

No one wants to hear your excuses

January 14, 2017 | 931 upvotes | by [\[deleted\]](#)

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Comments

epixs • 106 points • 14 January, 2017 02:07 PM

Good stuff man.

Also even if you have disadvantages, work damn hard and beat your competition BUT make it look easy. This is from one of the laws of power. Some guy once commented about my physique and said "lucky you just naturally good genetics for muscle and shit", I just agreed and said "yeah man, just eat pizza all the time and somehow I ended up looking like this" He just laughed and continue eating his pizza. The point is, even with all your setbacks and the fact you had to work twice as hard as others, make it seem you were just blessed with muscles, success, and riches.

Let the weak feel good about the fact that they can't do anything about their situation when they say you go where you are because of "luck"

mushroommountains • points • 14 January, 2017 11:26 PM **[recovered]**

work damn hard and beat your competition BUT make it look easy. This is from one of the laws of power.

Law 30: Make your Accomplishments Seem Effortless.

One example I always see of guys failing to do this is when they get into lifting and post it all over their instagram or something to that effect and want to tell people how hard they worked. They don't realize that the only people who care about the grind are the ones grinding with them. To everyone else? It's an ugly reminder that they aren't living up to their potential. Keep it behind the curtains.

Aaren_Augustine • 117 points • 14 January, 2017 11:34 AM

Funny how this gets down voted. If you are here you are here to stop being a sensitive, whiney victim

I see it all the time. Anything to get out of the actual work

Good message.

[deleted] • 26 points • 14 January, 2017 03:22 PM

Society has taken away basically every path to manhood in all suburban environments and destroyed it, basically you are left sports and martial arts but girls now need to be a part of as well, the military (particularly infantry) now has to let girls into it as well.

and everyone want you to be a bleeding heart liberal that rolls over at the thought of putting up a fight. Thier are no boys clubs, no boys anything, girls MUST BE INCLUDED. Note that doesn't include boys in any female clubs

Your path to manhood should come from you father and older brother if you have one, but women rule the house most of these days, so basically most guys will hit 15 years old and start to realise something is wrong with everything they have been told, and after getting shit on by a girl for the umptenth time they find TRP.

[deleted] • 10 points • 14 January, 2017 03:23 PM

And they fight against it because it presents Hard to deal with truths instead of comforting lies

ConfusedPsychiatrist • 7 points • 14 January, 2017 10:39 PM

I wish I found TRP at 15, but you're right. It's only after getting shit on many times that the lightbulb eventually goes off and you realize that there must be something that had gone terribly wrong that you're not aware of. You see this giant conspiracy to suppress masculinity and TRP offers the tools to navigate.

clearedmycookies • 5 points • 15 January, 2017 06:21 AM

I don't think finding trp at 15 would have helped much for me. For me it took the real life shitting on me many times to reevaluate my approach to life.

That's one of the sad truths in life. Instead of brainwashing them to any one way of life, you must let them stumble and fall on their own at first. Then show them where they fell the lessons. It'll be much more meaningful than to blindly preach.

[deleted] • 2 points • 15 January, 2017 02:50 AM

I didn't find the red pill till I was in my 20ies but as women get shittier men find it sooner. I have seen several people saying that they are 15 to 18

baba_boeey_18 • 1 point • 15 January, 2017 02:16 AM

One can be sensitive and not be a victim.

Aaren_Augustine • 2 points • 15 January, 2017 06:56 AM

As a young child perhaps. Not as an adult.

circihat • 0 points • 15 January, 2017 04:49 PM

Actually this gets up voted, because it's blue pill in fact this is generally the only advice man are willing to accept, talking about game, texting, hypergamy is seen as degrading to woman, so all we get is work, and stop being a bitch.

Pretty pointless advice, since it has been preached to you all your life

Aaren_Augustine • 1 point • 15 January, 2017 10:53 PM

Listen carefully. You've failed. Listen carefully. You've decided to give up. Pretty pointless. But I know why. You weak little frail fuck

circihat • 1 point • 16 January, 2017 10:21 AM

This is toxic masculinity taught by feminist, pointless but the only advice blue pillars will accept.

