etc then eventually have an important rp truth hit home that actually pussy is just pussy and all the idiotic thoughts they had about sex fixing their lives etc before were stupid. That's an important part of the acceptance stage.

That, plus I firmly believe inexperienced guys and virgins are incapable of truly internalizing AWALT.

slay_it_forward • 28 points • 1 January, 2017 02:31 PM

Guys want to fuck women. It's the most powerful drive we have. Stop shaming men for wanting to fuck women. If you want to spend your hours deadlifting and coding in your cubicle that's fine, but some of us prefer to fuck women.

Contrary to your popular belief here, when you improve yourself women don't show up on your doorstep. It's the man's job to hunt down a woman. The best way to go about this is 'game'. Maybe you should take a break from LMS and try it out.

angryguy4444 • -7 points • 1 January, 2017 03:06 PM

God, is TRP turning into PUA?

slay_it_forward • 8 points • 1 January, 2017 04:14 PM

TRP was never a self-development sub reddit. It's always been about fucking women. It evolved out of the PUA / seduction / Game community. Lifting is a means for upping your SMV. Becoming more social and charismatic is a means for upping your SMV. Understanding the nature of women and social dynamics is a means to fucking women.

If you just want self-improvement go to those subs. You're trying to make TRP into something it's not. Monk mode is about taking time to up your SMV before launching yourself back in the dating world.

angryguy4444 • -7 points • 1 January, 2017 04:29 PM

We agree on the goals but not on the mean.

What I'm criticizing is the approach which consists in saying "looks doesn't matter BRAH as long as you've got GAME BRAH". I'm not for learning PUA routines. What I'm saying is if you want to improve your sexual life you should improve yourself first and then the women will come to you.

slay_it_forward • 7 points • 1 January, 2017 04:53 PM

Why do retards like you always resort to "PUA routines"? No one has taught routines since Mystery 10 years ago. People teach the underlying principles of what women respond to. What they've evolved to respond to. Why would you ignore that? That's stupid. No one said looks don't matter, although they matter less than you think. You don't even talk to women so how would you know what matters?

Keep improving man, the girls will show up eventually, I promise.

angryguy4444 • 0 points • 1 January, 2017 05:30 PM

I do talk to women, but it's true that I don't devote an hour every day to wander through the city cold approaching any girl I see.

slay_it_forward • 5 points • 1 January, 2017 06:05 PM

Of course you don't cold approach women. That would require balls and putting your ego on the line. That's why you like "self-improvement", you get to stay in your safe bubble. You're the guy in the corner of the club mocking guys when they get rejected by girls but would never have the balls to walk up to one and put it on line yourself.

angryguy4444 • 1 point • 1 January, 2017 06:20 PM

Balls?

Yes, sadly, the only activity that modern men have to feel manly is approaching women.

I don't go to clubs though. I used to but I found better ways to use my time.

FlareHunter77 • 1 point • 1 January, 2017 05:49 PM

No that is not what this guy did or most people. He has a schedule, and girls are another thing to do along the way. It is more like taking a sip out of a drinking fountain. He's going somewhere and starts talking to girls. That another enhancement of life.

[deleted] • 1 point • 1 January, 2017 08:45 PM

TRP is **sexual** strategy! Game is part of your SMV! Approaching women, flirting, seducing women is what we call GAME! Wheter you like or don't Game is very important in getting laid. In fact the OP proves it.

qiang_shi • 13 points • 1 January, 2017 11:41 AM

Actually, if you read the side bar... Its about sexual strategy.

WolfofAnarchy • 5 points • 1 January, 2017 02:22 PM

Yeah that's the surface. It ain't all about sex mate.

qiang_shi • 0 points • 6 January, 2017 01:46 AM

Everything is about sex. Except sex which is about power. So yes it is all about sex.

[deleted] • 2 points • 1 January, 2017 08:38 PM

Don't hamster yourself! Women is the goal! Biologically speaking your main goal as a living being is to reproduce. Everything else is a byproduct of sex.

Getting laid is a great goal! You're being honest to yourself and getting laid will make you improve every aspect of your life!

dragonofthesouth1 • 1 point • 2 January, 2017 03:08 AM

Getting women can be important for getting yourself in alignment with your potential and goals.

TheRealPinkman • 1 point • 2 January, 2017 10:40 PM

focus on health, money and living life instead.

