

The world is shrinking for men, build your frame or die

January 20, 2018 | 662 upvotes | by [biglaughingcock](#)

Intro

Man has always dominated in the physical world. Hunting, building, and fighting were all part of his realm and if he failed to acquire skills in the physical world his value diminished, his genes would go extinct. I question why, in the 21st century specifically, men are so purposeless, confused, and easily manipulated. We see it all around us – you probably know at least a few Beta Bobs (or were one), we are all watching the allegation rampage, and you might have even sensed that in western society men are grossly undervalued. I questioned why these events were happening and although there is no real answer, I'll put my thoughts out because maybe someone else will see it too: men have lost control of the physical world, and the physical world has lost its value to technology.

Before the herd ended up living their lives on computers and through social media, man dominated the world, because the world everyone interacted in was the same. You had to talk to a woman face to face, there was no cop-out through dating apps or sending the “hey I rllly like u, wanna go out with me?” texts. No girl had the guts to announce to her whole school that Bigcock Billy railed her vagina without her full and excessive consent, a story you might have seen on twitter these days, if you're stupid enough to look at twitter. If you couldn't carry your weight or do your part, society generally shit on you and that was just how it was – all of our parents tell us about these days. Now we have safe spaces, you can cry about being called a pussy because, YES you ARE a sensitive male and that's OK! Slowly though, while the transition was made, and the tables were turning, men as a collective species lost power in the world.

I hope every person reading this or other content on this forum takes full accountability for themselves in a physical sense. You need to get out and lift, but 30 minutes a day does NOT cut it! The physical world is a man's world – be active every single day throughout the day. Find friends to throw a football around with after work, hit the gym multiple times a day if you have the time for it. Take control over the physical things around you, here's why. Women are physical things that you want to physically fuck. The massive brainwashing is showing you the hottest females on your screen 24/7 and you feel comfortable in that space, but as soon as you see a hot woman in the real world you revert to low value, because you have no idea how shit works, you don't know how to take control of and use the things around you, and you don't know how a woman works. I guarantee talking to a hot girl for 90 seconds will teach you more lessons than reading TRP for 6 hours – it may confirm a lot of things you've read, but if you approach things with an outward and open mind, you can see things for what they are and slowly throw out your blue pill conditioning piece by piece.

The lesson to take away is this: get in control of your body, take control of the resources and tools around you, and simultaneously unplug yourself from the electronic whorehouse. The distractions that you don't even know about are unbelievably powerful. Get out there and get after it, and eventually we'll all make it.

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Comments

Fontess • 259 points • 20 January, 2018 11:04 PM

its hard to become a man and easy to remain a boy. Boys of future generations will even have back up plan of society that, like you said, constantly tells them even if they suck, cant get laid, have life in chaos they are real man because all you need to do is to be "true to yourself" "feel free to express emotions" "girls like dad-bods". then shit hits the fan and these loser boys in body of a man, rape women, shoot schools and kill themselves. And their society then blames "masculinity" and that these boys "werent true to themselves" and that killed them!

biglaughingcock[S] • 79 points • 21 January, 2018 12:04 AM

The king, warrior, magician, and lover

[deleted] • 9 points • 21 January, 2018 03:24 PM

I really need to finish this book.

Kaokien • 1 point • 22 January, 2018 03:12 AM

Which book are you referring to? Thanks in advance.

[deleted] • 13 points • 22 January, 2018 03:14 AM

King, Warrior, Magician, Lover by Gillette and Moore. I started it on a plane ride but only got about 40 pages in.

2comment • 38 points • 21 January, 2018 10:57 AM

I wonder how many future generations of safety net is left. It's highly apparent to me that the west has reached it's peak some time back and is rapidly contracting and relying on the credit of previous generations.

We all assume that tomorrow will be more advanced than today because of recent history, but history has plenty of advancements and setbacks, and recent history runs on the finite source of oil. We had shortages before in the 1970s. Introduce that again and for an extended time, and the 2008/9 will seem like a free pass to Disneyland.

The truth is that societies are built on alpha men and then go away either in war (unattainable expansion) or get decline in peace by billy betas (decadence, decay, collapse, invasion from outside). We're fully on the latter.

[deleted] • 44 points • 21 January, 2018 02:42 PM

We've entered a phase of hyper-cartels in higher education, health care, energy, and so many areas. Requirements for accredited degrees, health insurance, etc is robbing men while hiring quotas are sending wages to women.

Men on 'the outside' of the cartel system do well in flipping homes, contract programming, entrepreneurship, commission-only sales, and even cryptocurrency.

MoronicBobbin • 1 point • 22 January, 2018 08:23 AM

Great insight. There will come a time when men can only make money outside the system. You can see it now in the UK, top professions such as medicine, dental and veterinary are complete sown up for women.

[deleted] • 5 points • 22 January, 2018 02:19 PM

In the past few decades, high-tech marketing collateral (white papers, powerpoints, web content) is outsourced to a fleet of small, male businesses who get paid by female Big Tech Corp VPs and Marketing Directors. It's so lucrative for savvy men to make these firms, I know a brilliant lawyer who owns one of these firms. Another tech content firm is owned by a man who hires his sons. Women can not produce complex technical content needed by tech firms. And when big tech fires too many men (which happens often), they run to these smalls male-operated firms to fill-in the knowledge gap.