Aaren_Augustine • 0 points • 16 January, 2017 11:30 AM

No, no. It went over your head

Think harder next time

Razoride • 0 points • 15 January, 2017 07:24 AM

Funny how this gets down voted.

Shut the fuck up.

Aaren_Augustine • 2 points • 15 January, 2017 08:04 AM

When he first posted it was getting downvoted

Thanks for ur opinion

Undying_Enthusiasm • 27 points • 14 January, 2017 01:21 PM

Dang skippy OP. I use to give myself excuses all the time about why i can't start to do some. I cant lift because i have to work 8 hour days and drive 2 hours in traffic, i have no time to read i should have a social and should go see friends, and etc for life imoroving efforts. I nipped that in butt 6 months ago.

I'm down 25 lbs getting more ripped than i have ever been, read about 13 books(most technical books for job) as of yesterday got a new job paying me the type of money 5 to 8 years of experience would pay when i only got 2 years.

The_M0rning_Star • 9 points • 15 January, 2017 07:02 AM

Congrats, but its nipped in the bud. As in cutting off a bud before it is allowed to blossom.

DodgedAFew • 1 point • 16 January, 2017 08:10 AM

One thing sneaky OP forgot to cover is burning out. Now, why don't you start working on a side business as well?

RedBikerMice • 26 points • 14 January, 2017 02:39 PM

The reason why people you refer to (myself included) do that is because they firmly believe that, since luck and genes threw them a bad hand they can excuse themselves from making the best of it.

Don't misinterpret OP's message. He doesn't say that "you too can be like Brand Pitt if you work hard". Nothing can make up for the vast difference luck and genes make. This is one of the few delusional beliefs that I attribute to TRP.

What he says is that you should focus on making the best out of the hand you got dealt, no matter how shitty you think it is.

The world isn't "fair". Not everyone gets to have the same opportunities. Worry more about getting the most out of what you got, stop thinking of how things could have been "if only you were taller" or "born here and there", and leave others to do the judgmental comparisons. And if they do, and they found you lacking, they did you a favor and saved you from the trouble of investing your time in them. This is true for basically everything: friends, girls, job.

You're not trying to be Brand Pitt. You're trying to be the best version of yourself you can be. You're much better off working on your yourself than not.

Drmadanthywayne • 17 points • 14 January, 2017 07:14 PM

Also, don't forget there are plenty of guys who were dealt a better hand than you who still let it all go to shit.

Look at all the guys who peaked in high school. Even Brad Pitt wouldn't be a success without some effort.

You can outperform guys with better natural abilities by working harder than they do.

RedBikerMice • 5 points • 14 January, 2017 07:37 PM

Also, don't forget there are plenty of guys who were dealt a better hand than you who still let it all go to shit.

I can relate to that. But hey, better late than never.

_the_shape_ • 1 point • 15 January, 2017 03:54 AM

Also, don't forget there are plenty of guys who were dealt a better hand than you who still let it all go to shit.

This, in my view, is one of the stronger arguments against both "spreading the wealth" i.e. socialism and that "White (male) privilege" stupidity.

Because you (now, *finally*) possess the resources does **not** imply that you know how to maximize their potential, let alone use them to your benefit. Stuff the average SJW's wallet with an extra 50K and watch them **double-major** in gender studies and lit theory. Because you are a White male and (*allegedly*) have success handed to you on a platter does not mean you can't take life for granted and (sooner or later) find yourself addicted to some drug(s) and out of a job.

In the other direction - as a man, being dealt a bad hand - a fat co-worker and I had this very discussion a short while ago, and we listed the 'classics': being short, going bald, micro-dick etc. He then asked me, **non-ironically**: "what about being fat?" I couldn't help myself, replying: "no, I'm talking about the things you *can't* change".

The root of the victim-mentality weed is always the same: *"it's not my fault"*

Drmadanthonywayne • 2 points • 15 January, 2017 06:48 AM

Another thing to consider, is that sometimes a person becomes strong BECAUSE he has to overcome obstacles. Why is a family's wealth famously lost in the third generation? The first generation works hard and earns that wealth. The second generation grew up watching their parents struggle and work to become successful, so they still have some respect for the value of work. The third generation grows up as a bunch of entitled brats who expect everything to be handed to them.