Brilliant. 2016 was the year of quitting drinking and getting a job for me. Health and money, check. I also have a trip to Medford, OR booked to see a good old friend of mine in late February. Looks like living life is checked, too. Now to focus on gainz.

[deleted] • 2 points • 1 January, 2017 12:53 PM

Thanks for sharing! Yet another success story derived from exposure to the red pill. Similar to mine! It has been tested multiple times and comes out true every-time: Power is placed on one who is red pill aware and who

applies technique aligned with it.

krotch_vilense • 2 points • 1 January, 2017 02:32 PM

Congratulations on your progress. A few questions, did you ever lift before? How long did it take you to lift twice your weight? Can you elaborate more what your gym schedule was like to achieve that?

sarc0lupus[S] • 6 points • 1 January, 2017 03:22 PM

I previously lifted before, but didn't eat properly, and whimped out at heavier weights.

Schedule was Tuesday chest + shoulders + triceps, Thursday legs + biceps, Saturday back. Monday, Friday, Sunday rest. Some cardio Wednesday.

Compound lifts. Progressive weight loading. Mark Rippetoe's starting strength training is gold.

Kolbykill • 2 points • 3 January, 2017 10:46 PM

Eat everything in sight and switch to a bodybuilding type program and you'll definitely make some gains. To anyone that has trouble putting on muscle/weight you just have to A. eat more and B. lift more (volume). I typically do one power strength movement per day then I just focus on exhausting whichever muscles I'm working out that day.

aDrunkenWhaler • 1 point • 3 January, 2017 10:53 PM

Schedule was Tuesday chest + shoulders + triceps, Thursday legs + biceps, Saturday back. Monday, Friday, Sunday rest. Some cardio Wednesday.

1. Don't mix legs with upper body. Focus on legs only, and start with deep squats. Then hit them from all sides.
2. Replace cardio day with deadlift day. You can finish it off with some core exercises: abs, lumbar
3. If you want cardio, add another day and focus on intense or on high explosive exercises. burpees, punching bag, jump rope. Skip running, stepper etc.

AceBenedict23 • 2 points • 1 January, 2017 09:07 PM

Good fucking work my G.

You've built that momentum now, keep raising that bar now it's only up from here.

guest123420 • 2 points • 2 January, 2017 02:49 AM

"The RP world is amoral" is still one of my last hangups. I try to lead an honest and virtuous life, not saying you don't, but even when I see clear opportunities to take advantage of a situation or person I freeze. I think if I could develop a bit more of an edge I'd be able to get more hookups, as I've seen results in my past doing just this. I've curious, from the community, where there are tradeoffs for the best results? Basically, where is it worth swallowing the good guy persona and going dark triad, and what rules and lines will you never cross? Apologies if this doesn't express what I am thinking accurately, I just don't want to sacrifice my personal moral fiber for just a few lays or financial gains. Thanks all. (GREAT post BTW)

Sarkorien • 1 point • 5 January, 2017 04:58 PM

I sacrificed my morals for game back in the day, and I've regretted the fact that that's weakened my strength of frame for a long time... I'd say it's worth sitting down and re-examining your personal code instead, and figuring out exactly who told you that you shouldn't do all this shit and why. Some of your principles are clearly holding you back. That's cool if you can about your principles more than you care about progress.

Finally, figure out how to give your gift to the world- what does the girl get out of fucking you, for instance? You should know 5-10 things off the top of your head. Sorry if this is incoherent, I'll clarify anything you have confusion over

topapito • 2 points • 2 January, 2017 03:45 AM

This is great OP! You now know your way. Stay on it.

Now, I would like to add a bit if I may. Getting laid should not be the main goal. I know it is a very important part of getting your life together, but getting laid is really just a perk of attaining the SMV. it is also a way to measure your progress.

Where some are lucky in life and the girls just swarm to them, others have to learn game before they are attracting the same. Another thing which I find to be really important is that looks, though they may open many doors, are very overrated. I have known many men who are not good looking, fit, and they seem to be doing a bangup job at scoring women.

There is no denying the benefits of looking fit, trim and strong, yes, muscular is the word. But don't let being on the ugly side deter you. Not all women want or need a Brad Pitt look alike. You just need a few out of millions of women near you. Not very difficult to accomplish by sheer numbers alone.

