

How redpill changed my life

March 22, 2017 | 681 upvotes | by [pk3348](#)

hello TRP, I want to start by saying thank you for everything. all these changes in my lifestyle and habits are all due to you guys.

I first discovered TRP when I was starting NoFap. I began reading the current top posts and thought they were made up stories, but i kept on reading - maybe out of envy. I told some of my bp friends about trp, and they all told me that the people on trp are "cringy" and "try-hards." being the idiot that i was, i took my friend's advice. However, i didn't stop reading trp.

the more and more i read, the more it made sense to me. I was a chubby asian guy with some serious posture problems, not to mention my terrible shyness.

I began counting calories daily and did simple exercises like jogging, push-ups, the exercises that can be done without spending money.

about 6 months in, i had dropped around 40 pounds, and the outline of my abs started showing. My boobs developed a solid form, and I wasn't huffing when i climbed a flight of stairs. I was so happy because i've been chubby and unhealthy my entire life. I read books that were recommended (robert green's mastery, 48 laws of power, the alchemist, ect.) But despite the physical changes, I was still terribly shy. I couldn't look at people in the eyes, and often looked away if someone made eye contact with me.

But i wasn't about to give up.

I began looking at my own eyes in the mirror, then stared at the eyes of youtubers on vlog videos. After a while, i was able to hold conversations while looking at my parents' eyes, then my friends, then strangers.

When people talked about people conveying emotions in movies, i could never see what they were talking about. but now when i watch movies or shows i can look at the actors' faces and see the emotion. It was amazing.

Redpill, you gave me the guideline to improve myself, and I took it. From the bottom of my heart, i want to thank you. I have friends who care about me now, and I smile every day. none of this would have been possible if it weren't for you guys.

Edit: wow, thank you for the gold!

Archived from theredarchive.com

Comments

SlippinJimmii • 420 points • 22 March, 2017 04:29 PM

you changed your own life, this website just gave you in information to do so. good luck for the future

crush-it-snort-it • 68 points • 22 March, 2017 04:44 PM

This website is literally zero's and one's flying through wires, the more you abstract it, the higher you credit yourself!

captainaryan • 25 points • 22 March, 2017 05:54 PM

Marcel Duchamp is still famous for telling the world a urinal was art. Abstraction and ego seem endlessly connected.

blackoutedfast • 36 points • 22 March, 2017 07:42 PM

In December 2004, Duchamp's Fountain was voted the most influential artwork of the 20th century by 500 selected British art world professionals.

frame is life. remember that next time you're talking to some chick. if marc duchamp could convince the world that a fucking urinal is high art, then you can convince her that you're good ol Chad Thundercock

harsha_hs • 4 points • 23 March, 2017 06:17 AM

this is called camaraderie. a masculine thing which is getting rare in the current transaction world.

[deleted] • 52 points • 22 March, 2017 06:23 PM

Truly happy for you bud, keep red-pillin, and never stop one-upping yourself.

greatslyfer • 29 points • 22 March, 2017 09:41 PM

But i wasn't about to give up.

I began looking at my own eyes in the mirror, then stared at the eyes of youtubers on vlog videos.

Insert Rocky music.

There you go man you get it!

PissedPajamas • 91 points • 22 March, 2017 05:33 PM

RP is the lifestyle you should've been living since you had the brains to think for yourself at a young age, but couldn't due to the constraints on masculinity placed by modern society. We're humbly trying to bring homeostasis to a upside down world, your example is one of many here. Keep it up

anoriv • points • 22 March, 2017 10:31 PM **[recovered]**

It's really hard for me to just let those constraints just slide when I see them. I'm learning to, but it's tough. Why can't people just say "nobody should be a dick to anyone else" instead of "I teach my sons to treat women with respect." I mean, how about "treating women that deserve respect with respect?" There were too many times when I learned the first and just put up with disrespect from women that didn't deserve it and got hurt plenty of times trying to figure out "what I did wrong." The way of the superior man" really helped me

with that but I still have a way to go.