And thus, a family fortune dies. Or, as Jack Donaghy put it:

The first generation works their fingers to the bone making things, the next generation goes to college and innovates new ideas, the third generation... snowboards and takes improv classes

[deleted] • 2 points • 15 January, 2017 12:20 AM

At least you're not mentally retarded. There's something to be thankful for.

Rommel0502 • 13 points • 14 January, 2017 02:38 PM

Once more - the market, the market, the market.

The market doesn't care about your excuses, it cares about what value you bring to the table. Want more back from the market? Bring more value.

This goes for any place there is scarcity and supply and demand. Business, money, sex, etc, etc. All of the answers you seek are determined by the market, the market, the market.

[deleted] • 2 points • 15 January, 2017 12:08 AM

I think the key word is scarcity, thats what drives the market.

Rommel0502 • 0 points • 15 January, 2017 01:33 AM

Well, if there was no scarcity, that would mean either supply is unlimited or there is no demand. Either case it would imply that price = 0.

[deleted] • -2 points • 15 January, 2017 01:56 AM

how does having muscles increase your market value, so stupid Muscles arent a stock in the nasdec fools

Rommel0502 • 3 points • 15 January, 2017 07:23 AM

As usual, Im going to be blunt. Don't expect someone to take the time to explain market forces to you when you cannot even take the time to ask your question without countless grammatical mistakes in one single sentence. If you don't give a shit about how you represent yourself, don't expect much from those you are representing to.

aDrunkenWhaler • 1 point • 15 January, 2017 03:01 AM

Unless it's your first day on TRP, you should know muscles increase your SMV. That is social MARKET VALUE.

[deleted] • -2 points • 15 January, 2017 03:06 AM

i know it does but i dont understand the WHY, i mean fuck, i know guys who aint ripped who can punch through bricks and guys who are shredded can barely lift as much as the dude who can punch thru bricks

i personally care more about aesthetics than strength, but i dont understand that, nature values the strong gorilla not the aesthetic gorilla

aDrunkenWhaler • 8 points • 15 January, 2017 03:40 AM

i know it does but i dont understand the WHY, i mean fuck, i know guys who aint ripped who can punch through bricks and guys who are shredded can barely lift as much as the dude who can punch thru bricks

Nobody knows how much you deadlift, but everyone can see your muscles. Muscles help with first impressions. They make you look better, healthier, stronger and give you better posture. They make you more imposing, assertive, confident, succesful and therefore more attractive.

i personally care more about aesthetics than strength, but i dont understand that, nature values the strong gorilla not the aesthetic gorilla

Evolution favors the fittest, not the strongest.

[deleted] • 3 points • 15 January, 2017 08:31 AM*

Lets see;

Bald ☐

Short ☐

Disproportionate body ☐

Poor ☐

Small dick ☐

Squeaky voice ☐

Minority ☐

At this point I have to work 128 times harder than average to achieve average, fuck this shit I'm going mgtow.

Lol jk even the slightest improvement is better than stagnancy.

UziNidalee • 9 points • 14 January, 2017 01:45 PM

Fantastic post, makes me realise how much I have improved, for the last couple of months literally no excuse came out of my mouth (for anybody to hear) and barely had any "off" days.

Start working hard guys! You will get a lot of respect for being that person who never mentions anything negative. My plates are in love with the fact that I'm so "positive" "your optimism is infectious", makes me even more happy and driven.

Build your own great life lads!

Mckallidon • 5 points • 14 January, 2017 03:53 PM

People generally don't care how, they just care if you win or lose. Mother Nature is a cold-hearted bitch.

cbdexpert • 6 points • 14 January, 2017 02:53 PM

Ask yourself: are you a man or are you a bitch?

This is going to be go to line from now on.

benmarvin • 1 point • 15 January, 2017 01:07 AM

I feel like this could be a slogan for a gym or something. Then the internet would whine about it and they'd get tons of free advertising.

dammit_redskins • points • 14 January, 2017 03:25 PM [recovered]

I think you got some inspiration from big brandon carter on youtube. One of his videos is literally "are you a MAN or a BITCH"

Good video, very inspirational.