MoronicBobbin • 3 points • 22 January, 2018 05:02 PM

Couldn't agree more. There's an absolute fortune to be made by hungry young men willing to provide a service by automating jobs which used to be offered by women who just sit around all day gossiping in their comfy offices. Long as they stay lean and don't hire women of course.

Now that women are giving up on average men just to chase after one or two Chads on Tinder, men will no longer get shackled with a jumbo mortgage, vanity wedding etc so will be able to take more chances vs slaving away in a job they hate because some bitch needs 10 holidays a year.

[deleted] • 1 point • 22 January, 2018 07:44 PM

Interesting. Are there any numbers or studies backing this? I've always thought that this is a path the economy might start trending down as the feminine imperative takes over corporate America. Being big has advantages for a business because they can take advantage of economies of scale, increased pricing power, increased brand name, and increased political/lobbying power.

Being big also has disadvantage. Historically the main disadvantage has been the growing bureaucracy needed to manage a more complex organization which leads to decreases efficiency and less initiative/vitality. Now though, there is another burden to being big, which is that you have to hire a bunch of women (and affirmative action candidates) who are less qualified, and cater to their bullshit and lower productivity. It only seems natural that increasingly hamstrung big companies might outsource some of their functions to more efficient male run enterprises, allowing them to keep the advantages of size and offload some of the productive requirements onto smaller firms.

[deleted] • 1 point • 22 January, 2018 08:10 PM

Through collusion, the big players of each industry agree to a common set of hiring quotas so to evenly distribute the cost. Also, the legal watchdogs are constantly threatening to pounce on any large company with accusations of sexism or racism.

[deleted] • 1 point • 22 January, 2018 08:14 PM

Do they really do this? That would be pretty illegal, no?

[deleted] • 1 point • 22 January, 2018 08:27 PM

Why would it be illegal to promote a diverse workforce? Or to require your suppliers to have a diverse workforce? You can see multiple references to 'woman and minorities encouraged to apply'; or 'let's close the sTEM gap' etc etc

[deleted] • 1 point • 24 January, 2018 08:12 AM

I thought the courts drew a distinction between "encouraging" additional female and minority numbers and outright setting quotas. It is, admittedly, a meaningless distinction though. If a college wants to let in 1,000 minorities, they don't have to set a quota of 1,000. They can just give the appropriate bump in test points and gpa until they hit 1,000.

alecesne • 12 points • 21 January, 2018 06:37 PM

Men who eat grass. I know a lot of guys who opt into the video game and distraction machine and just don't deal with real women out of a fear of failure. As soon as synthetic girls are reasonably available there will be a huge proportion of males who don't breed but essentially jerk off with a robot for the rest of their lives-

general-heartless • 1 point • 22 January, 2018 04:08 AM

They will breed themselves out of existence.

empatheticapathetic • 13 points • 22 January, 2018 02:45 PM

And the redpill male will never have kids with any woman as they're all death traps. Same outcome.

BlastCorporation • 3 points • 23 January, 2018 03:35 AM

Precisely. They seem to believe that dealing with the snowflakes is any better than a cyborg at this point.

lemonadegame • 3 points • 21 January, 2018 10:02 PM

Reminds me of Jordan Peterson

red_matrix[] • 132 points • 20 January, 2018 10:29 PM

I've had similar thoughts recently. We are transitioning to a virtual world: virtual work, virtual girlfriends, virtual sex, hell porn is already there - and it's stealing your attention and sexual energy/testosterone from you. You give it away for free - because it's easy.

We no longer do the hard things, the things that make us feel accomplished and satisfied. Technology has taken the hard things from most of us, or it's shown us an easier path - and that easy path leads to lack of purpose and leaves many unfulfilled, sad, depressed and lost in the world.

Ulrich20 • 37 points • 21 January, 2018 04:43 AM

You are actually quoting the Unabomber lol his paper is redpill af

GroundhogLiberator • 24 points • 21 January, 2018 05:02 AM

It's too bad he needed to send out 20 bombs to get people to listen to him

red_matrix[] • 12 points • 21 January, 2018 05:37 PM

Really? Holy shit. I guess we all know something is wrong. The masses will never know how addicted they truly are, and look at us like we're martians.

Lord_Perfumes • 1 points • 22 January, 2018 10:10 PM **[recovered]**

Definitely look into it. The unabom ber's manifesto is one of the realest things ever written.

red_matrix[] • 8 points • 22 January, 2018 10:44 PM

Some pretty intelligent stuff in there. This guy was a savant. What the hell happened? He saw the future in a seriously crystal clear way. I wonder what really set him off. This reminds me of Arlington Road a little.

nomogoodnames • 5 points • 23 January, 2018 02:31 AM

He was a test subject in MK ultra and he was generally a shut away hermit most of his life. They put a drama based on him on Netflix called Manhunt.
Shit, the trap is real.

RoughTeddy • 2 points • 8 February, 2018 11:01 PM

Two things happened: a setup and a trigger.

The setup was some psychological experiments that he took part in (that do have some connections to MKULTRA, but were not directly part of the program) that involved basically tearing down the subject's belief systems. It's important to note that these happened while he was in undergrad at Harvard, at 17 years old. He became far more reclusive and moody after this.