Execution. Not thought, not commiserating, planning, thinking about, execute, execute, execute.

iamneptuno • 2 points • 2 January, 2017 09:33 AM

By January 7 I lost my virginity to a night club ONS.

It took you only seven days? How ugly was she?

sarc0lupus[S] • 2 points • 4 January, 2017 09:57 PM

Not the best. Not fat. But I didn't care: the year got better.

Snazzy_Serval • 2 points • 1 January, 2017 04:30 PM

And on January 1 2016, I made it a commitment to fix this side of my life up.

By January 7 I lost my virginity to a night club ONS.

Hold up wait a minute! You can't make any serious changes in seven days.

You got lucky.

And then it seems like you got a significant confidence boost from that encounter. Am I correct?

Like you were, I'm a short guy 5'5, who doesn't have any success with women, had a terrible past with them etc. I've been seriously working out for six months, got new clothes, improved my style, going out to night clubs and trying to be more outgoing and yet, still no success. Something is still missing.

What I'm trying to figure out is how you started getting laid. I feel that once I get the first success it can start building from there. No I'm not a virgin but I've been single for three years and dating her was a fluke.

sarc0lupus[S] • 2 points • 2 January, 2017 09:43 AM

I guess you could say I was lucky. Or that I finally decided to put some theory into practice. It's not like I discovered TRP on December 31 2015, and suddenly changed to get a lay 8 days later. I was introduced to RSD/TRP in 2014 by my friends, but was way too BP to even comprehend the truth (I was in the denial phase). So I had known about RP concepts for longer than 7 days; as I mention in my post, they key difference was I actually put things into practice. I did. It's the doing that made the difference.

okiedokie321 • 1 point • 1 January, 2017 09:21 PM

You probably don't have the facial aesthetics, or need to lower your standards.

Matapatapa • 2 points • 2 January, 2017 12:05 AM

No such thing. Unless he is facially disfigured or something.

Consider mild plastic surgery if you are on the low end, and talk to a dating coach.

Snazzy_Serval • 1 point • 2 January, 2017 12:44 AM

I'm a normal looking white guy. I often get called good looking by women though nothing happens of it.

The last woman who turned me down is short 5'2, cute but overweight. I'd put her at a 5/10. She just got a boyfriend who is roughly a foot taller than her. That's what I have to compete with.

okiedokie321 • 1 point • 2 January, 2017 01:01 AM

I see. Yeah, women these days, even 5's, desire men who look like models, 6' tall, make a ton of money, and such. IMO, if you're normal or average looking, you'll do okay but nothing like those guys in the top 20% can do who have superior facial aesthetics. It's just biology. My advice is to not worry about it and keep working on your hobbies and self-improve. If a woman comes along, awesome, but if not, who gives a shit. Only dick around when the opportunity arises and remember, never commit. AWALT.

ACE-JHN • 1 point • 1 January, 2017 10:40 PM

Can relate. Going to do the same this year

SlyAM • 1 point • 1 January, 2017 10:44 PM

Found your story uplifting and motivating. Good for you brother, keep up the red. Happy new year

GEN_GOTHMOG • 1 point • 1 January, 2017 11:34 PM

Overthinking is at its core, a fear of failure.

I have done this for so long. Only now when another RP man points it out in simple terms does it hit me so hard. I've honestly never seen this mentioned so simply in RP before. Bravo OP, you just made another fellow RP man re-think his shit, and thats what we're all here for.

bigredchewinggum • 1 point • 2 January, 2017 02:09 AM

Great post OP,

Interested to hear the details of your night club ONS lay? I've been doing pretty decent off online dating and social circle game lately and can get girls numbers in a nightclub and usually bang on the first date, but have never experienced going directly from the club to bedroom with a chick that I just met there. Curious to see how it went for you.

traveldeedee • 1 point • 2 January, 2017 02:16 AM

Congrats. That's what we're here for - comradeship and mutual guidance. Many people, me included, get emotional reading story like this. No we're not weak or homo, but seeing unbelievable improvement in yourself and your comrades is something to be genuinely happy about. Keep it up bro, improvement is all that matters!

Worldmap77 • 1 point • 2 January, 2017 08:20 AM

i needed this. thanks bro. happy 2017

Adamn27 • 1 point • 2 January, 2017 04:50 PM

relationships are nothing special. They, like careers, fitness, intelligence, foreign languages and dexterity are skills that can be studied and improved upon.

