

# Suicide statistics could be of interest to TRP

September 23, 2017 | 416 upvotes | by [segagaga](#)

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In a thread discussing men's issues [I posted some statistics about male suicide](#) and I realised it includes some information that may make enlightening (If horrible) reading to TRP.

I know TRP doesn't do politics or men's issues as much, but a big part of TRP and improving yourself is maintaining strong frame and mental health. A lot of things we discuss here help with dealing with issues such as infidelity, hypergamy, divorce and the decline.

There is no better example of the issues that men face today and The Decline than suicide statistics, because people must be truly suffering if they choose this as a solution.

A brief summary of the relevant points:

- Men are 4 times more likely to commit suicide than women
- of those men, ages 40-45 are the highest risk.
- those who are divorced are three times more likely to commit suicide
- among men aged 20-34 the leading cause of death is suicide (regional statistics may vary).

## So what value can we gain from this?

- Understand that both you and your fellow men are suffering and be vigilant both of your own life and those around you.
- Divorce is hard. Divorce rape is life destroying. If you are suffering through a divorce - get help! If you know someone recently divorced, go out of your way to include them in your social circle.
- Awakening men and pointing them in the right direction should be the duty of every man here.
- If you're going to get married, if you go into it with the expectation that it's just your turn, you will be much less hurt when it ends. Expect things to go wrong, plan ahead accordingly.
- Don't make your life orbit around a woman! This cannot be emphasised enough. Find interests, join clubs, develop hobbies, socialize!
- Feminists regularly disregard these statistics and make comments like "Well women do more suicide attempts!" and "Women do less messy methods and are thus more likely to be saved!". As if it was a fucking competition! Feminists literally do not care if men are dying enmasse, they still find a way to make it all about them. They will NOT help you or your fellow man.
- Fucking well **LIFT**. Exercise releases endorphins and dopamine and thus helps you feel happier. Being fitter also helps you be happier with yourself and be more socially accepted. You will have more respect for yourself and others will see that too.
- Being stoic doesn't mean you don't feel. It means don't *show*. If you are feeling strong emotions, talk about it with your best mates or your family over a beer. Don't bottle emotions up until you are full to bursting. *Talk* about shit that matters to the people that matter **only** (Mom, Dad, Brothers, Sisters, the Cat even!). Maintain a facade to people that don't.
- Do not look to women for help or compassion, let alone genuine concern for men. They will publicly express sorrow and say how much they loved said SuicideDude (virtue signaling), when in reality they ignored them as much as any other. [Remember this thread?](#) Internally women think "See? I'm glad I divorced him!" or "Good thing I dumped him, what a loser!". They will not

understand or accept any kind of public accountability or responsibility or negative relation at all to a suicide no matter how related they are, nor will they have much introspection to their own behaviour. Judge a woman by her **actions**, not her words!

Do not let yourself become one of these. Survive the decline and stay frosty!

Edit2: updated post with archive.is links as per [/u/MattyAnon](#) 's suggestions

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Archived from [theredarchive.com](http://theredarchive.com)

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## Comments

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MattyAnon • 244 points • 23 September, 2017 02:31 PM

Feminists regularly disregard these statistics and make comments like "Well women do more suicide attempts!"

Male suicide is 4x higher than female suicide, as OP says.

Female ATTEMPTED suicide is 4x higher than male suicide.

Why? Because women take a few sleeping tablets and call someone to rescue them. It's fundamentally attention seeking behaviour rather than suicide. Men don't do this because they know it won't work. Women do it because they know it will.

So be critical when you read about suicide... look at whether it says "suicide" (4x more men) or "suicide attempt" (4x more women). Naturally women (and the media) focus on the latter because everyone cares about female mental health and noone cares about men dying.

Edit: auto-moderator would not allow me to link to said relevant post

Use archive.is to link to reddit and a few other sites that are listed when you make a post. This is done to prevent linking to subreddits that would then accuse us of harassing them.

segagaga[S] • 75 points • 23 September, 2017 02:41 PM

Agreed, in the data I looked at, the primary method utilised by men was hanging, a far more certain and effective method. As men, we always are more effective and efficient at something, even if it is suicide.

I personally think taking a few pills and then calling for help is more about a cry for help or an expressive statement. Taking two or three pills is unlikely to kill most people, but because *feelz over realz*, those suicide "attempts" are treated by women and their social circle as if they are deaths. It's ridiculous.

Thanks for the tip!

MattyAnon • 45 points • 23 September, 2017 04:35 PM

As men, we always are more effective and efficient at something, even if it is suicide.

Exactly. Hanging, gunshot are male solutions. Sleeping pills and a phonecall are not suicide attempts, they're cries for attention.

Now cries for attention are important, but they're not suicides.

Thanks for the tip!

Pleasure. One more thorn in the foot of the obese feminism machine.

SlowDayatWork • 5 points • 24 September, 2017 12:46 AM

What is the best way to deal with a cry for attention?

Swelfie • 30 points • 24 September, 2017 04:33 AM

My brother is an EMT and he is seriously sick of shit like this. Imminent threat of death gets everyone scrambling and brings massive attention to the threatened where they are center stage throughout. And as he says it is unbelievably common. So here is how he deals with it, which I

like much.

Someone threatens suicide you immediately call the authorities, get someone out there. Basically tell the authorities you are confident they will do it and it's imminent, not that you are just worried about them and think they need counseling. Be explicit that this was a direct suicidal threat and they intended it immediately.

If authorities take it seriously then the person should be taken into custody, put in lockup and be under 24 hour surveillance on suicide watch until they are evaluated by a psychiatrist and they convince the shrink to let them out of lockup which could be a while. You on the other hand ignore them.

This is a pretty intense and humiliating experience with massive violation of privacy 24/7 by strangers in a cold and clinical environment. If all goes well they will have learned an important lesson that threatening people does not bring all the love and warm huggles out of friends and family. It basically gets you put in jail.

vic\_rattle18 • 6 points • 24 September, 2017 03:05 AM

Treat it like any other shit test

MattyAnon • 1 point • 24 September, 2017 10:40 AM

That's beyond the scope of this discussion, which is about suicide.

nzgs • 2 points • 24 September, 2017 06:36 PM

Being a suicide-survivor is almost as many social points to a female as being a rape-survivor. So the easiest way to reach those lofty heights is to take some pills and alcohol before calling 911, and claiming to be raped on social media after bad sex. The ultimate manipulative ASD female will combine the two, "overdosing" after a "rape".