The trigger was industrial development in Montana. He had been living in his cabin outside Lincoln, but the area started seeing mining, industry, and real estate development. He responded by committing a load of sabotage on the projects, but realized that he couldn't stop the machinations of society.

Thus, he set out to try to influence society.

Fascinating character, really.

red_matrix[] • 1 point • 9 February, 2018 05:25 PM

I really like a lot of his ideas. It's too bad he went down that dark path, because a lot of what he said resonates with most people. His voice could've made a difference. Now people just write him off as a quack, which I don't believe is true.

biglaughingcock[S] • 1 point • 23 January, 2018 11:39 PM

Reading his paper made me realize a lot of things I internally knew, and then I understood why he did what he did. Not saying he was crazy, definitely on the psychopathic spectrum, but all he wanted was to put this information out there. What is the measure of information? - surprise. I think the paper, had it been published in the national newspaper, would have surprised the masses. But that would rock the system too much which is why it has been so suppressed. I am glad its available to read though, very interesting.

applicationLifeCycle • 9 points • 21 January, 2018 06:22 AM

I thought of the unabomber the entire time I was reading the OP. Glad I'm not alone.

Minhoquento • -1 points • 22 January, 2018 12:02 AM

His paper can easily be refuted, he talks as if people were better off before the industrial revolution.

biglaughingcock[S] • 56 points • 20 January, 2018 11:41 PM*

Man used the power of his mind to innovate and build things that made life easier, but he didn't know why -

he just knew that saving people blood, sweat, and tears would increase his value. This is why man is fundamentally better than woman, because women's value is limited by the ability to make babies - yes women can do the things a man does to change the world, but she has no where close to the capacity and ability a man has for doing these things. Just read any history book, I fucking hate women

dr_warlock • 30 points • 21 January, 2018 05:14 PM*

Just read any history book, **I'm not misogynist but I also can't make this stuff up!**

Disclaimers are for women and weak men. They weaken your message by placating to cry babies. You don't need those here. Even if you do hate women, no one here cares. You're allowed hate whomever and whatever you please though it may be waste of energy.

[deleted] • 12 points • 21 January, 2018 02:47 PM

The second paragraph reminds me on the recent focus of 'grit' in people's pampered lives. Of my sister's three adult sons, the youngest had spent some time in juvenile detention as a teenager. He's now the highest earner (legal wages) of the three, first to father a child, and hasn't been shamed into the marrying the mother in family-court-hell NY state.

cudder17 • 10 points • 20 January, 2018 10:58 PM

2nd paragraph. Where I'm at right now.

red_matrix[] • 27 points • 20 January, 2018 11:08 PM

The easy path, the path of least resistance is hard to resist. All technology can offer is the short term dopamine. It's addictive and seductive, it tricks us. We need to start making things again - not just consuming crap media on Netflix & YouTube.

TheReformist94 • 7 points • 21 January, 2018 07:18 PM

No incentive to work hard.sorry,ain't doing it.

Im a skinny motherfucker but I enjoy going to the gym,talking to the guys there, and doing my band. I'm not trying hard to get girls when I see how easy they make it for chad.,they literally give it for free. there's excess male attention everywhere,the game economically is skewed in their favour to ridiculous proportions.

Think I'm gonna build my body and hobbies with a mgtow attitude and if it indirectly draws in women I'll accept,but I'm not going out of my way.

BurnoutRS • 7 points • 21 January, 2018 08:37 PM

Thats a totally viable strategy though. If you wanted to be a competitive bodybuilder but you were still scrawny as fuck, would you enter a competition knowing full well that you'll be the smallest guy there?

Youre way better off going to see the competition, getting a feel for it, absorbing the information. Then when your body is ready, you've also got some mental aspects worked out too. Same idea with mgtow. Work on yourself and in the meantime if girls come into your life, gain whatever experience you can.

This reminded me of a problem i would encounter in elementary school all the time. I'd have the pink crayon, and billy wants to use it. We're colouring world maps and billy hasnt done his oceans yet. I have. Billy could use the blue to do his oceans while he waits for me to use the pink, but Billy is a fucking idiot so he just keeps crying.

If your mentality right now is that the chads have the pink crayon, dont fucking cry, pick up the blue until the time comes that the pink is free again. Or that youre strong enough to take it from chad. Whatever imagery inspires you more

[deleted] • 3 points • 23 January, 2018 01:05 AM

The world will shit on you but women will do it more often. It can take many years to fail in life but women will help you with this more often haha.

The truth is it is a lot of psychological pressure. "Holding frame" in practice is not easy if you're not "alpha" (in essence, care what other people think more than what you think). So if you don't break mentally and become a beggar, women can help you make this very climb to actually having a strong frame of reality that they will want to bend over to

"indirectly draws women" dont be afraid, directly draw them with a strong frame. go get rejected and keep your head, you'll grow. none of this "but chad .." horseshit. Many people born with inherent advantages over you in life, doesn't stop you at all

MoronicBobbin • 2 points • 22 January, 2018 08:36 AM

Spot on and is where I'm at. I work hard at the gym and my business and if a woman comes into my life so be it.