PissedPajamas • 25 points • 22 March, 2017 10:54 PM

Check back on your post 5 years from now. After 5 years of lifting, mowing the field and building your character, you'll laugh at some chumps here who won't even pick up a pencil for a girl if it rolled to their feet, then come make a post about how macho they feel.

You wanna respect women? Whatever, do it. Don't sweat the small stuff, your character and what you represent is more important than when you pulled the chair out for her at a restaurant or opened the car door for her. You think they wouldn't bang Hugh Jackman if he walked up to them with a boquete of flowers?

Too many guys here wanna be Chad, but don't realize Chad isn't sustainable long term. Be a well rounded person, let your demeanor speak for you, stay jacked and talk like your crap don't stink

[deleted] • 22 points • 23 March, 2017 01:15 AM

Oh sure you can build a great physique that makes women wet and work hard and build a career and make some dough and yes people will respect, fear, and seek you out

But are you being true to yourself they say!

The fat, awkward, loser who isn't happy and doesn't remind anyone of their own shortcomings that are fixable but very hard work to do

That is the man they want you to be.....

Good for you for saying fuck no, I'll do it my way

[deleted] • 18 points • 22 March, 2017 09:43 PM

I feel that.

Went from a fat, lonely, squad-less virgin a year ago to an in shape dude with a great group of friends who gets shit done. This sub helped me like no other self help forum did in my years of looking.

fstrizzy • 14 points • 23 March, 2017 12:19 AM

Then eye contact thing is a MUCH bigger issue than I've ever realized. I had the issue as a kid and up until a few years ago somewhat. It's gone now. It just happened as I matured and became more comfortable with myself. I joined a new gym today. The place sucks and is way too small.

Bunch of big dudes in there. I'm 25 and 6'3. I noticed a lot of people just would not make eye contact with me. I keep a generally welcoming face and I'm a nice guy. I give a decent smile and head nod to almost everyone I see and I didn't receive a bit of eye contact or reciprocation from anyone.

These were grown ass men, obviously older than me and it seemed like most of them had eye contact issues. Just try to keep an easy going attitude and enjoy yourself. If you can become comfortable enough to give a confident head nod and a smile to somebody you're already ahead of the game in my opinion. This issue is more common than you think and it shouldn't be.

ObviouslyGenius • 2 points • 23 March, 2017 01:58 AM

My issue at the gym is I'm normally on a time crunch and eye contact invites conversation I don't have time for. But the whole gym like that? Ridiculous lol. Make them uncomfortable lol

therhymerr • 3 points • 23 March, 2017 03:21 AM

I love when people recognize you at the gym but you don't have to say shit they just give you that little

head nod fucking busting ass I love it

fstrizzy • 2 points • 23 March, 2017 02:03 AM

Time crunch doesn't mean you can't acknowledge someone. I'm not saying it's mandatory to make eye contact with everyone at the gym or anything like that but I've noticed when males are around each other there seems to be a complete lack of eye contact sometimes. No need to introduce yourself to everyone or anything. I used to deal with the eye contact issue too. It's a weird thing because you definitely don't want to be going out of your way to make eye contact but you also don't want to seem like you're avoiding it.

ObviouslyGenius • 1 point • 23 March, 2017 02:05 AM

Perspective, I'm fairly known and my job gives people the impression they can talk to me about it at any time, so I'm not speaking in general terms that apply to everyone in every gym. I guess I'm a big deal lol.

RocKai • 2 points • 23 March, 2017 03:15 AM

They dont have issues. It's you who tries hard to be nice and may come accross as needy or creepy. I go to the gym to work out bro, not to be nasty or anything.

fstrizzy • 8 points • 23 March, 2017 03:25 AM

If giving a nod to the people in a new gym that I'm going to be at frequently and probably see these guys all the time is needy or creepy that's just sad. If you get creeped out by that you are still a child on the inside.

RocKai • 4 points • 23 March, 2017 03:31 AM

It's not a bad thing really. I used to be super friendly to everyone but over time I've learnt to be more selective who I talk to. You don't necessarily want to vibe w everyone dude, that's inviting convos that you may not want to start.

baubbaumorgen • 3 points • 23 March, 2017 11:46 AM

that's inviting convos that you may not want to start

that's just stupid man. you can't know it before the convo starts, that would be like judging a book by the cover. if once it's started you don't like it, just end it, where's the problem

fstrizzy • 2 points • 23 March, 2017 03:35 AM

Absolutely true I'm smart enough to know that.