AnInstant • 44 points • 23 September, 2017 08:51 PM

Women "attempts" to suicide and get rescued - "Poor lady, she has some real issues, we need to help her!"

Man attempts to suicide and get rescued - "Weak, creepy guy, get a life, loser."

kyleW\_ne • 10 points • 24 September, 2017 03:37 AM

So true! I can relate entirely unfortunately.

5t3fan0 • 7 points • 24 September, 2017 11:58 AM

never give up the good fight bro, no surrender!

MattyAnon • 9 points • 24 September, 2017 10:42 AM

Yup.

Women get support, men get blame.

banjew • 1 point • 24 September, 2017 11:40 AM

Yes but not even a blue pill will touch a girl with suicide attempts. Biggest redflag there is.

[deleted] • 10 points • 24 September, 2017 05:17 PM

Oh yes they will. Far too many men are looking for a girl to rescue and attempted suicide is a huge

sign saying "rescue me, my knight in shining armor!"

nzgs • 3 points • 24 September, 2017 06:39 PM

Every bluepill whiteknight becomes an armchair psychiatrist and "friend" for any damaged female who will talk to them.

Ilmercell • 6 points • 23 September, 2017 10:28 PM

Yup, agree 100%. Instinctually unavoidable attention whores.

redpillbanana • 7 points • 24 September, 2017 11:32 AM

Why? Because women take a few sleeping tablets and call someone to rescue them. It's fundamentally attention seeking behaviour rather than suicide.

For women, suicide is a threat.

For men, suicide is a decision.

ECoast\_Man • 10 points • 23 September, 2017 09:00 PM

Couldn't agree more, and if you are even a decent looking dude on Planet Earth you know this. 3 am calls from the chick you broke up with talking about she had to call some sort of suicide hotline or some shit. I've been there and I'm sure you have to

\_MysticFox • 1 points • 23 September, 2017 06:44 PM **[recovered]**

When in conversation, you can't necessarily say that it's fundamentally attention-seeking behavior. Is there any other way you can juxtapose the female attempts vs male completions?

ECoast\_Man • 3 points • 23 September, 2017 09:01 PM

Not really, but this is a heavy fucking topic man. How do you expect to have this in real life?

MelodyMyst • 2 points • 23 September, 2017 09:13 PM

We just have it. Men get things done. Why should this be any different?

TIMMEHblade • 3 points • 24 September, 2017 07:31 AM

They're different and gendered problem-solving methods. Although I'd still consider female attempts to be attention-seeking behavior, it doesn't mean these women are any less unhappy. In regular conversation it's important to keep an air of understanding. Also, it's important to not be dismissive in any way of the male completions, unlike most people. There's urgency in knowing you won't get a second chance to save your best friend.

MattyAnon • 4 points • 24 September, 2017 10:46 AM

Yeah, just list the stats.

Male suicide is 4x higher..... female attempted suicide is 4x higher.

Followed by pretend confusion about why this is so.

And don't let women derail it into female-primary "we should listen to these cries for attention".... stick to "I think the most important thing here is that we should look at who is actually DYING".

Hillarysdildo\_2016 • 2 points • 25 September, 2017 05:04 PM

So women can't even do the job of suicide as good as a man yet they still think they deserve equal pay.

□

Shotgun\_Sentinel • 2 points • 24 September, 2017 01:31 AM

female mental health and noone cares about men dying.

No this is actually a big new talking point now. Do you know why? They now see it as a way to push gun control. You see if we make suicide less difficult people will get help. Not that seeing a shrink will help you get the things to avoid depression(purpose, loving friends and family).

BobbyPeru • 1 point • 25 September, 2017 02:55 AM

Agree , but try arguing this with a feminist and see how that goes.

Or don't

[deleted] • 45 points • 23 September, 2017 03:13 PM

When I read that the highest cause of death for that demographic is suicide, It tells me that humanity has advanced to the point where the only truly dangerous things left that we face are our own internal demons. We're no longer prey animals and workplace/environment safety has reached the point where it's extremely unlikely to result in death. Medicine, while imperfect, is treating injuries that would've killed us 50-70 years ago.

It's interesting but I see this as a highlight of how far we've come in mastering the environment.

read\_if\_gay\_ • 14 points • 23 September, 2017 05:15 PM

Since historically there haven't ever been this many suicides it might also be a valid consideration that the state of our society is the reason why suicide rates are this high in the first place. It's certainly hard to pinpoint the exact cause, but lack of community, a meaningful life, dependency on instant gratification etc. are mentioned often.

Might be an interesting read:

<http://archive.is/07zcZ>

Galactic-Unicorn • 4 points • 24 September, 2017 07:47 AM

Social media has enormous links to poor mental health.

-firemelon- • 1 point • 14 December, 2017 03:24 PM

<http://www.bmj.com/content/355/bmj.i5504>

segagaga[S] • 4 points • 23 September, 2017 04:40 PM

That's a relatively positive take on it, and a worthy contribution.

NoL\_Chefo • 51 points • 23 September, 2017 01:55 PM

I'm only 22, so I don't know how relevant my experience is to the topic, but regardless - here's an anecdote. I tried suicide at the end of high school because a girl cheated on me. I came off the rooftop on my own and never told anyone about it, including family.

I was making good progress on being more sociable and extroverted, but it all crumbled after I tried to kill myself. I started hanging up on my family, broke off several friendships, spent college chasing grades and lifting

and did some reckless, childish things on a motorcycle. From the outside, I might have looked stoic, but I hadn't deal with my issues at all and I would sometimes yell at people or break off contacts for no reason. Years later, I can only regret how antisocial and cynical I've become, but I'm making an effort to change myself.

If you're considering suicide or you've already tried it, listen to OP and **talk to people**. You can't deal with this on your own, even if it sometimes seems like you don't need anyone's help. And I don't mean talk to random people - talk to people who genuinely care about you. Seek help now or you'll regret it years later in the therapist's office. I know I do.