Unless you're Chad you'll be wasting your time in sausage filled bars hitting on uninterested women because they are talking to every Chad within 50 miles on their smartphones. Better off taking that time and working on yourself.

red_matrix[] • 1 point • 21 January, 2018 07:47 PM

It sounds like you are working hard though.

[deleted] • 12 points • 21 January, 2018 07:30 AM

I went out to a bar tonight trying to meet women and all i could think was "I'd honestly rather just go home and jerk off"

But that's mostly cause I'm a broke ass college student and spending money on drinks blows.

dr_warlock • 18 points • 21 January, 2018 05:24 PM

The most you will ever need to do at a bar is buy one beer to hold and sip. Don't even need to finish it, throw it away. It's only purpose is to have others feel you're apart of the group and atmosphere. If you're talking to a girl one-on-one, one shot after rapport is established will suffice to make her comfortable in your presence. You're entertaining that you're not just there to pick her up, you're there to have fun.

[deleted] • 7 points • 21 January, 2018 02:43 PM

Flip to day game and you'll never need to go to a bar again to meet a woman. Much preferred.

general-heartless • 2 points • 22 January, 2018 04:11 AM

Don't spend money on drinks then. Just get centered and go pick up chicks.

BlastCorporation • 2 points • 23 January, 2018 03:38 AM

Focus on networking in-person and finding a part-time job.

empatheticapathetic • 0 points • 22 January, 2018 02:49 PM

Why make a comment purporting to one thing and then give an alternate reasoning at the end.

Blows spending the money because you need the alcohol? Or blows spending the money just to be at a bar? Dr warlocks comment solves the 2nd issue.

ShotgunTRP • 1 point • 21 January, 2018 05:50 AM

Give me convenience or give me death - Jello Biafra

356dc • -6 points • 21 January, 2018 03:32 PM

If you even suspect there's any going back from the technologization and virtualization of reality you're bluepill down to your toes blood marrow. Soon enough, investing time in cultivating your physical prowess will be the most retarded waste of time ever.

red_matrix[] • 9 points • 21 January, 2018 05:35 PM

I don't think we are going back - but you need to find a balance. Enjoy living in your social media / virtual fake reality. You can find me at the House if Iron if you need me.

356dc • 2 points • 21 January, 2018 06:02 PM

The balance needs to be proportional, not symmetrical. Like, 1% physical activity to 99% brain activity. We won't need our bodies anymore in the future to experience sensations because they will be virtually generated by synergy between a well developed brain and AI. For now it's still lame to prefer porn to real sex, but one day our brains won't be able to feel the difference between things perceived from the outside world via the sense vs images generated by the brain itself, advanced and sophisticated devices, and superintelligent computers. That's where we're headed and there's not turning back, like it or not. Literally like in The Matrix.

red_matrix[] • 4 points • 21 January, 2018 06:11 PM

We still live in the real world. You still need a healthy body to have a healthy mind. That's why lifting weights is repeated over and over on here.

356dc • 0 points • 21 January, 2018 06:18 PM

For now. Our generation probably won't need to worry too much about it, but the change is coming quickly. The physically world will eventually be swallowed up by VR.

red_matrix[] • 3 points • 21 January, 2018 06:25 PM

The physically world will eventually be swallowed up by VR.

You can't ignore your body. Again, you need a healthy body in order to have a healthy mind. I don't think VR will work if you spend all your time in inside it while your body atrophied in the real world. This is just my prediction. Either way - here and now, you need to get you ass in they gym. No question.

BurnoutRS • 2 points • 21 January, 2018 08:52 PM

I had this thought the other day. The simulation hypothesis aside, we are creating more realistic simulations all the time. We are melding simulation and reality. It stands to reason that someone with enough programming knowledge could be the equivalent of a god one day. Making their own virtual realities, inviting others into them.

I think there's a subset of guys who are poised to get super fucking laid from awing girls with their godhead in these domains they've created. I also think that it will rarely occur that these men will even entice a real woman into their virtual world when they could just simply make a virtual woman that is whatever they want them to be.

Investing time in physical prowess will continue to be worthwhile for many years. Aside from the simple fact that technology requires electricity, we will still need people maintaining the real world that all our tech physically exists in.

There are so many factors that we will need to be in control of before people can ever truly abandon the corporeal form. It will be a possibility eventually, but it will take a long time. In the other hand we have cybernetics and physical augmentations which will also pose a threat to the merits of lifting. When you can have muscle tissue grown in a lab, or have robot arms, yeah lifting seems pointless.

However, we're seeing a resurgence in simple disciplines in response to the growing technological inundation of today's world. From the crazy people who live totally off grid and drink moose piss to the people that have taken up knitting and using adult colouring books. People aren't going to forget the merits of hard work and discipline. Until the day comes that you can inject hard work, discipline and perseverance into a person, lifting will always have its merits.

adolfsbff • 1 point • 26 January, 2018 07:49 AM

America is the most heavily armed country in the fucking world, and most of the guns are in the hands of sheep and betas such as American soldiers and cops; trust me, we're going back lol.

Jonlife • 163 points • 21 January, 2018 05:03 AM

Here we go again with this "build your frame" shit again. Frame frame frame. As if men who are trying to better themselves don't understand that they need to man the fuck up and take control of their destiny.

How about don't let a woman rule over you for starters. Stop hitting the gym for attention or pussy and focus on reasons you're working out and eating healthy for YOU. You don't need a parasite/cunt to help validate you.