I'll copy this to my personal notes. Oops I don't have any personal notes yet. No problem I shall create one and start with your thought about this topic. Thanks.

ninjastorm231 • 1 point • 2 January, 2017 07:03 PM

Round of applause for you man. I was looking at this subreddit because a friend told me there's actual working guides that helped change his life. Exactly what I needed to read. Definitely taking the pill this year.

StumpinToVictory • 1 point • 2 January, 2017 08:32 PM

not sure if you have answered it but OP, what kinds of girls were you smashing? Only Indian girls?

sarc0lupus[S] • 3 points • 2 January, 2017 10:12 PM

White. Live in northern Florida

[deleted] • 1 point • 4 January, 2017 04:13 AM

SAVED and will re-read again.

tolerantman • 1 point • 4 January, 2017 03:46 PM

Were they hot though? I think any man can get laid if he lowers his standard enough...

sarc0lupus[S] • 1 point • 4 January, 2017 09:42 PM

A range man: lowest would've been 5. Mainly 6's. One 7.5.

helgisson • 1 point • 6 January, 2017 05:09 AM

Thank you for this post. When I start thinking this sub is getting too negative, posts like this remind me why I started reading here in the first place. Cheers.

RenoiDeter92i • 1 point • 24 January, 2017 02:19 AM

"3. Do. On a similar theme to (2), one of the key reasons I succeeded in 2016 was because I stopped thinking and did instead. A lot of betas are way too in their heads, and overthink things. Then when a chance for change comes, they think just changing their thinking is enough. They think that merely affirming RP concepts, and saying to themselves that they are alpha, and confident and secure with themselves is enough. And this happens because by actually doing, you face the possibility of failure. Overthinking is at its core, a fear of failure. [...] Instead of repeating to yourself that you're secure and confident, and instead of wasting your time reading other people's stories of success, so you can feel as if you're worthy, I have a better idea. -Do something that makes you feel confident -Do something that makes you feel worthy -Do something that proves you are secure in yourself" holy shit this is such an accurate description of my own transition it's scary. happy to hear others who've decided to take charge of their lives instead of being spectators.

MrSaiyan_333_ • 1 point • 24 March, 2017 12:17 PM

I had similar experiences this year, I also lost my virginity in a one night stand (I was 29 so it was a big relief for me :D) and discover that sex isn't some great, rare, mystical thing that changes your whole life and solve all your

problems.

germ994 • 1 point • 1 January, 2017 03:13 PM

12 whole girls?!? Wah Wah Wee Woo!

This subreddit reads like dick pill advertisements sometimes.

You need to find value in yourselves. Love yourselves, love that you managed to touch a human female, love your accomplishments, but for fucks sake stop gauging your self worth by the number of girls you (allegedly) banged.

slay_it_forward • 6 points • 1 January, 2017 04:18 PM

Is a man gauging his self-worth for reaching a goal he set on the deadlift? No, he's just happy that he achieved a goal. It's the same thing with women. Men want to fuck more women or have good relationships so we gauge our successes with women by these metrics. That doesn't equate to putting your self worth in women.

[deleted] • -2 points • 1 January, 2017 04:19 PM

This so much, for all the Red Pill teaches (Frame Control, Confidence, Achieving Goals, etc.) it has too much emphasis on the women when these things should be applied to all aspects of life and it only makes guys do these things to get their little dicks wet when you say things like "You can fuck x amount of girls" and then they don't truly succeed because they were never doing it for "themselves" to begin with.

slay_it_forward • 1 point • 1 January, 2017 05:18 PM

What the fuck does that even mean?

[deleted] • 2 points • 1 January, 2017 05:30 PM

That Frame Control, Confidence and Bettering Yourself are things that should be applied to life for you; not so you can bang x amount of hotties.

The hotties should be a side effect, and just one of many aspects of life.

slay_it_forward • 5 points • 1 January, 2017 06:15 PM

TRP has too much emphasis on women? What is with you clowns? This sub is literally about fucking women. Frame, confidence, charisma, lifting etc benefit you in all aspects of life but in the context of this sub they are for banging women.

germ994 • 0 points • 2 January, 2017 03:49 AM

Girls can see right through your "red pill" persona. I promise.