ConfusedPsychiatrist • -1 points • 15 January, 2017 12:53 AM

link me fam

i got no hands otherwise I'd find it myself

TrumpWillWinAmerica • points • 15 January, 2017 02:37 AM [recovered]

it seems like every post says the same exact thing

dem_bank • 2 points • 15 January, 2017 04:54 AM

I recently failed to get my dream job after making it to the last round of interviews. Although I know that it's completely my fault, it's reassuring to hear it from someone else. Thank you.

eAbGo • 2 points • 15 January, 2017 06:29 AM

ALL. LIVES. DON'T. MATTER. GET. A. JOB.

slimbarracks • 2 points • 15 January, 2017 09:43 AM

Sounds like Brandon Carter! Watching his videos literally saved my life, everyone here that's struggling with self-improvement should check out his videos. Great stuff man.

HumanSockPuppet • 4 points • 15 January, 2017 02:48 AM

I get PMs pretty often from guys, and nearly every single one of them thinks he's got some "special problem" that makes his situation different from the norm.

Your problem is not special. Stop making excuses and get to work.

clavabot • 1 point • 16 January, 2017 07:22 PM

I think it's mainly that people want their hand held and someone to lead them to the promised land. Someone to tell them exactly what to do or to absolve them of the responsibility for then living a mediocre life. Honestly, I'm also like that I think that my issues are unique only to me and I fail to see that there are millions of other men suffering from the same problems, the only thing left is to read learn, lift, and talk to women, and ask for advice after the fact.

HumanSockPuppet • 2 points • 16 January, 2017 08:04 PM

people want their hand held and someone to lead them to the promised land

Except that they don't even listen when I tell them **exactly** what their problem is and what they need to do.

Honestly, I'm also like that I think that my issues are unique only to me and I fail to see that there are millions of other men suffering from the same problems

Bro, **every** guy is like that. Fuckin' **I** was like that.

You just freeze up, become inert, refrain from taking action. You're more comfortable analyzing how pathetic you are, and getting off on feeling sorry for yourself. It's easier to sit and read and think than it is to take control.

You are afraid of change. You've sailed this long on autopilot, so the idea of grabbing the wheel terrifies you.

Fuck that shit.

You're lazy and you're a coward. If you want your life to change, you must make a conscious decision to fight against both of those habits. And like all bad habits, they'll creep back up on you if you're not disciplined every day.

TimmyTurnersNuts • 2 points • 14 January, 2017 10:55 PM

Everyone has their flaws. I've already made a commitment to make to correct all my flaws. Fuck excuses. I'll work twice as hard as my opposition. No one cares about your hard work, only the completed fucking product.

aanarchist • 0 points • 14 January, 2017 10:19 PM

while you do have a point, usually the people that spout this like dogma are the ones who haven't had to work for shit.

SpaceViolet • 1 point • 14 January, 2017 10:37 PM

It's the

everything is in your control! Just work harder and longer!

Argument.

Commonly contrasted by the

nothing is in our control, man. There are too many variables. The universe changes, spins, and you spin along with it. Just accept things how they are and go with the flow.

Argument.

Stop doing this. It has been done MILLIONS of times in a shitload of different forms (e.g. This dude is posting argument A, which expounds on the power of individual agency, on a subreddit on Reddit).

Stop doing this and start doing shit that bridges the gap between these two idealistic, extreme views. Yeah you can control some shit. No, you can't just apply some elbow grease or blast slipknot to solve every single problem in the universe and become an 11/10 ubermensch god.

The shit in between is the real fucking shit people give a fuck about. Shit people can actually apply to their lives instead of this linear, black-and-white, meat-headed approach. This kind of thinking backfires because it is narrow as fuck.

royal_fucktard • 1 point • 15 January, 2017 06:25 AM

You think this would be an inconvenient truth. Funny tho how when you stop complaining out loud how everything changes.

[deleted] • 1 point • 15 January, 2017 01:06 PM

This is the truth.Nothing more to add.

uniqueusnaim • 1 point • 18 January, 2017 11:08 AM

I've got a small dick, what the hell can I do about it?