LordThunderbolt • 19 points • 23 September, 2017 09:52 PM\*

### **"but it all crumbled after I tried to kill myself"**

Considering you never actually jumped, I wouldn't say you "tried". More like you came close to trying, or you thought about trying. We at TRP preach that if you're gonna do something, don't half ass it. Next time it's do or do not, there is no try. lol I'm joking dude. Glad you didn't go through with anything, and hopefully you came out hardened and stronger.

red\_tux • 5 points • 23 September, 2017 11:38 PM

LOL, At first I was reaching for my pitchfork and sharpening implements, but now I'm thinking mucking some stalls would be a better use for it... :-)

Osignal0 • 13 points • 23 September, 2017 05:37 PM

talk to people

This is well-meant advice, but it will be counterproductive, as people will start seeing you as a weak person who can't deal with his problems on his own. One of the last things you want as a man. You will also lose their respect, too. Again, that's something you don't want, as a man.

I don't believe there is a single man out there who hasn't considered suicide. Some have more frequently than others. Some even wake up everyday and wonder why the fuck they're still willing to continue living. I think that as long as you are on this Earth, there is at least the likelihood of making things change for better.

MyNameIsSaifa • 15 points • 23 September, 2017 07:50 PM

Downvote him all you want, the man speaks the truth. Nobody likes hanging around with unhappy people.

The best thing you can do is speak to a therapist.

MelodyMyst • 1 point • 23 September, 2017 09:18 PM

There are other possibilities you didn't outline here...

How about that guy you think is soooooo cool but you never think he is in pain?

If he feels he has to keep up th facade and feels he can't talk about it... what does he do?

MyNameIsSaifa • 2 points • 23 September, 2017 09:22 PM

He... Talks to his therapist about his depression, and avoids the subject around his friends? That is kind of what a therapist is for.

Menstrual-Cyclist • 5 points • 23 September, 2017 11:17 PM

Provided it isn't the type of therapist that blames your problems on 'toxic masculinity' and

tries to pill you up. Is there anything in the sidebar about finding a proper therapist?

MelodyMyst • 2 points • 23 September, 2017 09:29 PM

I awake happy everyday. I am ready to go and kick some ass.

Without the fellowship of the alike. You are a ship alone in the storm.

NoL\_Chefo • 6 points • 23 September, 2017 06:00 PM

I had the same mentality you're describing and I came off worse for following it. If you try suicide and you can deal with it on your own, then more power to you. My message is for the people who are struggling to recognize themselves in the mirror after they try something like that. And yes, you might lose the respect of people who never cared all that much about you; that's why I recommended talking to people who do genuinely care about you, such as close friends and family. You won't lose their respect.

I didn't jump off the roof because I want to get to law school, build a career and ultimately raise kids. But those ambitions alone don't solve the underlying issue of "fucking hell I almost jumped". I could've swallowed my pride years ago and talked to people about it, but I didn't and now I'm doing therapy. I think a lot of people in my position are ultimately forced to make a trade-off and I argue they should pick the option that leaves them mentally healthier in the long-term.

LordThunderbolt • 11 points • 23 September, 2017 09:55 PM

Its better to be in therapy than to reveal your weaknesses to the people close to you. Remember that the most deadliest of blows are always delt by the people close to you. Trust no best friend, trust no friend, trust no family. Go to a therapist, talk all your shut then leave. A therapist is like a paid beta orbiter.

vengefully\_yours • 29 points • 23 September, 2017 07:41 PM

I'm 48, life has been hell for most of those. To be honest, the only thing that kept me going through it all was focusing on what I wanted to do. I build cars. I have muscle cars from the 60s and 70s that I build, race, drive, and enjoy. Managed to keep them through two divorced and having my life's work ripped away multiple times, I've rebuilt my life 7 times so far. I'm not getting married because I'm too old to do it again.

For decades I had suicidal thoughts running through my mind hundreds of times a day. I lifted, immersed myself in work, fucked random bitches as often as possible, and did things I could be proud of. The only thing that was constantly working to keep the bullets out of my brain stem was the cars. Talking to people is useless. Relationships are useless for getting out of that mindset and actually exacerbate the problem when they fail. They will fail when she learns you're thinking about it. It's seen as weak, pathetic, incapable, and tiresome to others. So you don't talk about it. That only perpetuates the problem.

You need something male oriented to live for. A dream if you will. That lofty goal that seems impossible but you want it. Relationships fail, people move on, jobs come and go while being a trading hours of life for dollars nightmare. Escaping with substances like weed or alcohol are temporary and can cause other problems. Big legal problems.

You need to build, because men build. Houses, cars, weapons, buildings, businesses, empires. Even if it's not your job that pays your bills, you need to build something. What does it do for you? It gives you satisfaction, a sense of accomplishment, and that is how we value ourselves. If you hold no value on yourself that is where those thoughts come from. The thought you can't do anything about it,



you're a failure, you don't matter to anyone is the origin of it. You have to matter to yourself, and you have to know you're capable even if nobody else notices it.

Anything that puts you into a feminine frame well not work. Think of your kids or family doesn't work, they can get ripped from you at any time. What others think of it doesn't work either, that is girl thinking. What you think of yourself matters, and it's what you have to change to make it less of a problem.

Knowing, not thinking, you got this makes it fade. Rewrite the synapses in your mind to go to positive thoughts rather than the negatives and bullshit your head every day.

This isn't external stuff, it's really not my cars keeping me going, it's *what I want to do with them* that drives me. A car is just a thing, but it can do something I can't. It's visceral, demanding, exciting, useful, and gives you the freedom to move and do more crazy shit. It's the crazy shit that you need in your life, the shit *you want to do* for you.

That's what men need to stop offing themselves. They need a passion or dream that has a tangible return on investment. Girls don't need that, and most psychological shit is geared towards them, except for serial killers, pedos, and aggressive behaviors.

segagaga[S] • 3 points • 23 September, 2017 10:21 PM

I appreciate your insights in this thread sir.

My dream is helicopters. Was fascinated with them as a kid and just recently started taking flying lessons. Perhaps someday I will build one as a hobby. That sounds like a real challenge!

a\_roybot • 2 points • 23 September, 2017 11:08 PM

Yes, this so much. 41 here. While my divorce was happening the only thing that kept me going was my kids. I still had them taken away. I had a couple of women/girls after. They left or were left by me. The only constant is me. How I feel about myself is really the only constant. Luckily I have my kids every other week. I have a great woman by my side, but the only thing I can truly rely on is me. I would advise if you are about to take your own life, don't do it. Do not let "them" win. If you can keep it inside then that works for you. If you need someone to talk to then call a hotline. Admitting that you are thinking of taking your own life can have life altering outcomes. I have great hobbies and life is truly better BECAUSE of the divorce. Do not let a moment in time dictate the rest of life. Suck the marrow out of life!

santacruzach • 1 point • 24 September, 2017 04:08 AM

"Knowing, not thinking"

How do you make that leap? I've only found one way to make something stick from thinking an idea in the head to knowing it in your heart: reps. Reps and time. Eventually it becomes a part of you. Have you found it useful to include other people? To find examples of behaviors from "past you" that just don't fit anymore with who you are?