Even I can spot you red pill losers a mile away in the wild.

You can't pretend to be confident, confidence is the side effect of a better man. Girls are a side effect of all that other shit the other guy pointed out.

slay_it_forward • 1 point • 2 January, 2017 09:38 AM

No, actually you don't need vast accomplishments to be confident. Hinging your confidence on impermanent things like money, your looks or career means your confidence is lost as soon as you lose that external merit.

Riiiiight, you can spot a guy that reads an internet forum a mile away. Got it.

A girls aren't a product of anything other than being an alpha. Alphas can be CEOs but they can also be broke muscians or a dude working a cook. You don't seem to know shit

about what women respond to. Keep grinding away in your cubicle, a used up whore looking for a meal ticket will show up soon I promise.

[deleted] • -2 points • 1 January, 2017 07:01 PM

I didn't say that what I said was that making posts that are like "I fucked x amount of women" come off as cultist and infomercial-y

Also yeah in the context of this sub it is, but in general you should do these things for you, you should bang women of course but don't go in expecting reading shit on the internet will get you x amount of girls a year because then you are setting yourself up to fail. One of the big things about TRP is not caring if a women rejects you.

[deleted] • 0 points • 2 January, 2017 01:30 AM

purely on looks I'm a 5/10 - 5.5/10

Judges confirm this estimate is too high. U straight troll. Beta, blue-pilled, genetically non-gifted vagrant.

7SM • -1 points • 1 January, 2017 05:22 PM

Lol at all this. Your the ultimate beta thinking your remotely alpha or even have a sparse few of the qualities, your still a beta in a crispy crunchy nougaty shell.

Salted_Pretzel • points • 1 January, 2017 07:27 PM **[recovered]**

Saved. Going to read this as a kick in the butt when things are tough. I'm also brown, skinny fat as well. Not doing so great at the moment. Any other tips besides the obvious one?

topapito • 1 point • 2 January, 2017 03:35 AM

Any other tips besides the obvious one?

When you're done working with the obvious ones, then come back for more tips. You sound like the obvious ones aren't good enough to work on yet. And that is where you have to begin. What are you waiting for?

SweelFor • -2 points • 1 January, 2017 03:00 PM

So you got to have sex but you just changed superficially and adopted poor behaviours ? I don't get it this doesn't read as a positive post you're saying that before you acted morally and did good things and you stopped and it's supposed to be good ?

I don't understand

sarc0lupus[S] • 6 points • 1 January, 2017 03:17 PM

Not at all did I change superficially. The superficial aspects (clothing, haircut, voice etc.) were only a tiny aspect of the deeper change, which was a profound understanding of my failings.

After a period of mild monk mode, I realised most of my unattractive behaviours (not just in terms of women, but why I also annoyed my friends and family, and rarely kept leadership opportunities) were due to (1) a deep-seated self-sense of poor worth and (2) I cared way too much about what others thought of me. Once I discovered the core reasons, I built up from there: I changed bad habits, studied RP concepts like a college subject, and practiced technical aspects of game (the PUA stuff).

As for the "acting morally", in my BP days, I thought if I acted "morally" (E.g. donated to charity, went the

extra-mile at work, complimented people, did community service, only said nice things to people, didn't get involved in conflict), that I would be rewarded, particularly in regards to women. Say 2013 me happened to be in the cafe line behind some HB8, I would justify that encounter, thinking "Oh, after doing all this good, I have finally a HB to chat to! Finally she can meet a NiceGuy like me".

Then I realised that RP is amoral. I realised I should act "morally" or "good" because I choose to do so, and not for some fucked up divine reason of being rewarded.

You get the women you want by doing (approaching, Game, frame, demonstrating value etc.); not because of some "reward" for being "good".

BreathOfDick • 3 points • 1 January, 2017 05:54 PM

What a bunch of miserable cunts in this thread. Great post, I appreciate it. More motivational than all this "IF YOU DO SOMETHING NOW, YOU WILL DO IT" bullshit posts.

SweelFor • -1 points • 1 January, 2017 03:27 PM

I kinda understand your reply but I'm a little bit left out by the acronyms you used that I don't know.