BeahMcDuh • 10 points • 22 March, 2017 09:53 PM

I totally agree with you brother, TRP has been one of the most motivating things in my life. I've never read anything that inspired me with more motivation for lifting and pushing outside my comfort zone, and I've felt in better control of my life since accepting TRP teachings. Keep winning good man!

legedu • 8 points • 22 March, 2017 11:00 PM

Welcome to the Mafia, buddy.

abadbuddhist • 2 points • 23 March, 2017 05:15 AM

TRP Mafia... I like the sound of that

comptejete • 6 points • 23 March, 2017 08:46 AM

That was an uplifting read, and I found it fascinating that you didn't mention women once. You made yourself the center of your self-improvement and that is the most satisfying way to go about it. Bravo!

abadbuddhist • 6 points • 23 March, 2017 05:09 AM

Way to bro, I've been getting in shape for the past 6 weeks. The fat lump I was dating 5 months ago kept me from doing such things to improve myself. She's got a new boyfriend but she's a lot bigger now too, meanwhile I'm making gains and in the best shape of my life. Big ups bro, you deserve every bit of confidence you've gained and will gain, keep it up!

Fedor_Gavnyukov • 6 points • 23 March, 2017 05:50 AM

keep it up dude. glad you're making progress.

[deleted] • 3 points • 22 March, 2017 11:52 PM

amen brother. this right here is what I wish people would understand before they rip on TRP. it's a great thing

wiseprogressivethink • 4 points • 23 March, 2017 02:48 AM

Great story. The tl;dr version of this sub is "be who you really want to be." You wanted to be a thinner and more confident dude. You took some advice, put in some effort, and now you are what you wanted to be. A success story. Congrats.

Phroxim • 2 points • 23 March, 2017 02:24 AM

This is great! Keep growing and making positive changes! This gives me even more fuel on my MGTOW path!

DexterTheMoss • 2 points • 23 March, 2017 09:54 AM

That's really awesome dude. I hope you keep it up, but if you've got this far I think you can do it.

NikoMyshkin • 2 points • 23 March, 2017 01:44 PM

When people talked about people conveying emotions in movies, i could never see what they were talking about. but now when i watch movies or shows i can look at the actors' faces and see the emotion. It was amazing.

You de-Asperger's-ed yourself. That's incredible.

facelessbastard • 1 point • 22 March, 2017 11:08 PM

That was pretty solid, even though I just joined! Congratulations!

illuminuti • 1 point • 22 March, 2017 11:55 PM

Do it out of self love. No hate.

GeneRD • points • 23 March, 2017 09:31 AM **[recovered]**

Quick question, do you still nofap?

pk3348[S] • 1 point • 23 March, 2017 10:37 AM

I like to keep away from porn in general, so in spirit i am still on nofap

Kafkaevsky • 1 point • 23 March, 2017 01:41 PM

In spirit. Haha. It's a seriously tough battle, because it's almost like you are fighting yourself. Try improving your self discipline first, see if that helps.

InSunlightWeBelong • 1 point • 23 March, 2017 08:44 PM

You are what the Red Pill is about

wtf793 • 1 point • 27 March, 2017 09:33 PM

I discovered TRP through NpFap too! I was in a dark desolate place. Now I'm walking towards the light.

zephyrprime • 1 point • 23 March, 2017 04:16 PM

Redpill is full of noobs now if a basic post like this is getting 500 upvotes. The post isn't bad but it's just the most basic turnaround story. Literally nothing to see here.

eagle_267 • 1 point • 5 May, 2017 07:12 PM

It's part of supporting the community. That's how it grows! If it wasn't full of noobs that would be sad and troublesome for civilization.

www • points • 23 March, 2017 06:49 AM **[recovered]**

when I started nofap
Dickcut wasn't enough?
Also what's the point?