0signal0 • 3 points • 23 September, 2017 06:20 PM

people who do genuinely care about you, such as close friends and family. You won't lose their respect.

Yeah, some of us don't have that.

I totally understand where you're coming from. I am just saying that this advice doesn't apply to

everyone.

InfiniteAscent • 4 points • 23 September, 2017 06:38 PM

Yeah, some of us don't have that.

When I was going through some depression and in therapy, I realized that I needed to have more social support outside that office. I called my brother and had a big emotional meltdown. He kinda understood, but it damaged our already weak relationship. Next time I talked to him it turned out he was going through his own shit too - just not able to deal with mine.

People in a bad or dark place are not easy to deal with for those without experience and understanding. Those who care the most may not understand. Those who understand may not care. Gotta find someone with the right balance. It's hard to find anyone though when you've dropped down into isolation.

BTW I'm pretty good now, and I dare say the awakening and worldview change brought about by TRP has been part of that.

SideWindStoic • 3 points • 23 September, 2017 06:20 PM

Can't believe you say that you'd rather have your thoughts push you to committing suicide than talking about it, solving your problems, and live.

If you had any form of abundance you wouldn't give a flying shit what other people think of you, and in the worst case cut these people, those who actually fucking helped you putting it all back together, out of your life.

0signal0 • 1 point • 23 September, 2017 06:26 PM

You got me wrong. What I am saying is that you shouldn't talk about your problems with anyone, just solve them on your own. That's it.

browat • 1 points • 23 September, 2017 06:30 PM **[recovered]**

Maybe you consider suicide so often because you don't talk about your feelings or problems? Just because you're a man doesn't mean you can't have feelings, or talk about them. Keeping everything bottled up inside will make you a bitter person.

0signal0 • 1 point • 23 September, 2017 06:34 PM

Where I am from, men aren't supposed to talk about their feelings. Either way, I didn't say anything about suicide. We all have problems. Suicide is never a solution, but a way out with no possibility of return. That's what I believe in.

NickA97 • 5 points • 23 September, 2017 09:43 PM

You're a man, you don't have to do what you're "supposed" to do.

MelodyMyst • 1 point • 23 September, 2017 09:17 PM

That's where we are all from.

What can I do to help?

max\_peenor • 23 points • 23 September, 2017 03:37 PM

Good post.

Divorce is hard. Divorce rape is life destroying.

This is how Legal Cohabiting Female kept me in line for a while. After I realized she wasn't going to leave me I was mortally afraid she would deconstruct my world if I left her. And there you go--no consequences so she does whatever the fuck she wants to do. Here's the deal though: it wouldn't be life ending. I had this moment of clarity: if I had to do it, I could live in a tent in a forest and I would survive. The best part of this tent was I didn't have to listen to her bullshit, care about what she was doing or lift a finger to serve a society driven to suck me dry. Her? No fucking way she could do that. So bitch, you want to burn this down? I'll get the gasoline, you grab the match. And that's when shit started going the other way.

[deleted] • 14 points • 23 September, 2017 05:44 PM

It's fucking terrifying, the power they wield over men. It comes down to whether the loss is worth the gain, and I think any healthy man would be willing to take the loss to gain something greater - himself.

But how did you flip the script on her. That's fucking magnificent. Lol

[deleted] • 42 points • 23 September, 2017 03:59 PM

So? Who gives a fuck?

I'm speaking rhetorically. I had a strong phase of suicidal ideation for many years, and it still scratches at me from time to time. What to do?

Lots of commenters are recommending talking to someone, but in my experience that was a useless enterprise. Even as a decently attractive dude, I was worthless and disposable - rather, more valuable dead with my problems than alive and talking to someone else about them. What to do?

You make your own life. Carve your own way upon the face of the world. Everyone is secretly, unwittingly calling you to make your SELF the reason for your own existence. You are meant to be the one that exists for his own sake. The world is blessed by your presence. The world depends on your existence for its own.

Your suicidal thoughts are just like a woman's, most of the time. You're a child activating a mechanism to get a response in a caregiver. But it isn't working, because you're not a woman or child. You're not meant to be weak. You're not meant to look at the world and give up. You're meant to bend that bitch over and then smile wide to yourself as she waddles around for nine months, getting ready to bring more YOU into the world.

If you kill yourself, your death will be completely worthless. Everyone (women) will fake their sorrow to play men into giving them more sympathy! Pretty smart! Don't be a sucker.

Nobody else can determine your value. They can evaluate your value from the outside. They've been doing that all your life and that's why you want to blow your brains out. But nobody else can put a limit on how valuable you want to make yourself. You've been an incel piece of shit all your life, or you had the blue pill dream and your wife wants to leave you and says she won't peg your ass anymore, but all these alien freaks we call "our other half" (women) are begging you to be a lot more. Bitches need strong men. Women are a wild species that will keep destroying until they can enter the calm tranquility of strong, male direction.

Nobody gives a fuck about you. Nobody CAN give a fuck about you except YOU. That's how it was meant to be.

Haufniensis • 1 points • 23 September, 2017 07:02 PM **[recovered]**

This is the best response so far. Suffer in silence, nobody gives a shit and you're disposable. No one is coming to save you. You have to care for yourself, and make yourself valuable.

segagaga[S] • 4 points • 23 September, 2017 09:19 PM

While that is true, if no-one cares for the fate of lesser men, there will be no-one left to help us make the world better when we need it. I'm not advocating whining about it, I'm advocating getting your shit together. A man is a creature of action. Feel depressed? Get outside! Feel suicidal? See a therapist! Feel oppressed? Resist them! Feel lethargic? Fucking Lift! A man is a creature that can act on his own failings and erase them.

MelodyMyst • 3 points • 23 September, 2017 09:24 PM

Here is what you can do. Be a leader. Start a group. Gather people in pain.

You don't have to be a leader or teacher to gather and help.

Just do what men do. Gather. Organize. Lead.

If you cant lead then find someone to follow...

IRL... the internet can only take you so far.

[deleted] • 2 points • 25 September, 2017 06:11 PM

Man. This country really does suck.