So I don't understand all of it but I guess you made positive choices in your life ? The thing that is very blurred to me is the impression I get while reading that you were from "submissive" to "asshole alpha male" you know, that's the part I don't understand, maybe because those acronyms are unknown to me.

sarc0lupus[S] • 1 point • 1 January, 2017 03:40 PM

Essentially, you can be RP and alpha as fuck, and be anything you want morally or ethically. At one end there is Jesus, and the other end there is Charlie Sheen. You can choose whatever path you want.

I guess parts of me in 2016 was "asshole alpha male". But that was merely a phase.

As for acronyms: PUA (pick-up artist), HB (hot babe)

SweelFor • 1 point • 1 January, 2017 03:45 PM

Thank you for the explanation

uniquevoid • -65 points • 1 January, 2017 08:27 AM

Fucking 12 women in a year makes it the best of your life? Sounds quite sad

Fr3akShow • points • 1 January, 2017 09:15 AM **[recovered]**

Dude, your a dick. He's sharing his first year post BP. WHAT THE FUCK IS WRONG WITH YOU. I fucking hate guys like you... goddamn, your such a stupid bitch, you don't get it.. just leave, please.

BrackOBoyO • 20 points • 1 January, 2017 12:09 PM

As a general rule guys who slay poon and kick life's ass don't feel the need to dump on random strangers. Someone who has achieved fulfillment in life doesn't feel the need to go on the anonymous internet and be needlessly negative. It is a sign of mental weakness and is most likely an indulgence in fantasy.

I would bet my left nut /u/uniquevoid is actually a huge faggot IRL.

[deleted] • -16 points • 1 January, 2017 10:39 AM

How can someone be a virgin @ 24 years old? There will always be enough opportunities to get laid. I can't wrap my head around it.

You still did an awesome job for the first year. Beginners take note. Even you can do it.

I fucked on beaches, riverbanks and in my office

Office? NO, man.

TB3o3 • 24 points • 1 January, 2017 10:57 AM

How can someone be a virgin @ 24 years old? There will always be enough opportunities to get laid. I can't wrap my head around it.

Oh boy, you have nooooo idea

sarc0lupus[S] • 15 points • 1 January, 2017 01:02 PM

How can someone be a virgin @24y/o?

1. Good luck living with strict South Asian parents letting you be seen with a girl - let alone date one. I let them set me up to become a betabux, and I believed their "work on your career first...and then the girls will flock to you when you're older". So ages 13-18 were fucked.
2. After I left home, the lack of experience interacting with women, plus me believing bullshit indoctrination from modern media, feminism and the teachings of the strict Catholic high school I went to (be nice to women, "be yourself", "sex is for marriage only"), meant I would always be seen as an asexual being by women.
3. Any any girls that would eventually be in my company, I would scare and turn them off by being way too beta, and craving the validation of being in their company. I'd pretty much cling onto any girl that would so much as reply to me. (Cue the intense lovey cringey messages and texts).

Combine the above with crappy awkward social behaviours (interrupting, speaking too fast, fidgeting, changing the topic) and you dry up any pussy.

tb87670 • 11 points • 1 January, 2017 12:12 PM

How can someone be a virgin @ 24 years old? There will always be enough opportunities to get laid. I can't wrap my head around it.

I was older than him when I lost my virginity. And I am white. It doesn't matter race or build, nice guy syndrome and being a Beta can cause anyone with even a small dose of bad luck to be a long-term Incel. Usually those types only sexually succeed by taking undesirable mates like former prostitutes or whorish single mothers with several kids, or pure luck like catching one early and her family forcing religious pressures on her to be chaste and loyal.

[deleted] • 1 point • 3 January, 2017 09:52 AM

I know a guy who was 35 when he lost his. They've been in an LTR for over three years now.....

newName543456 • 1 point • 3 January, 2017 12:41 PM

How can someone be a virgin @ 24 years old?

For BP, it's not impossible, even longer than that.

Chad_Thundercock69 • -20 points • 1 January, 2017 11:46 AM

12 girls is baseline kiddo

Try 52

Fedor_Gavnyukov • 11 points • 1 January, 2017 05:07 PM

52 is beta cuck. try 365 fgt

Chad_Thundercock69 • 1 point • 2 January, 2017 05:55 AM

Hahaha jesus I didn't realise I got downvoted so much. 365 is demigod status but 52 is actually achievable

[deleted] • 1 point • 3 January, 2017 03:57 PM

These guys are just like feminists. Whine too much and downvote shit that offends them.