

The 237 Commandments of the Alpha Sperg

109 upvotes | 6 January, 2018 | by Whisper

1. The [Alpha](#) Sperg shall, at all times, be [Alpha](#). [Alpha Alpha Alpha Alpha](#).
2. The [Alpha](#) Sperg shall not treat his Asperger's syndrome as a disability, or attempt to unlearn its habits.
3. The [Alpha](#) Sperg shall construct simple rules for being [Alpha](#), in the form of a big, long, numbered list.
4. The [Alpha](#) Sperg shall show this list to anyone who asks, and everyone who doesn't, because bitches love lists.
5. The [Alpha](#) Sperg shall fill his list with [Alpha](#) traits, which everyone may [emulate in order to become Alpha](#).
6. The [Alpha](#) Sperg shall not give his list a thesis, topic, or coherent [centrel](#) point, other than how to be [Alpha](#).
7. The [Alpha](#) Sperg shall shun learning [game](#), interaction with [girls](#), and writing field reports in favour of cultivating his inner [Alpha](#).
8. The [Alpha](#) Sperg shall tie an onion to his belt at all times, because this is very [Alpha](#). Also, use lotion. Lotion is [Alpha](#).
9. The [Alpha](#) Sperg shall publish his list of [Alpha](#) traits and actions for all to see, that they, too, might become [Alpha](#) by following a list of someone else's instructions.
10. The [Alpha](#) Sperg shall make his list as long as possible, to pack in all the very specific tips about what to do, which he has worked out by sitting around thinking about it, such as how to knot a tie, what the most [Alpha](#) way to mix a martini, and where in NYC most [Alphas](#) make dinner reservations. Eskimos need to know this shit.
11. The [Alpha](#) Sperg shall continue adding points to his list until he runs out of things he can think of. At no time should a list stop simply because it has made its point, exhausted the topic, or reached a natural conclusion... especially because all of these things would imply having a thesis, and that's not [Alpha](#).
12. The [Alpha](#) Sperg's list shall encompass all the [Alpha](#) tips he can think of, every single one (especially lotion), then stop sudden

Archived from theredarchive.com

Comments

scissor_me_timbers00 • 1 points • 6 January, 2018 10:59 PM [\[recovered\]](#)

Jesus dude, you trolled so hard you turned yourself sperg

Dmva100 • 13 points • 7 January, 2018 12:26 AM

Offended ego invested beliefs and the spergs come-a-runnin

Troll_Name • 2 points • 8 January, 2018 06:27 AM

I found the post enlightening. I'm guessing it's a satirical chainsaw rip on somebody in particular I haven't paid attention to, but if you just judge the post by its own merits then it does a fine job of describing the folks who have been swarming into here now that we've got an image as the bad boys club.

CrazyHorseInvincible[M] • 2 points • 10 January, 2018 06:01 AM

Let me give you some time to think of something useful to say.

whatsthisgarg • 42 points • 7 January, 2018 12:36 AM

pack in all the very specific tips about what to do, which he has worked out by sitting around thinking about it, such as

What about wearing a watch? I've seen that tip the scales. One time this chick wasn't into me while I chatted her up, then she saw my watch and we were back to my place in no time.

Or chewing gum?

Is it Alpha bro?

TheNextMilo • 2 points • 7 January, 2018 09:58 AM

Can confirm, it makes chicks horny.

[deleted] • 24 points • 7 January, 2018 12:46 AM

I have a pet, personal theory that Whisper (OP) was "diagnosed" with Aspergers somewhere in his life and he clearly overcame any and all of the syndromes *issues*.

but....that means he never "had" Aspergers or whatever fucking label the masses want to use in the first place.

OP is just smarter than most, sees things easily that most dont, and has a talent to explain his observations that most dont have.

Whatever.....

Thank you Whisper. Whoever you are, you changed my life for the better and I will always be eternally grateful I had the opportunity to read your thoughts as they made me the man I am today

FieldLine • 20 points • 7 January, 2018 02:29 AM

but....that means he never "had" Aspergers or whatever fucking label the masses want to use in the first place.

See that shit pisses me off more than anything. I used to be depressed. Like, really depressed.

And now that I've gotten out of that hole, by eating better, exercising, and getting all my shit together, ignoring those feelings of hopelessness because I trusted the process, I have chumps like you telling me "oh you must have not actually been depressed".

Or... maybe you can actually get over being socially retarded or depression by working at it hard enough.

clearly overcame any and all of the syndromes issues.

what is a psychological syndrome if not its issues?

Whisper[S] • 8 points • 7 January, 2018 08:36 PM

Of course you were depressed. Depression is feeling bad because your life sucks and you don't have what you want.

So you cured your depression by making your life not suck.

But depression isn't Depression™.

Depression™ is a way that someone came up with of interpreting depression so they could sell pills to sad people (whose money is as good as anyone else's).

But you know far better than the pill-pushers how to cure Depression™, because you went and did it by treating it the same as just plain old depression, which is exactly what it is.

People who want everyone to understand that they have Depression™, not just depression, are trying to dodge responsibility. But as you know, the cure for depression is to do the opposite.