GreenPiller • 26 points • 23 September, 2017 02:25 PM

Sometimes I think TRP makes things even worse since many guys never really get out of the anger phase. It took me a long time...

segagaga[S] • 6 points • 23 September, 2017 02:28 PM

Took me a long time too, many times over and over. It's up to us to help each other, and to help ourselves. That is at the core of it, what TRP is.

Bandos15 • 4 points • 23 September, 2017 03:42 PM

How long did it take you? Im reading trp daily and after 6 months of redpilling I still get angry a lot.

GreenPiller • 14 points • 23 September, 2017 04:51 PM

4 years. I kept screwing up, I was still beta In the inside and people kept calling us crazy virgin neckbeards. I was starting to doubt TRP. But the evidence kept piling up and after so many screw ups I began to change and accept it. Things like these don't make me angry anymore, because I can use this knowledge to make my life better. <https://m.imgur.com/GcGihfg>

Zanford • 4 points • 23 September, 2017 08:17 PM

<https://m.imgur.com/GcGihfg>

lol I've seen some of the other 'fake male model accounts' but the particular 'criminal history' of that one takes the cake, 'atomic blackpill' is right

segagaga[S] • 2 points • 24 September, 2017 12:55 AM

It's a harsh lesson to learn. And once read, cannot be unread. What they are willing to overlook in favour of not even a genuine pretty face etc.

Zanford • 3 points • 24 September, 2017 02:00 AM\*

That's the other funny thing - many guys could replicate the 'hot' photo from the profile pretty

well:

Have a low bodyfat % to get the defined jawline and collarbone. The guy in the photo isn't particularly muscular, he's just cut. Pretty much any guy can get his shoulders and traps though, with eating clean and a bit of lifting. (He does have a genetically lucky jawbone and light colored eyes.)

The carefully gelled up 'do

The glamour lighting and the black and white. It's the lighting and shadowing that really emphasize the collar and facial structure and give it that 'chiseled' Calvin Klein ad look. In other words, learn photography, or to go to a pro photographer for your dating app pics.

A hint of a Zoolander cheek suck and lip pout

The pose and cropping are clever. The cropping allows the good collarbone / shoulders to suggest a nice chest and abs without actually having to have them. The head tilt will mask any facial asymmetries (the tilted head also projects a DGAF or chill or mildly rebellious attitude). The half-shadowed face also masks any facial asymmetries.

GreenPiller • 2 points • 24 September, 2017 03:59 AM

Don't know about all that... I wouldn't want people to tell me I don't look as good as I look in photos. The funny thing is fat women edit their pics all the time, still I doubt its a good strategy

Zanford • 1 point • 24 September, 2017 10:10 PM

There's some truth to that, and I don't have experience with Tinder specifically (been in LTRs or suing other avenues since it started) but from what I understand it's so ruthlessly visual and getting the first date is the hardest bit, so it's probably still worth using your best photos. Of course you wouldn't want it to be out of date and you've gained a lot fat since then, the only differences should be things you just can't help in person like not having the glamour photo Calvin Klein ad lighting. She probably won't see you shirtless on a first date (until/unless you get to the point of hookup where you have it in the bag anyway).

GreenPiller • 1 point • 25 September, 2017 12:52 AM

Ah I see, thanks for the advice.

frunkis • 1 points • 24 September, 2017 05:36 AM **[recovered]**

Hey man, I noticed some of your comments on this sub and asktrp and we think very much alike.

Have you ever listened to or watched Jordan Peterson or Patrice O'Neal?

Zanford • 2 points • 24 September, 2017 10:07 PM

I listened to all the Patrice (RIP) Black Philip radio show recordings, great stuff, and hilariously delivered. I like the way he baits the women guests / co-hosts on his show into revealing their AWALT hand and then he says to the room/audience "see? see?" and uses them as an example of the red pill in action.

I've only listened to a few minutes of Jordan Peterson so far, but he's on point on very

sharp. Should probably put him in my audio queue for listening during workouts etc.

[deleted] • 4 points • 23 September, 2017 06:29 PM\*

its not women's fault, its societies. people are just adapting to the circumstances surrounding them.

you want to be mad at something, be mad at governments. be mad at corporations. be mad at the unfair hierarchies of life that aren't based on beta/alpha but instead, economic and social advantage on a level self-improvement or even beauty can never rival. its not really a 'patriarchy', the fiction of feminism. High power individuals are all hypergamistic on both ends, and the marriages are just social contracts for show to the peasantry like the kings and queens of old. behind closed doors they do as much drugs as junkies and have orgies left and right but don't care because the system benefits them. the system is for neither gender, its for powerful people that rise to the ability to take advantage of all others. this has been an open secret for thousands of years, probably all/most of recorded history.

Be mad at the legal system and its support of unjust laws in all facets of life.

Be mad at the system. if everyone got mad at the system itself, it would be the first real step to acknowledging the benefits of truth in one's life, the first real step in resisting both in mentality and behavior.

plus then your not just not giving a fuck, your actively resisting the man

If we fought and won against the system, some aspects of game would still be valid, but the mass psychology of everyone would be so forever altered we cannot even perceive or imagine what it would be like to live in that world. many aspects we now hold as true could well prove false

SkorchZang • 5 points • 23 September, 2017 08:06 PM

I hear you, but wanted to chime in impetuously to add that being genuinely mad at women for a while is simply good for your soul. A certain amount of innate misogyny is part of the recipe that makes a man complete; you can have a little less in you and be milder, or a little more and be extra spicy. But you'll be on the bland side if you have none in you at all.

It's so forbidden to be mad at women, say anything at all negative about them, or fail to instantly fall down and worship them, that for many a man it's a kind of catharsis, or even liberation to be able to be mad at women, and not simultaneously hate yourself for it.

MelodyMyst • 1 point • 23 September, 2017 09:21 PM

Can you not be mad at women in general and be mad at a single woman?

wracky272 • 1 point • 23 September, 2017 05:03 PM

The same could be said for a lot of treatments. Chemo seemingly puts a cancer patient into a much worse state, but may be the only thing that saves them. People suffering from addiction have to go through a nasty withdrawal and detox to have any hope of a better life.

Just because it can be a harsh process, doesn't mean that it's making things worse.

Wolveryn • 1 points • 23 September, 2017 05:38 PM **[recovered]**

Its still better than before where guys had no idea, and lived their lives thinking things about themselves couldn't change... subscribing to the blue pill mentality of living to serve some girl whose spent the last 20 years fucking around and now needs a provider to settle down with.