Working out so you can lift her up with one arm and arm fuck her means you have no purpose in life. Find your real purpose, and no, fucking ratchet pussy on a daily is not a purpose. You're asking to be #metoo bait but the non-celebrity version where they call the cops on you and you spend the night in jail praying that the lawyer you just Googled will hurry and come get you out.

Yes, hang out with friends and do things with people that mean something to you. Not just because they have a vagina that you want to stick your dick in.

So many guys claim to be red pill when they literally can't stop thinking about wanting to find "that one" special lady. Stop letting women ruin your hobbies. Find a hobby and immerse yourself in it. You don't need "frame" to enjoy a hobby. And fuck anyone that doesn't respect your hobbies, especially dumb cunts who think you need to spend more time with them and not your hobbies. That's called being a simp, a soy boy, a cuck. Delete your dating apps and spend every waking moment enjoying things in life for YOU. Frame that any way you like so long as it's you in the driver's seat.

Stop caring what society thinks. You don't give a fuck, remember? Avoid blood sucking parasites, and accumulate currency.

BurnoutRS • 17 points • 21 January, 2018 08:56 PM

Literally everything that you just said falls under the heading of "building frame"

Frame is your unwillingness to bend. Period. Frame is unwaivering faith in yourself. No exceptions. Frame is

living by your own rules, doing what you want to do regardless of what anyone else says

The post you made legitimately starts off saying "fuck this frame bullshit" and then goes on to talk about how you need to build frame

Jonlife • 8 points • 21 January, 2018 09:24 PM*

What I'm getting at is that it already goes without saying.

I was coming on this sub and seeing posts saying "your frame was off bro...."

Gee ya think? Just saying you needed to have good frame is not helpful and very ambiguous. Going to the gym has nothing to do with having a good frame. Feeling good about yourself and doing things for yourself doesn't mean that it made sure you had a good frame.

How you carry yourself is why we're all here right? To learn from the blunders of others and to share your own thoughts and insights and celebrations.

I'm saying, fuck saying that you need to have a good frame. It goes without saying already. Working to be the best person possible means just that. Frame, no frame, it doesn't matter. You're already working to be your best self right? Why should you hold men hostage to using the term "frame"?

Edit: I've always used the term "frame" to explain limiting beliefs. If you frame it a different way you can switch something from being negative to being helpful and optimistic. But going to the gym or walking up to a girl with the proper "frame" helps no one. We don't know what you're getting at other than yelling out "frame" like some frat boy chant.

BurnoutRS • 4 points • 21 January, 2018 10:51 PM

And im saying that its much easier for us to agree on the definition of the word frame and be able to use it without hesitation or having to go through this song and dance of explaining what we mean.

When someone says "you broke frame" they dont even have to tell you how or why. You can move over to the sidebar, or search the subreddit for the word frame. Its a system thats implemented to allow a freer and more expediated flow of ideas while providing a basic framework for the uninitiated to learn the language and understand what were talking about

And no, it doesnt go without saying. Its one of the fundamentals, its a jumping off point that needs to be repeated for the sake of the uninitiated.

"We don't know what you're getting at other than yelling out "frame" like some frat boy chant."

Actually yes, yes we do. We have entire posts dedicated to it.

You seem to be legitimately stating that the end result of this "frame rules everything" mentality, is people mindlessly chanting the word frame, acting as sheep following the next big thing that promises them empowerment and an escape from their normal, doughy selves. Should we do away with the concept entirely and go back to having to reiterate the entire concept of frame whenever we want to talk about it? That would be a good example of the nirvana fallacy. Foregoing a flawed solution in favor of waiting for a perfect one that may never come

Your edit at the end is baffling to me. You should understand the concept of frame. It is derived from the architectural term and from its use in photography and cinematography. The frame or the bones of a building are what they rest upon. For a man these are his morals and values, his physical prowess, his will. Then we have the frame as an interpretation of reality, as well as the concept of everyone having their own frame because we all have our own varying interpretations of reality. This is where we borrow from cinematography. What is in frame is what you want the viewer to see. You as the viewer of your own frame, also get to be the director. We also borrow from the literary, framing

devices, which are elements of context that help to put the details of the story in their proper place.

You frame (cinematic) your own reality by altering your beliefs and perception. This in turn changes how others view you and the frame (architectural) you present to them. When you meet girls you bring them into your frame (literary) which is your life, what you have built, your reality, your perception.

Your idea about using frame to define limiting beliefs falls right in line with this. You frame a shittest as either a shittest or an insult. That's directly tied in to your own frame and whether it's a weak or a strong one. Alpha or beta, redpill or blue... You're an attractive dude with solid game and thus you frame an evening at your apartment with a woman as a sexual encounter.

So much of this is about getting people to understand that they create their own realities. That it's the interplay of your attitude towards things, the person you are, the situation at hand, that go into creating a setting or frame. This happens consciously and unconsciously.

Billy beta frames an evening with a woman at his apartment as a quiet night in between platonic friends when he supplicates to the girl, bends over backwards to please her and doesn't even hint that he's interested in her sexually. Whether he knows that he's created this frame or not, he's still doing it.

