

# [Repost] Why women in relationships deliberately beta-fy their men

January 29, 2018 | 651 upvotes | by [topredhat](#)

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Women fit-test men all the time. If you've ever approached a woman, you've probably been fit-tested. The explanation is pretty simple: they need to make sure you're really alpha. Not just faking it. Even after getting into a relationship, they need to know you're still in charge.

What really confused me, though, is their pattern of deliberately trying to make boyfriends and husbands more beta.

I just figured it out, thanks to Blake55's comment on the recent marriage material thread:

"You're marriage material"

---translate---

You can be relied on to be there. You have limited options. You give no tingles. You might be a good provider one day.

This really clicked with me, and I want to articulate it:

Why do women actively ball-bust and immasculate their boyfriends and husbands?

Because it secures their male's long-term commitment by reducing his options.

Say your girlfriend really rips into you and destroys your self esteem for a whole week. That's an entire week in which:

- It's harder to stay on top of your health.
- It's harder to kick ass at your job.
- You're less likely to hit on other women.
- You're less likely to cheat.
- You're more likely to stay.

Women know, on some subconscious level, that male attractiveness is about your mojo, or your overall attitude. If your girl destroys your self-esteem once a week, you'll never have enough mojo to even think about getting another woman. Then you're hers to drain of resources. Eventually, the relationship may end, but it will be on her terms -- the way she likes it.

The analogous male behavior would be deliberately getting your girlfriend fat in order to prevent other guys from hitting on her. "But leftajar, why the hell would I do that? Wouldn't that make ME less attracted to her too?" Yes, it would.

So why do women do it? Because, historically, a aging women without a beta was in deep shit. At best, she would have to live with her extended family and be a burden into old age. At worst, she would end up a beggar on the streets. Many female beggars in the 19th and early 20th centuries were simply widows. And these destitute women served as a visceral reminder to ALL women: you're lucky to have a provider, sweetheart.

So, in their subconscious core, women are fucking terrified of not having a mate to provide for them. This fear has been bred into them as a Darwinian fitness mechanism.

The grand irony of this whole thing is that, in acting to secure her mate's long-term commitment by lowering his value, she becomes no longer interested in him as a mate. This didn't used to be a problem, because she'd only have to look at the destitute women to see what happens if she's tempted to leave.

Now, however, thanks to alimony and no-fault divorce, when she's thoroughly betafied her man, she just leaves him and takes his money.

Take-home lessons:

- Build a lifestyle that keeps you attractive and in-charge. Never compromise it for any woman.
- Hold frame in any relationship.
- If she ever tries to betafy or ball-bust you, recognize it for what it is: She's insecure in the relationship.

Handle it like any other fit-test.

Godspeed gents.

Edit: Johntookthepill provided this link in the comments:

<http://www.personalpowermeditation.com/forum/social-dynamics/the-betaization-process/>

It's amazing further reading on the subject.

Edit: The original post was made by [u/leftajar](#)

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

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## Comments

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[deleted] • 318 points • 30 January, 2018 04:11 AM

My tiger analogy.....

Women are really interested in tigers. They're strong, pretty, nice to pet, protectors, have an "I'm the king of all I see" vibe, dangerous, and great status symbols.

To actually keep a tiger, though, it's convenient to train them to walk on a leash, not eat the occasional lamb, piss in the designated area, sleep in a cage, etc.

Problem is, tigers don't like being caged or on a leash. This is against their nature. Some do get domesticated, though, even learn tricks. It's helpful to chop off their balls to accomplish this domestication.

Problem is, doing this makes them lose all the attributes that made them attractive in the first place.

They become compliant little kitties.

Women then realize all the excitement around owning a tiger has evaporated, because now they're walking down the street with wrinkled tiger balls in their purse, holding the leash of an overgrown neutered housecat.

Guess what? They begin the search for another tiger. Don't become a pussy. Stay tiger.

Arabian\_Wolf • 45 points • 30 January, 2018 04:55 AM

Aha that's why my mom's favorite fabric pattern is tiger one, same with wall paintings.

My father is as passive as a man can get.

jazz\_inmypants • 16 points • 30 January, 2018 08:54 AM

wow great insight brother. thanks for your analogy

VictxrSenpai • 12 points • 30 January, 2018 03:33 PM

"It is better to die like a tiger than to live like a pussy."