[deleted] • 3 points • 7 January, 2018 02:53 AM

Its great you are no longer depressed but get over it. You seem willing to wear a badge about it. Fun to be a victim? Freeing of some burden of success that isnt even your idea of sucess?

FieldLine • 19 points • 7 January, 2018 03:11 AM

My point was more about how depression and social retardation aren't excuses to fail, even if you have an official diagnosis, not the particular challenges I had to deal with.

But let me spell it out for you: I was drawing on my experiences to counter a point you made.

More generally: Sperg-like typing detected.

novalentineforyou • 3 points • 7 January, 2018 08:00 AM

Severe depression is one of the few things where it actually is an excuse for failure, if you do actually have it. Severe depression keeps you from working on your life, which keeps you from working out of depression.

TeenFapstronaut14 • -1 points • 7 January, 2018 12:53 PM

Depression is mostly caused by a bad diet/bad gut health. If your gut is not healthy you get depressed.

novalentineforyou • 6 points • 7 January, 2018 08:53 PM

Fake news. Even with patients with depression living in mental institutions where diet is controlled, it's still hard to treat depression. Have any evidence for that?

mental_models • 1 point • 7 January, 2018 01:50 PM

read more like a badge thing

SAPPHIREAURAc comment score below threshold • -11 points • 7 January, 2018 05:38 AM

What is even an "official diagnosis?" Fact is all mental illness are made up for big Pharma to profit. They're all spiritual in nature, with the exception of maybe schizophrenia but even that is demonic in nature and can come in spurts.

Code_Bordeauxx • 1 point • 7 January, 2018 04:11 PM

Depression is a state of mind that people can enter and later exit. Sure, some people have an inborn proclivity, but that isn't the pathology; depression itself is.

Autism, or Asperger syndrome, describes a psychological trait you either have or do not have. (setting aside the issue of misdiagnoses here). People can learn to cope with this disability in various degrees, but the trait is incurable regardless of effort.

As such, you can not simply compare the two, just because they are both mental pathologies.

FirstNamesMusic • 9 points • 6 January, 2018 11:51 PM

This has to be in reference to something. Is this trolling another post?

says-popular-opinion • 9 points • 7 January, 2018 12:15 AM*

I want to say this one but there have been many like it.

Sparg-like typing detected.

edit: post was removed so if you want to read it then change the url to cedit

antariusz • 17 points • 7 January, 2018 01:01 AM*

Yea, that's a good one.

Meanwhile there are unshaven smelly drug dealers doing whatever the fuck they want and fucking hot bitches daily. But they clearly aren't alpha because they don't put on lotion, lol.

Hint: if a woman wants to fuck you, whether you vacuum daily, weekly, or even don't own a vacuum, it's not going to stop her. If I bring a girl back to my house to fuck on a "same day lay" she doesn't give a fuck if I vacuum. And I've fucked hundreds of girls without showing them my library card, guess I'm not an alpha.

whatsthisgarg • 8 points • 7 January, 2018 01:15 AM

Hint: if a woman wants to fuck you, whether you vacuum daily, weekly, or even don't own a vacuum, it's not going to stop her.

I didn't even know that *toilets* had to be cleaned! I thought you just moved out after the year was up.

Then I came home from work and the "last girl" had cleaned my toilet while I was gone. She said she had to use some old gym socks to do it.

So if a woman wants to fuck you, she's going to fuck you even if you don't own a toilet brush. And then one of them is going to get on her hands and knees and clean your toilet BY HAND.

Jman1994678 comment score below threshold • -7 points • 7 January, 2018 04:17 AM

Those girls probably are probably trying to get cheap blow. If that's what you're into go right ahead.

[deleted] • 4 points • 8 January, 2018 01:30 AM

Jesus... don't tell the unwashed about the onion belt thing.

Neo2Trinity • 3 points • 8 January, 2018 07:12 AM

1. The Beta Sperg reads this list and realizes he's destined to remain a Beta Sperg.

I really do think learning all this stuff for myself is mostly just keeping myself from being *really* blindsided by some bullshit (probably will still happen), but not actually to join the upper echelon of the Alpha master race people talk about here.

mallardcove • 3 points • 8 January, 2018 03:21 PM

This post should have been upvoted more but it clearly triggered the autists. I sit back and laugh when I see the clear autists/aspies on the board with their 500 bullet point lists about what is alpha and what isn't. You know damn well they love to pull out their lists in real life like an autistic would.

ex_addict_bro • 8 points • 6 January, 2018 11:04 PM

For a moment I felt like I was reading RoK.

HumanSockPuppet • 3 points • 7 January, 2018 01:39 AM

LOL u misssspelled "central" u know, just sayin ...

FieldLine • 9 points • 7 January, 2018 02:28 AM

Sperg-like typing detected.

Damien_Scott • 5 points • 7 January, 2018 06:14 AM

Aspie that has spent years learning social skills and self improving here.

I got more out of the other guy's comment section than your shitpost. Who's post was more pointless?

mental_models • 2 points • 7 January, 2018 01:51 PM

the sperg stuff makes for great us-vs-them rejection.