GreenPiller • 1 point • 23 September, 2017 10:36 PM



You are right, but many men never get past it. That's why MGTOW and The Black Pill are so popular.

MelodyMyst • 1 point • 23 September, 2017 09:20 PM

Did you do it all by yourself? Did you finally find help?

GreenPiller • 1 point • 23 September, 2017 10:33 PM

Yes experiences kept shaping me, I guess I became "hardened" by them. I knew that forgetting TRP and falling in love with "the right one" wasn't the way to go. I was the one that needed to change, even if I had to bang my head against the wall, I wanted to become a tough man.

Rian\_Stone • 18 points • 23 September, 2017 03:14 PM

Funny. All those numbers are in relation to women.

Even in death, Femenine centric thinking rules supreme

ChallengerCoolidge • 1 points • 23 September, 2017 08:38 PM [recovered]

My knee jerk reaction to all these comments saying "suffer in silence, nobody cares etc." is to say that's wrong and you need to talk about your feelings...

But anecdotally, I'm going through depression/suicidal thoughts right now and talking to people about it has only served to push them away and embarrass me.

I guess my knee jerk reaction is that way because in a perfect world, men SHOULD be able to lament and rely on others for support. But sadly, this is not a perfect world and it's not always so that you can depends on your friends.

Best thing you can do is go to therapy and determine if you should see a psychiatrist. Be open minded too. You might need a diagnosis and medication. You don't have to necessarily "suffer silence". You can call the suicide hotline, crisis hotline, warm line etc. Those things can be helpful. Hey, sometimes you just gotta cry man. Nothing wrong with that! You'll feel better afterword too.

segagaga[S] • 2 points • 23 September, 2017 11:27 PM

I think the key point in my post is to talk, as in discuss and reason and dissect. Sure sometimes letting out emotions is important, but you don't go sobbing on your mate's shoulders at the local sports bar. This is why I say it's important to maintain the stoic facade around people who don't care about you. Because by their very nature of not caring, they will be all too happy to gossip about and mock you, or simply treat you with disdain. Certainly a lot of women would treat an emotional man with disgust. Remember the movie Bedazzled? Women don't actually want the most sensitive man in the world, even if they say they do.

Patriarchysaurus • 23 points • 23 September, 2017 01:55 PM\*

Good post. Women have no true compassion for weakness in men, we are just contestants vying to "win" them. Even the nastiest post-wall cougars think they're a prize to be had and deserve the best men possible.

<https://i.imgur.com/a4pK4wk.jpg>

Edit: Far from being a recent phenomenon, here's the idea expressed in a movie from 1940:

<https://youtu.be/nH2DKZ-2m74>

dberdit • 9 points • 23 September, 2017 03:00 PM

I saved this from somewhere, so an anonymous quote.

Suicide represents the final submission to a self-destructive process that exists, to varying degrees within each

individual. There are three premises underlying our approach to suicide and self-destructive behavior: (1) A division exists within each person between the self system, which is life-affirming and goal-directed, and the anti-self system, which is self-critical, self-hating, and, ultimately, suicidal. (2) The anti-self system is made up of self-destructive thoughts that exist on a continuum from mildly self-critical to suicidal. (3) There is a corresponding continuum of self-destructive behaviors that are strongly influenced or controlled by these destructive thoughts, or "voices. These self-destructive thoughts or self-attacks range from those that lead to low self-esteem and inwardness (e.g., self-defeating thoughts) to thoughts that lead to self-annihilation (for example, hopelessness, giving up on oneself, self-harm, and actual injunctions to carry out a suicide plan).

GenghisKhanSpermShot • 7 points • 23 September, 2017 03:45 PM

I think it's more about lack of community, it's been proven people get more depressed and feel isolated if they're not social and we're becoming more and more isolated. Men are probably higher because women are generally more social with other women than guys are with their friends.

Jakeisahooligan • 6 points • 23 September, 2017 07:10 PM

Before I found TRP at the age of 17, I was definitely suicidal and I was self-medicating myself with pot like everyone else. I knew something wasn't right. I consciously knew I was sensitive, but now I am positive the most unconscious/primal parts of my brain knew I was just a lousy excuse of a man.

This place helped me realize what it means to be a man, why it is 100% necessary to take care of your health, how to handle my own emotions, and most importantly how to not be socially inept.

I truly believe what is making the modern man so suicidal is that we don't know how to be in our natural form. Humans are social creatures, yet most of us are socially inept. We are also emotional creatures, and most don't know how to cope with irrational emotions. Men have testosterone, and that tends to make people want to fuck something, yet the most action most young men can get is rosy red Palm.

Blue pill programming makes us excessively out of touch with our own nature, thus creating confused and lost betas that are at left at an increasingly high rate of suicide.

This place is important, not only for reasons of slaying puss, but also for not wanting to swallow a hollow point when the slightest thing goes wrong.

MelodyMyst • 5 points • 23 September, 2017 09:11 PM

"Divorce is hard. Divorce rape is life destroying. If you are suffering through a divorce - get help! If you know someone recently divorced, go out of your way to include them in your social circle."

If you are a man, and you live within striking distance of Marietta, GA... PM me.

I'm looking to start a support group. I have a meeting hall and I am ready to start.

We either stand together or we fall apart.

Cheers, Alex

Ilmercll • 5 points • 23 September, 2017 10:26 PM

I'd imagine the 4th decade of life being high in suicides is because by that point you've fucked up too much and feel like you're out of time.

shaggyctes88 • 5 points • 24 September, 2017 08:44 PM

My Brother hanged himself a few months ago, outside his on-and-of LTR's house.....everything you said here is true, Depression is hard to tell and a BP will fall for it...I was just starting over from the wreckage I turned my own life, when he did it, now all I can feel is anger mixed with sadness, I will never NEVER allow me to end up



like him..... I love him and he serves me as a guide on it's own way.

segagaga[S] • 2 points • 24 September, 2017 08:56 PM

I am sorry for your loss, yet grief much like anger, can be turned to benefit yourself. Emotions like these give you the strength to do things others cannot. Thank you for sharing.

shaggyctes88 • 2 points • 24 September, 2017 09:03 PM

Thank you, It does, Anger and the sentiment of grief gives me resolve when my LTR tries to spin me, gives me confidence when the boss acts like an asshole to see who bends first, gives me strenght when I'm pushing that last rep at the gym, I myself had suicidal thoughts during my whole life as any proper white-armor BP sensible guy would, over these years my eyes were forcibly open and I have been rising and getting myself stronger, he however, he never had any resolve, my brother lived for others, but they never helped him, he busted his ass for his LTR (and attached step-son) not for his own, he suffered so much....for his own actions. I'm glad this post is here, I am confident we together can help opening guys' eyes and spare them this awful decission.