Luceno • points • 18 January, 2017 09:33 PM **[recovered]**

I disagree in some ways.

Nobody cares about your excuses. But it doesn't mean these excuses don't matter, lol.

A 5'5 Jewish guy can't play in the NBA because he was born that way. No one cares but the excuse is still valid.

OzzyDaGrouch • 1 point • 14 January, 2017 04:32 PM

I have a pretty serious stutter (sometimes, it depends, IDEFK TBH)

I still feel like a champ. Excuses are for women.

RXRob • 1 point • 14 January, 2017 05:05 PM

Hallelujah. I've had three days off this week thanks to a stinker of a cold. I got bored on the third day and scrubbed the house from top to bottom. I needed several breaks because I was still feeling weak and dizzy.

So now I'm sipping a lemsip at work, 5 minutes after I clocked off and wondering how the fuck anybody has a dirty house.

What are their excuses?

TheYoungOwl_ • 1 point • 14 January, 2017 06:52 PM

I feel like this is a response post lol...

mushroommountains • points • 14 January, 2017 11:19 PM **[recovered]**

It is. After spending too much time on asktrp and seeing people whine about their problems it gets really old. So many guys come there to talk about how hard it is cause they're Indian, they're short, they're bald, they can't grow a beard, their mommy didn't love them enough, dad was too beta, the list goes on. At the end of the day if they actually did something to mitigate their problems they might realize it's not the end of the world

RedditAdminsSuck_88 • 1 point • 14 January, 2017 11:23 PM

The whole "wahhhh I'm Indian wahhhh its hard wahhhh this sucks" posts grind my gears. Just as bad as

the "Should I get back with my ex?" posts.

RedditAdminsSuck_88 • 1 point • 14 January, 2017 11:27 PM

I made a post last year saying I have been blessed with a lot, and for the first 26 years of my life I wasted it. I was blessed with good height, good facial and bone structure, good parents, good genes(my dad is 6'8, played two sports in college and minor league baseball), played football in college, was a 4 sport athlete in high school, all of it.

Yet, for the first 25 years of my life I wasted it because my game and behavior was textbook blue pill beta garbage.

Just because you have gifts doesn't guarantee success. Success is ultimately determined by what you do, not what gifts you have or what you naturally were born with.

Yes, because of my gifts I have it easier, but only when it comes to building initial attraction and IOIs. But everyone has the same level playing field once you get the IOI and its time to act.

Having more gifts and being blessed with various attributes only means its easier to get IOIs. It does not mean you will be more successful with women. As someone who was blessed, I would get dozens of IOIs regularly when I was blue pill. Then the woman would actually see my behavior. And I would fail. Every time.

[deleted] • 1 point • 15 January, 2017 01:05 AM

You're ugly? Fine. You have to work twice as hard. You're short? Work twice as hard. You're Balding? You get to work twice as hard. You're old? You're working twice as hard.

Currently working 8 times as hard.... its ok I get by. Dont let it get you down guys you dont have to be that famous instagram dude to have a good life.

PatrickIIDX • 1 point • 15 January, 2017 03:45 AM

This is good sidebar material. I wish theredpill existed in 2005, and I stumbled upon it at the time.

TheLaughingRhino • points • 15 January, 2017 04:29 AM **[recovered]**

"Tough love" only seems to practically work in actual context.

I get weary of the entire "Hey fuck you, deal with it, that's right, go fuck yourself, deal with it you piece of shit loser"

Bill Parcells was one of the greatest coaches in NFL and sports history. He was a master manipulator. In interview after interview, not just from him, but even from his former players and fellow coaches, Parcells would ignore some players, bully others, and even coddle some others. He knew how to push buttons but knew how to push specific buttons for specific people.

For a guy in a deep rut with low self esteem and having mostly zero parental guidance, telling him to go fuck himself is probably going to accomplish absolutely zero.

"Context" means tough love is coming from a place of genuine concern. Every other method basically boils down to "Hey fuck you asshole, I have my own problems, stop being a sissy and man up" In a liberal feminazi society designed to tell most modern men that they aren't man enough while emasculating them, if you ask me, the last thing most guys need is to be told to man the fuck up.