Jonlife • 1 point • 21 January, 2018 11:51 PM

Frame. Mindset. Ideology... Narrative... Mastermind...acting alpha... Blah blah blah..

Technically it's all the same. That's all I'm getting at. Yes, the way you view things is called red pill. That's the only way I see things today. Before this I was looking at things from a blue pill egalitarian mindset. But then I took the red pill. You don't get to choose anymore once you've crossed into this world. If you took the red pill things like "frame", "giving zero fucks" are a GIVEN. You're red pill bro, why would you ever go back to acting like a cuck? Why would you ever get nervous again when a beautiful thot steps in front of you and asks you a question?

That's not having "frame" issues. That's still not being sure about yourself. You're still a blue pill cuck if you don't know how to put a thot in her place, rain sleet or snow.

Guy's in this sub who claim to be "red pill" but when I finish talking to them, they lose their shit. Instantly getting triggered, and then do anything and everything to avoid the conversation at hand and attack my character (not talking about you, but other Simps on here).

Good job on trying to be the publicist of this term "frame" and good for you if it's the word/term that gets you to leap out of bed in the morning to climb Mt Everest.

But if you need one word to help you sum up your life and daily activities...then it's no wonder these feminist cunts are running circles around you. They can smell the fear on you of being deprived vagina. It has nothing to do with "frame". You're simply still blue pill and these cunts are calling you out on it. Plain and simple

BurnoutRS • 3 points • 22 January, 2018 12:18 AM

You're not even offering up a cogent argument anymore. If all you were getting at is that "technically it's all the same" then you would feel solid in leaving it at that.

However it's not and I know for a fact that you can see that it's not as is pointed out in your post above.

You argued that we stop using the word frame because it's a given. I argue it's a given because we continue to use it. I offer up an immensely better explanation for why the term suits its purposes. You offer me synonyms and some vague assertion that having to reiterate the

definition of frame or use the word at all, is, in and of itself, somehow a frame break.

Interesting how we discuss the merits of the word frame and then devolve into stating that "the necessity of a word indicates weakness in a person"

We are bound to language as much as we are freed by it. Being able to elucidate and elaborate on a concept in a concise manner is paramount to higher functioning. As TRP has adapted the word frame, it serves to highlight one of the core tenets and is, in itself, a vehicle through which we move men from the bluepill to the red.

How about we apply this to religion. Everybody knows the 10 commandments correct?

They're a given are they not? So then by your logic we don't have to talk about them at all.

Even having to mention them... Its completely asinine and very self centered. Its like a priest saying "im sick to death of always hearing about these 10 commandments" dude you're a fucking priest, your job is to teach people that shit.

The purpose of this sub is learning, growth, the pooling of the collective knowledge. When im "in the field" oftentimes ive internalized the concept of frame so well, that I need only remind myself of it every so often when I catch a little bit of that beta blues trying to resurface. Its one word, that stands for an entire concept and wealth of knowledge.

Jonlife • 1 point • 22 January, 2018 01:00 AM

There's already one word for "frame". It's called Red Pill.

That's the frame you're seeing this from once you take these red pills. You can't turn back from that.

So saying you needed to "frame" up, have better "frame" is like me saying I need to "red pill" up or that I need to get better red pills (which makes no sense). When it's clearly obvious I've already taken the red pill.

Follow what ever religion you want. But this is red pill. Not a faction or a subset of red pill. You take this pill, you get everything that comes with it, whether or not you're prepared for the reality this shit brings.

If you can't handle it, then we don't give a fuck.

My issue is that you don't get to be an authority on here for what men need, or don't need, to do to get a better frame. You may be trying to help, but you're only coming from a place of authority which is why a guy like me is laughing out loud right now.

I can argue until the cows come home that what works for one guy will not work for another guy (in terms of "frame"). And vice versa. So forget this "frame" nonsense. If you're actually red pill you don't give a fuck, and you don't back down to anything to then go home and sulk about not having enough "frame."

You already took the red pill. Enjoy your new found freedom, work on yourself, acquire currency. No frame necessary for red pill takers. But if you're half stepping, I can't help you. Take the red pill and don't look back.

yotheman • 2 points • 21 January, 2018 05:55 AM

Jonlife, finally a comment that makes sense, I agree with you 100%.

MilestoneAndPrivacy • 1 points • 21 January, 2018 05:20 AM **[recovered]**

Ugh gtfo with this MGTOW shit

Jonlife • 32 points • 21 January, 2018 05:26 AM

I love coming into this sub and calling out blue pill cucks like you. You obviously took offense to these actual red pills I just dished out. Happy to oblige

MilestoneAndPrivacy • 1 points • 21 January, 2018 05:29 AM [recovered]

Woah dude u are so redpilled! You are right, I shouldn't chase women for sex, I might as well go masturbate!!

Jonlife • 20 points • 21 January, 2018 05:36 AM

Yes, to all those hoes you're gonna be pulling after you "frame" up and hit the gym. Don't forget to flex in the mirror while taking in all that "frame" buddy. You do realize that just talking to a hottie for even 60 seconds, you learn so much.... Frame.

[deleted] • 21 points • 21 January, 2018 04:28 PM

I suggest a complete overhaul. Running after "hot chicks" is juvenile and pubescent. Become an enlightened man ffs, this should be the goal of every man and to do this you must accomplish total control of body, mind and soul. When you become a self actualized man you will be paving into uncharted territories unfamiliar to 99.999% of men worldwide. The first place to start here is to overcome your enslavement to your basic needs (food, sex and such) then and only then can you move on to the next realm.