[deleted] • 3 points • 23 September, 2017 11:32 PM

So what is the options for a guy who gets absolutely 0 female attention if not seeking a relationship? Seems like unless you're top 20% then the only way you can get sex and companionship is through offering commitment.

segagaga[S] • 4 points • 23 September, 2017 11:57 PM

You can't get nothing for free in this shitty world. Want female attention with minimal commitment? You have to be willing to work for it. Effort in body, mind, charm or career. All those take time, but fortunately desire is easy to get out of your system. Want companionship? Get a dog. It'll take you on walks, and give you something to love. It'll be a hit with the chicks too. It's both a reason to get out of the house and something to talk about.

Hjalmbere • 3 points • 24 September, 2017 11:36 AM

Good post. I would also like to add my own opinion:

Suicide is a permanent solution to something which most of the time is just a temporary problem.

If your life sucks, change it, don't end it.

fromthecrypt8 • 2 points • 23 September, 2017 10:56 PM

In many ways a powerful and gutwrenching post. I think a major key in the evolution of trp is redpillers teaming up with other redpillers for support through hardship. It's essential to get support sometimes, and in most cases your closest circle is so bluepill they can actually make matters worse, either through a lack of understanding or through terrible, bluepill advice.

[deleted] • 2 points • 24 September, 2017 07:02 AM

Video about male suicide i like to mention in such threads

enkae7317 • 2 points • 24 September, 2017 07:44 AM

Also I remember reading somewhere that WHITE MALE suicide rates are higher than all other races. At least in America.

[deleted] • 2 points • 24 September, 2017 09:54 AM\*

deleted

redpillpaddy • 2 points • 24 September, 2017 09:52 PM\*

Check out this useless cunt.

<https://www.youtube.com/watch?v=vWUDQdiFB7A>

"men need feminism in order to stop killing themselves"

Truly disgusting

This prick rose to fame on the back of wearing a plastic shopping bag on his head and a song that took the piss out of Irish scumbag culture. Has since established his niche as a social commentator on facebook and Irish TV, praising degeneracy and excess whilst proclaiming to be an authority on almost everything but especially enjoys attacking anything conservative.

Believe it or not hes hailed as an intellectual of sorts in Ireland as he has a masters in 'Sociat Art practice' or some similar marxist infused crap.

The epitomy of all thats going wrong in the west and the corruption of masculinity.

CreatineNuts • 1 point • 23 September, 2017 09:33 PM

OP can you link the sources ?

segagaga[S] • 3 points • 23 September, 2017 10:06 PM

Office of National Statistics, United Kingdom. This is all official statistics. It's all online and easily searched and categorized. You'll probably want your own state/country instead, but most nations have publicly published official statistical data. Certainly the U.S. will. Interestingly, all post-industrial post-suffrage countries have similarly high rates of male suicide, about 75-80% of all suicides.

The\_Men\_in\_Boxes • 1 point • 23 September, 2017 10:15 PM

Why is lifting so important in TRP community? Haven't we all seen Gordon Gecko in Wall Street?

segagaga[S] • 6 points • 23 September, 2017 10:27 PM

Because exercise is something everyone can do TODAY, RIGHT NOW, with next to no resources, to begin changing their life. Education, relocation, career, finances, kids, all takes a long time. But you could go for a long walk right now, nothing is stopping you. You could get some sturdy bags, fill them with bricks or pebbles, and be lifting within minutes. The only thing stopping anyone is themselves. Sometimes people need that initial little shove out the door, to walk the path that leads elsewhere.

The\_Men\_in\_Boxes • 1 point • 23 September, 2017 10:35 PM

I would say there are tons of things people could do right now to better themselves. Especially work related that's more beneficial than lifting.

segagaga[S] • 1 point • 24 September, 2017 12:45 AM

Sure. But it's not always possible everywhere. People have commitments. Time limitations. Location limitations. Even motivation issues. Exercise is that one thing you can do everywhere and anywhere because you always have your body with you.

Cognizant\_stick • 1 point • 23 September, 2017 10:18 PM

Watch "isolated male" by spetznas on youtube.

SlyAM • 1 point • 23 September, 2017 11:55 PM

Thank you for this post! Just moved out of my parents house and I need this right now.

My social circle is barley existent, my love life is non existent, and sometimes life can seem hopeless. That's why I am working my ass off to make something of myself, lifting hard, and (trying to) gaming chicks when I can. I know things are getting better and I gotta keep my head up.

To any red pillers going through a remotely same situation keep your head up. Things may look dim but as long as you put in the effort and keep making progress things will get better for you. Never commit suicide, that is the ULTIMATE frame break.

Like OP said if you're going through some shit talk to a family member, a close friend, a coworker, etc. I talked to my Dad about some of the shit I was going through and it made a world of difference for me. Don't hold shit in, it will just make it worse.

And please remember this: for every low there is an even better high (and vice versa).

etherealembryo • 1 point • 24 September, 2017 01:00 AM

Back when i was mr anderson i could understand how dudes would want to kill themselves. The struggle is real was real which ever. Now been neo for a couple years and its still hard. Trp saved my life.

franmonkey • 1 point • 24 September, 2017 04:40 AM

What are some things that u do to redirect ones interest in women into

victor\_knight • 1 point • 24 September, 2017 05:51 AM

For most of human history, a "disproportionate" number of men died in wars and from hazardous work. Now that that's less of a risk to men, nature or god or man or whatever found some other way to keep their numbers (and presumably the general population as a result) from exploding.

sanicthehedfund • 1 point • 24 September, 2017 09:52 AM

What about female suicide rates? It's on the rise. Isn't that relevant to us as well?

WallOfFlame • 1 point • 25 September, 2017 07:11 AM\*

Hey OP, where did you find the picture linked in the post? It looks like it's from my college and I was wondering.