I'm not saying anyone should be another person's emotional tampon, but really helping people usually means empathy, it means listening, it means patience, it means understanding how they respond best given their situation.

Some of the best advice I've been given in life is to look at the person's life who is preaching advice to you. Look at their life close. If they are an example of what you are trying to be and accomplish, listen to them. If you think they are a total jackoff, well all they can probably do is help you in how to also be a total jackoff.

A lot of people don't actually want to help anyone else. They just want to tell others to go fuck themselves. If TRP is a tool kit, I fail to see what the fuck kind of tool that is supposed to be.

Systral • 0 points • 14 January, 2017 02:44 PM

Gotta work 128x as hard then :b

taoofmojo • 0 points • 14 January, 2017 05:09 PM

People want to believe the fairytale.

Stink-Finger • 0 points • 14 January, 2017 06:59 PM

No Excuses should be a mantra for the rest of life as well as the Red Pill lifestyle.

I, personally, am not interested in hearing or giving any excuses from anyone. I don't care about you 'excuse'. Work the fucking problem.

TomFoo • 0 points • 14 January, 2017 09:00 PM

Best phrase I learned from trp this week: Weaponized tears.

If you lead with your unique, snowflake struggles, the best you can do is succeed by failing. Take your Pink Pill attitude and your skinnyfat ass to your Equinox trainer who will never let you get near heavy free weights.

I don't want hear about your struggle. I want to hear how you overcame them.

awayofthought • 0 points • 14 January, 2017 09:33 PM

The most annoying part of growing up is listening to all the complaining. I listen to people complain ALL the fucking time now. Maybe the reason people don't want to hang out with their high school/college buddies is because whenever I go back, they ALWAYS complain. I picked a great major and am killing it in a fraternity, while everyone else stayed behind and is fucking up.

The complaining builds up after a while to the point where you no longer want to deal with it. That alone should teach you to never bitch and moan about anything.

S3542U • 0 points • 14 January, 2017 09:52 PM

What if one has a micropenis?

mushroommountains • points • 14 January, 2017 10:06 PM [recovered]

You better work twice as hard at eating pussy

aanarchist • -1 points • 14 January, 2017 10:21 PM

yea he better get used to slurping the cum from other men out of her pussy...

mushroommountains • points • 14 January, 2017 11:01 PM [recovered]

Let me guess you don't like sex either, cause you don't want the cum from other men all over your dick?

Gervant_of_Lyria • 1 point • 18 January, 2017 09:28 AM

This sub is becoming more and more unbearable with all the new retards coming here and

commenting instead of shutting the fuck up and reading the top posts brah. Once it hit 100k subscribers it went to shit!

offthebeatmeoff • 2 points • 14 January, 2017 11:54 PM

With that logic you could just suck the dicks of guys who get laid a lot, since you'd just be sucking the pussy juice off their dicks.

TomHuck3aan • -1 points • 15 January, 2017 04:23 AM

I reject your facile and superficial definition of success. Work hard BS. Who are you? Max Weber? Stop trying to dictate to people and shove your definition of what is or what is not being successful.

If my definition of success is organizing an anarchist collective or commie vanguard that manages to elevate the material compensation of teachers and nurses over that of butt ignorant finance MBA who spend their whole life slaving to make profits for some other asshole, or spend all that energy subsidize a government owned by corporations, then I will be waaay more successful. But off bro

mushroommountains • points • 15 January, 2017 08:31 AM [recovered]

I reject your facile and superficial definition of success

I didn't define success at all. Your hamster is making things up. Get to work on organizing your collective if that's what you want to do.

TomHuck3aan • 1 point • 16 January, 2017 07:36 AM

Of course, your nebulosity mirrors the substance of your demands

mushroommountains • points • 16 January, 2017 08:25 AM [recovered]

From Law 27:

Keep your words vague but full of promise; emphasize enthusiasm over rationality and clear thinking.

TomHuck3aan • 1 point • 16 January, 2017 11:32 AM

Law 69

I have a bridge in Brooklyn you might be interested in

xolia16 • points • 14 January, 2017 07:46 PM [recovered]

Business, money, sex, etc, etc. All of the few delusional beliefs that I attribute to TRP.