Thanks

AwkwardEmpath • 2 points • 21 January, 2018 07:00 PM

How does one truly achieve that? Through gradual steps of increasing discipline to not be controlled over them?

BurnoutRS • 6 points • 21 January, 2018 09:00 PM

Yup. Bit by bit. Chip away at the dam. If it took you 20 years to be bluepilled by society, for example, then its not going to be unwired overnight.

biglaughingcock[S] • 1 point • 22 January, 2018 12:34 AM

The way I see it, I was pushed for 20 years, but I never fully gave in and started walking or running the direction I was pushed in. Now I'm sprinting the other direction and I've made up a lot of ground in the past 2 years....

[deleted] • 62 points • 21 January, 2018 12:49 AM

I guarantee talking to a hot girl for 90 seconds will teach you more lessons than reading TRP for 6 hours

Yep. At work, there's this hot nurse that seems to be attracted to me. I make her laugh and we seem to hit it off pretty easily. So, for practice, I decided to take her to lunch. She was enthusiastic about it. I wanted to see how attractive I have been becoming. I had not flirted with a hot girl in years. (Been married for 13+ years).

During lunch, she asked if I was married. I told her yes. She said she wanted to know what boundaries not to cross...which tells me that she was VERY interested. That's all I wanted to know.

Felt empowering.

biglaughingcock[S] • 33 points • 21 January, 2018 02:07 AM

best part is, you can choose whether to escalate with her or keep her as a co-worker. Personally I don't fuck around with people who work under the same boss as me, but do you brother.

CasaDeFranco • 16 points • 22 January, 2018 02:27 AM

Nurses gossip insanely, this seems like playing with fire especially if you're married.

There is no need to fish for validation, you know your worth.

BlastCorporation • 2 points • 23 January, 2018 03:42 AM

Recommend a guy do this if he's not married just lie, fake the ring if you have to. Of course don't shit where you eat regardless though.

campa56la • 15 points • 21 January, 2018 07:33 PM

You'll see how the hottest chics get nervous too in face to face interaction. All that swag they have on social media goes right out the window when in the presence of a high smv male. They get nervous because they're not used to a set of big balls shooting their shot.

KagedRageius • 35 points • 21 January, 2018 01:15 AM

“The world is shrinking for boys. There’s always room for men.” FTFY

moneybitchesandpower • 36 points • 20 January, 2018 11:05 PM

Agreed, man must focus on self development, not trying to appease whores.

Starfuckingman • 10 points • 21 January, 2018 01:44 AM

Damn right. Thank you for the great post, although I been hearing this all my life, to go out and minimize electronics use, I did not do that quite yet but this post is really getting to me due to how simple it is. Will definitely work on being less connected to the internet and more to the real world.

biglaughingcock[S] • 4 points • 21 January, 2018 02:05 AM

good shit brother, its time to wake up. the internet remains the greatest invention of man, use it diligently!

francisco_DANKonia • 12 points • 21 January, 2018 01:48 AM

What I never see around here is the best book on frames - Pitch Anything. I never understood frames until I read this book.

NoAARPforMe • 3 points • 21 January, 2018 03:00 PM

Thanks for the recommendation.....just ordered it.

biglaughingcock[S] • 1 point • 22 January, 2018 12:32 AM

this is the type of shit I like to see. if I decided to not submit this post, you and I wouldn't know about that book for who knows how long? That shit gives me confidence and hope in the bros that lurk on this sub.

Fedor_Gavnyukov • 7 points • 21 January, 2018 09:07 AM

we call it being men, they call it toxic masculinity

RasputinGame • 15 points • 21 January, 2018 12:21 AM

Trying to start two businesses right now based on physical patentable inventions. Key for me is not complaining. Also, I questioned everything since I was young. Made school hell for me but now I don't have many dumbass assumptions.

[deleted] • 5 points • 23 January, 2018 10:45 AM

21st century specifically, men are so purposeless, confused, and easily manipulated

Hard times create strong men. Strong men create good times. Good times create weak men. Weak men create hard times.

Basically, don't be a pussy.

RedPilledRoaster • 1 points • 21 January, 2018 08:14 PM **[recovered]**

Actually 30 min to an hour a day can cut it if you go 6 times a week. A big mistake natural lifters make is too much fucking volume. You have to let your body recover. After I switched from 6 days a week 2 hours a day to 6 days a week 30 min a day my strength and mass skyrocketed.

biglaughingcock[S] • 1 point • 21 January, 2018 08:23 PM

I'm not a fitness guru, my point is that you should develop your internal energy systems which means not just lifting. You should be able to run a mile, swim a few hundred yards, or bike 20 miles on any given day. Strength is just an extra benefit to functional activities.