Smooovies • 3 points • 31 January, 2018 07:12 AM

That's pretty close to Patrice's shark analogy.

dominiethetiger • 7 points • 30 January, 2018 11:00 AM

For some reason I always believed the tiger was my spirit animal. Even girls liked to call me that. Now I know why.

oguzhakstibil • 1 point • 1 February, 2018 09:06 AM

It's surely the best to be a Königstiger.

Praecipuus • 46 points • 30 January, 2018 03:19 AM\*

A woman's sexual attraction for a man is, by definition, a visceral, desperate and painful desire for more of what she doesn't yet completely and exclusively get from said man. More attention, more commitment, more sex, more fun, more mental stimuli. More. No matter how much she already has. She needs more.

That is, until she feels like you have nothing else to give her: already living with her, married, given her kids, and she'd get alimony if you left her.

So it isn't that she tries to beta-fy you if you are her man, but rather that every time you comply to her demands, you lose yet another carrot you were previously dangling at her, and eventually end up running out.

DatingCoach111 • 196 points • 30 January, 2018 02:51 AM\*

Good post.

Adding my two cents, women don't deliberately do this. They do so on a subconscious level. Sneak on over to RedPillWomen, and you'll see plenty of women talking about consciously vetting (shit testing) alphas for long-term and sustainable relationships. They want emotional intimacy, but they only want it from Captain-made material. The moment they are aware their man is not fit for duty, they will move on or breakup the relationship.

Non-redpill women, regardless of their self-awareness or lack thereof, still crave that same intimacy, and are not inherently bad people for wanting strong men while ignoring betas.

Just as you said: we cannot control our detest toward obese women, just as women cannot control their disgust toward weak and needy men.

It's not healthy for men to be 100% alpha. We'd be pumping and dumping recklessly without any real connection. But being a nice guy is what brought us to TRP in the first place. The answer? A healthy balance of alpha and beta traits is needed to maintain a long lasting relationship that minimizes the chances of infidelity. To avoid yourself from becoming too beta, it is necessary to do everything you once did right around the time the relationship began.

Being RedPill is good, but being alone until your balls shrivel up is not the end game.

AstuteBlackMan • 25 points • 30 January, 2018 06:52 AM

Healthy balance is good. But I wouldn't lean directly in the middle. Give the alpha a little edge so you can stand out

Metalgear222 • 6 points • 31 January, 2018 04:14 PM

The golden 3/2 rule. 3 Alpha Behaviors for every 2 beta Behaviors for LTRS

AstuteBlackMan • 1 point • 1 February, 2018 06:16 AM

That was exactly my thoughts. People are responding like I said be 100 percent alpha for an LTR.

TheReformist94 • 8 points • 30 January, 2018 10:15 AM

Sounds like your jumping through hoops on their frame

Sarfanadia • 7 points • 30 January, 2018 04:15 PM

Agreed. Always lol when these "redpilled alphas" make all these posts about what essentially boils down to doing what women find attractive to give themselves a better shot at getting them.

Low\_Cost\_Chimp\_Meat • 4 points • 30 January, 2018 10:27 PM

Yes, that's the problem with Red Pill LTR strategies that MGTOW point out; it's a clown game where you are constantly performing for her with "frame" and "lifting"....

Sometimes, it's just better to give up, relax and enjoy everything else in life. Pussy will still be available if you're remotely attractive.

Alexinfinite01 • 2 points • 1 February, 2018 02:04 AM

I was at a wedding and some of my exceptionally blue friends asked why I wasn't hitting on women. I just said "because I don't want to". Truth is they're the typical crab bucket bunch so

even IF I wasn't feeling generally apathetic and unimpressed with women these days I really wouldn't feel like it with those guys around anyways  
Just do your own thing for a while. It's very relaxing.

Low\_Cost\_Chimp\_Meat • 1 point • 1 February, 2018 12:01 PM

...there is nothing more embarrassing than men dancing at a wedding. It is the proverbial "hey, look at me ladies" peacocking.

aeulis • 8 points • 30 January, 2018 03:08 AM

what are some examples of the healthy balance?

DatingCoach111 • 64 points • 30 January, 2018 03:16 AM\*

Passing both shit tests and comfort tests, for example, assertively telling your LTR to stop giving you driving directions in the car when you clearly have GPS on your phone, but holding her hand afterwards to let her know you care if she shuts down.

SKRedPill • 2 points • 1 February, 2018 07:38 AM\*

In my case, that results in an epic meltdown or an array of dirty tricks, or threats, including the "upset girl gambit".