Edit: It totally is. Damn. I was there tonight.

segagaga[S] • 1 point • 25 September, 2017 10:22 AM\*

Its from a thread about a Swiss student that committed suicide in that very campus. The girls in the halls decided to organise a public display of affection for said suicide, by posting a picture message across the building windows. A lot of the comments in the thread were very negative, because its obvious that they didn't because if he lived in their halls they most likely ignored him just as they do any other. Depression and emotional volatility is loathed by most people, especially so young women. This action was therefore about absolving themselves of public responsibility or any kind of negative association to what happened *post-ergo ergo propter hoc*.

~~I will see if i can find the relevant reddit thread in archive.is.~~

Here it is, its an interesting debate, was top of reddit that day.

WallOfFlame • 1 point • 25 September, 2017 07:19 PM

Very interesting. Thanks for the link.

suxxos • 1 point • 25 September, 2017 12:54 PM

Maybe women do not commit suicides as often as men do, because they are more responsible and don't want to orphan their kids while men don't care? You always make it so black and white here.

segagaga[S] • 1 point • 25 September, 2017 06:34 PM

Implying men don't care about their children? Nice. Perhaps you should consider why it is *divorced* men who commit suicide. Most likely because the divorce process is often one-sided, non-mutual and access to children reduced or revoked.

ReinhardVonLoengram • 1 point • 25 September, 2017 06:47 PM

" They will publicly express sorrow and say how much they loved said SuicideDude (virtue signaling), when in reality they ignored them as much as any other. "

Yeah, and i doubt most men fuck the unfuckable suicide girls . Doesn't mean you can't be empathetic. Some of the most vulnerable conversations i've had have been with my female friends.

Redpillandrew • 1 point • 26 September, 2017 11:41 PM

Awakening men and pointing them in the right direction should be the duty of every man here.

Not every man. You don't go out of your way to help blue pill men (who wanna go on believing the lie), you don't ever talk about the Fight Club, you don't unplug those who dwell the matrix and aren't ready to be unplugged. Men who are sick of believing the lie hopefully will stumble in here and be freed. Don't spoil the market place for others by going around and talking about the red pill. Many here pointed out how this sub should be kept secret. Not everyone is ready, not everyone would keep the secret in turn. The strenght of the sub lies in the fact that we, more or less, are motivated men who act in their interest and in the interest of the sub. This is not for everyone. You could state that life matters more than this. Unfortunately, not everyone is cut out for life. You're not a savior. That said, i'm still grateful to many of you guys who post.

IlmercII • 0 points • 23 September, 2017 07:50 PM\*

"Awakening men and pointing them in the right direction should be the duty of every man here"

Can someone explain the philosophy behind this? For instance, why would one want to awaken other men who can compete with them?

What's wrong with thinking "the dumber, poorer, and fatter everyone else is the better I am by contrast and so more opportunities for sex and resources are available to me". It's certainly unethical, but does that matter to TRP? Isn't its philosophy to live the best life possible for *yourself*?

[deleted] • 3 points • 23 September, 2017 09:51 PM

1) The Dark Triad must be kept in check. Brotherhood is beyond its influence. There is little more valuable to men than their word and fraternity. If it weren't true, then why even have TRP?

2) if you fear competition you haven't embraced masculinity. I will out perform other men or learn and become better from competition. Your thinking is that of a woman.

You are getting downvotes because you don't understand this.

Ilmerell • 1 point • 23 September, 2017 10:23 PM

So it relates to a dominance hierarchy and the successful building of civilizations? Without fraternity civilization may fall and we'd never have made it this far to begin with, seems plausible.

Rather than envy and try to tear down another man who is better than you, the idea is to improve yourself and follow in his footsteps as much as it strengthens you and the group as a whole? And if you do indeed end up still being his inferior even if you grow and put in hard work (this is inevitable for many people), you should respect that and know your place, regardless of the fact that depending on how inferior you are to him (where you lie in the dominance hierarchy), you will most likely be exploited by men more alpha/higher ranking than you?

Because for example, TRP preaches building your own business and being your own boss. Most businesses can't be run alone, so it most likely encompasses the exploitation of others, ie paying them lower wages so you can profit. Kind of like how many times owners only check in on their businesses a few times a week yet collect far and away the largest salary.

How can brotherhood coexists with a dominance hierarchy based on exploitation of others? It's contradictory, no? Also, I've seen many examples of alpha men screwing over his "brothers" for financial personal gain in my lifetime. A very "female" mindset being carried out by men.

Finally, I'd like to say that I certainly don't think like a woman, but I do understand the question I posed follows the line of thought commonly associated with the female mind. I'm merely asking hard questions trying to dissect a philosophy, because I see contradictions. I don't believe in the thought processes associated with female selfishness, the dark triad, or brotherhood in general because tbh I'm still not sure what to believe.

[deleted] • 3 points • 23 September, 2017 10:38 PM

There is a "dominance hierarchy" but it doesn't function the way you think. Think of an army.

Commanders are only as strong as their men. The men are only as strong as the man next to him.

In Brotherhood, men build each other up because a strong man next to you means you are stronger.

This is what you are missing. Fraternity is not a fixed pie. It's a rising sea that raises all boats. Help your fellow man and he will help you.

MelodyMyst • 2 points • 23 September, 2017 09:27 PM

Because, that thinking is selfish. Like a woman.

Ilmerell • 1 point • 23 September, 2017 10:34 PM

I realize that, but it doesn't answer my question.

gazzaa2 • 1 point • 24 September, 2017 08:47 AM

Female selfishness and pragmatism is part of what makes them so effective and given them so much power. There's aspects of female behaviour men can use themselves to deal with the world.

segagaga[S] • 1 point • 23 September, 2017 08:48 PM

Simply put, there are more men than "alpha" men. We do not live in a natural world. Which means we need everyone when it comes to any large-scale task, like construction or war. Selfish decisions only benefit yourself, and thus by definition do not benefit humanity or civilization.

Ilmerell • 3 points • 23 September, 2017 10:31 PM

So the argument then would be that men have a responsibility to civilization; We can't really get shit done by ourselves. It's a group effort so we should make ourselves and our brothers as strong as possible so we can do good work and progress?

Whereas with females the main priority is being selected by a high status mate since that ensures resources/security and beyond child rearing they have very little actual responsibility. And this might explain why the female mind operates the way that I posed my question? And why the female is only loyal to herself (and perhaps why they also tend to me nihilistic/aimless).

segagaga[S] • 2 points • 23 September, 2017 11:00 PM

You basically answered your own question.