GreenPiller • 4 points • 7 January, 2018 07:18 AM

Rather than lists and external factors, most of these guys have to work on their mind and their attitude. An "alpha" homeless guy will get laid more than a clean sperg. Women can smell alpha no matter how much cologne and lotion you put on.

Betterthanuatlife • 2 points • 31 January, 2018 03:07 PM

That's some fantastic broscience right there. The only thing women ""smell"" are Good looks. An aspie can have great looks and a lot of girls might give him signals which he can't pick up on and since a lot of girls are pussies who won't approach he might suffer long dry-spells until an alpha female finally makes a move. There really is no point in learning game unless you're good looking. And there it is friend. The only "pick up redpill" you ever have to learn. A lot of you are more bluepilled than you'll ever realize. Go watch FaceandLMS on youtube.

ImHerWonderland • 2 points • 7 January, 2018 03:46 AM

Is there actually a post saying today is the day for numbered lists? Didn't want to report and get hit for concern trolling or whatever, but saw three or four top five lists in a row. Enjoyed the sex post though, that one was alright.

Whisper[S] • 11 points • 7 January, 2018 05:10 AM

That's what the report button is for. Brings things to the mods' attention. Concern trolling is holding forth in public about how "this sub is shit now" or "we need to change this", in a way that actually reduces the signal to noise ratio.

Anything you want the mods to see, hit that button. Better yet, hit it, then write just why you hit it in the little box there. If whatever mod is looking at it agrees with you, it's gone.

The rules are just guidelines. The real principle is "stop the good stuff from being drowned out by shit".

[deleted] • 1 point • 7 January, 2018 05:44 PM

Hey all. I tried posting a new subject, but I'm not sure if it's been deleted or I'm looking in the wrong place for it. Thanks guys.

Shiva-Lingam • 1 point • 25 February, 2018 01:04 PM

The Alpha Sperg's list shall repeat the same concepts.

Where possible the list shall have addenda and unpractical examples to expand and "clarify" the point given. The more unrealistic, contrived and theoretical the concept, the better.

leviathan51 • 0 points • 7 January, 2018 06:44 AM

Though u/Jman1994678 is a sperg, you too somewhere between reading his post and submitting yours became one.

[deleted] • -2 points • 7 January, 2018 02:26 PM

I see so much butthurt on this Post OP...Why did you get mad so much? Perhaps over some Post?

This is a big community, definitely not everyone is red pill'd and most of the threads are retarded these days...Maybe mods should do a better job but i think is not easy when there is so many guys posting here...

Relax dude and take it easy, look for threads you find interesting and ignore others...

[deleted] • 7 points • 7 January, 2018 03:00 PM

No, wrong attitude man. You have the responsibility to analyze the content. The mods will help curate, but ultimately the buck stops with you. Ignoring shit posts will destroy the community.

Whisper is teaching an extremely important lesson here. How to critically think and determine value vs upvotes. You really want to learn heavy shit? Go into whisper's post and comment history. Prepare your mind for the knowledge bombs.

These boys need guidance and direction. Useless advice will leave the student stuck spinning his wheels or moving backwards. The original post had shit like vacuuming and putting on lotion. While it's good life advice in general, it has zero relevance to unplugging or being "alpha". The danger here is some literal-minded young man (aka sperg) will take this too far. "I got killer lotion and a dyson but the ladies that I completely avoid socializing with are still treating me like I'm invisible. I followed the checklist of alpha guidelines. What gives?" truth is, that's not a correct list of "alpha" guidelines.

Its the same as telling someone that all you need to do is lift the same weight every day for gainz. Don't

worry about diet and nutrition, that's not important at all. Don't bother with progressive overload, that's not important either. You give someone that advice and they're gonna waste years in the gym with very little if any results. That person will blame the activity instead of stopping to think well maybe I am actually doing something wrong here.

Whisper[S] • 9 points • 7 January, 2018 08:13 PM*

“I got killer lotion and a dyson but the ladies that I completely avoid socializing with are still treating me like I'm invisible. I followed the checklist of alpha guidelines. What gives?”

You're tantalizingly close to the point.

If I throw the ball, and my dog can't find it, then pointing to it is useless... because the dog is a dog, doesn't understand the concept of "pointing", and will just sniff my finger.

Alpha spergs can't find the ball, because they are sniffing the finger. Vacuuming is sniffing the finger. Lotion is sniffing the finger. Even lifting can be sniffing the finger.

In order to find the ball, stop sniffing the finger, and follow where it is pointing. In order to move from sperg to alpha male, first stop being a sperg, and throw away the list.

Every "alpha" male is different, because *he is his own man*. He can learn by watching others, but never by imitating them.

whatsthisgarg • 6 points • 7 January, 2018 08:37 PM

If I throw the ball, and my dog can't find it, then pointing to it is useless... because the dog is a dog, doesn't understand the concept of "pointing"

Philosophy major? I had one professor who used this example in every class, no matter the subject.

[deleted] • 3 points • 8 January, 2018 03:49 AM*

Even lifting can be sniffing the finger.

Heretic!

I sit here and ponder for a moment how you fully connect the dots and finish what I was thinking. Respect is earned.