Qrori • 3 points • 21 January, 2018 02:08 AM

In other words have responsibilities and respect them

hodlsallthecrypt0 • 1 points • 21 January, 2018 06:27 PM **[recovered]**

Solid post, only thing I disagree with is lifting every single day. Many times less is more. I've found that heavy lifting just 3 times a week, deadlift being the core of each workout and throwing in some morning cardio, allows me to relax and progress at a much more efficient rate. It also allows me more time for intellectual/creative pursuits such as reading, practicing calligraphy, playing harmonica, etc.

biglaughingcock[S] • 2 points • 21 January, 2018 07:47 PM

Every day when I question whether I should train or not, I remember that there is another guy somewhere in the world that I might have to fight to the death with one day... so what's he doing today?

Trooper_1868 • 1 point • 22 January, 2018 05:37 AM

Im like you, but squat is my main workout 3x a week. Bigger muscles, for more fat burning. Although deadlift gives you a pump like nothing else for sure.

yomo86[] • 5 points • 21 January, 2018 05:41 PM

As a man, nowadays, there is no pre-set mission or purpose in life any more, and the more *alpha*, for a lack of a better word, you are the more you will thank god for that. Back in the day your purpose was to have kids, a nagging wife and go to war every once in a while. Sounds not so appealing when you start having some disposable income around your peak SMV (28-45) and you took care of your body. Now, you are free to choose your purpose. Sounds ok to me.

epicfadeout • 3 points • 22 January, 2018 07:00 PM

It's a great time to be alive for men who have cultivated real discipline in their lives. For everyone else, it actually seems to be a case of *too* much freedom, and it leads to stagnation and purposeless behavior. The infinite choice of paths is a luxury for the conscientious few, but doesn't always serve well the man who lacks agency of character and moves by the whim of base pleasures.

Snoopy_Doggy • 1 points • 21 January, 2018 09:10 AM [\[recovered\]](#)

Lifting more weights isn't the answer to the problems modern man faces, which are legion. Get fit, yes. But don't be reductionist. The problems facing men need serious thought, beyond mere focusing on increasing our physical attributes, including legal, voting, solidarity, getting smart about strategy. In other words, stop being idiotic chumps who are easily divided against ourselves. Vote as a block. Form a new party free of classical left / right divide BS, one which can have broad appeal. True egalitarianism, responsibility, fair play, but also reining in corporations, lobbyists, foreign influence, propaganda, war-mongering, and so on.

Chasing hot women all the time is another form of control. If you spend all your time at the gym trying to better yourself just to get hotter women all you're saying is that that's all that matters to you. That's fine, but it won't solve the world's problems. It won't solve global warming, the massive islands of plastic in the ocean, or war profiteering. If anything, ignoring those things only makes the world worse.

My humble suggestion is: Create a third party or vote for genuinely centrist (on social issues) Democrats, instead of centrist-as-in-neoliberals-and-neocons-on-real-issues-but-identity-politics-peddlers -on-social-ones. Reform the system. Vote for fair, smart candidates. Or run for office yourself.

[deleted] • 16 points • 21 January, 2018 02:39 PM

You lost me towards the end. First you say these problems require deep thought and then you suggest we vote centrist democrat? Since when did we have the answers to which political ideology works best? And how does voting centrist democrat relate to being a man?

Bricci • 10 points • 21 January, 2018 02:49 PM

Wtf does party alignment and voting have to do with anything this post entails?

Arnoux • 1 point • 21 January, 2018 07:21 PM

Especially this comment seems USA only, while the post itself does not focus on one specific country.

[deleted] • 4 points • 21 January, 2018 06:49 PM

There is no universal gold standard political system, this is a misguided view. Different geographical regions and ethnic groups are more suited toward different governments, possibly even totalitarian ones. I believe John Locke made this observation. The will to fight, take, and conquer is embedded behavior within all animals, humans especially.

War is a necessary product of Nature's fundamental laws. Without it, the global population would get out of control and the lesser would outbreed the greater. It's harsh but it is a necessary mechanism to control and refine the human race.

I believe the reaction we are seeing to "progressive" globalist propaganda these days, mainly in the form of radical extremism, is a direct flesh-and-blood product of tribalistic Darwinism inherent in all of us. Competition is the bedrock of all life on Earth.

Chaddeus_Rex • 2 points • 23 January, 2018 05:18 AM

Why should we care for any of the "issues" you listed? Make a better world for whom and for what? I say let it collapse, let it all burn to hell. Let Men rise from the ashes as a collective to restart the world, through red

tooth and nail and never repeat the mistakes of their forefathers.

JackGetsIt • 2 points • 24 January, 2018 08:47 AM

Women have more solidarity than men. Third parties will always be outvoted. I agree the answer is more complicated than is discussed on redpill. We as men ultimately run the show and at any time could stop this. We need to put our heads together. I've been chatting a lot about this with several other redpillers.

primatepicasso • 2 points • 21 January, 2018 01:32 PM

Man I went back to gaming after 2 years of not playing and spent \$300 on it Jesus thanks for that wake up slap fam. Much appreciated

IdoNtEvEnWaTz • 4 points • 21 January, 2018 09:46 PM

Every time I try gaming now I just end up getting bored in 5 minutes because I realize I could be doing something actually productive.

AwakenedSovereign • 1 point • 21 January, 2018 06:57 AM

Welcome to the desert of the real.

whenfoom • 1 point • 21 January, 2018 07:31 PM

Get a non-union trade job. Anything that requires drills and a sawzall.

[deleted] • 1 point • 23 January, 2018 12:00 PM

Great post, I have had similar thought to this in the past.