Since you said GPS, does that mean the "micromanagement shit test" is really one more shit test then? I mean you succumb to that, soon Siri will be smarter than you, and you will be despised for having no brains of your own.

New red piller here, failed a lot of shit tests before, still learning. Having a hard time holding my own cause when I do, the house blows up. Huge amounts of time and energy wasted and my day ruined. But getting dominated is a one way ticket to be seen as lacking balls.

Am I in a healthy relationship? My guts think that my girl's reactions are far from normal.

Update : I broke up the relationship. It got too sick to consider

jm51 • 4 points • 30 January, 2018 11:51 AM

There was a line in (iirc) a James Clavell novel that puzzled me at first but now I'm starting to understand it. Spoken by an older oriental guy:

'A man must beat his wife once a week but not too harshly, or she will endeavour to make his hours bitter.'

DatingCoach111 • 7 points • 30 January, 2018 02:24 PM

Preferably an emotional beating. I will never physically hit a woman.

jm51 • 6 points • 30 January, 2018 02:35 PM

Yeah, that's what I take it as, a short lived emotional beating.

I've never physically hit a woman but every one of my exes knew instinctively that I would hit them hard if they were dumb enough to ever hit me. None of them ever hit me, so no problem.

pinkalligator333 • 1 point • 29 April, 2018 07:00 PM

A real alpha doesn't have to hurt others. People follow willingly.

Tripe816 • 0 points • 31 January, 2018 08:01 AM

Are you claiming emotional abuse?

aDrunkenWhaler • -1 points • 30 January, 2018 02:37 PM

Preferably an emotional beating. I will never physically hit a woman.

You can always slap and smack them around during sex.

BluepillProfessor • 1 point • 31 January, 2018 01:47 AM

This is definitely not an AWALT.

TheReformist94 • 4 points • 30 January, 2018 10:14 AM

Women don't need emotional commitment if they have a job and AF. so it's just a bit of left over wiring from the days where a woman got pumped and dumped and left to die in the wilderness if she didn't exchange sex with a beta for shelter. I wouldn't sweat it. ignore their shit. Their actions show that when they actually get love and commitment it dries their pussy up, hence the rampant infidelity and high divorce rate on the females part

VasilyZaitzev • 38 points • 30 January, 2018 05:30 AM

It's their nature.

Fitness is not a permanent condition, and thinking otherwise is what gets so many guys into trouble - a guy gets married, thinks that he's "won" and he doesn't have to go out and compete with other guys anymore, he anesthetizes himself with sportsball and beer and pretty soon he finds himself on the wrong end of a petition for divorce.

There's a reason we call marriage "TRP on Hard Mode". You can never stop gaming your wife, LTR, whatever.

jm51 • 12 points • 30 January, 2018 11:25 AM

a guy gets married, thinks that he's "won" and he doesn't have to go out and compete with other guys anymore, he anesthetizes himself with sportsball and beer and pretty soon he finds himself on the wrong end of a petition for divorce.

I'm a baby boomer and there were so many marriages like this back when I was a kid. The prevailing attitude from married men seemed to be: 'I don't need to chase women because I own a doormat'.

Looking back, 80% of married guys my dad's age or older were drunk captains (literally in the case of my dad) but their wives were RPW first mates.

What feminism has done imo is expose the lack of worthy captains. Damn right they're pissed.

The\_Phoenecian • 7 points • 30 January, 2018 10:14 PM

What feminism has done imo is expose the lack of worthy captains

I agree. I believe part of the reason the feminist movement is so heavily fueled by anger is that these women feel an innate need to find a 'captain' of their own, but they can't. There are simply too few quality men. This drives women to engage in behavior that makes them even less attractive to the few quality men that are out there (poor eating, no exercise, slutty tendencies, drinking & drugs). When men survey the pool of women out there and realize that the vast majority of them bring nothing to the table and demand everything in return, it's no wonder that they decide to just opt out of the whole thing entirely. They have no motivation to improve themselves and become 'captain' material, because the

motivation to do that is the promise of landing a woman of value when you improve yourself enough. It's a vicious cycle.

[deleted] • 78 points • 30 January, 2018 01:04 AM

**The question is, what's more important to you: the comfort level achieved by the relationship, or the freedom of not having your behaviour and mental space controlled by circumstances you have created?**

The only females that I've seen not curb alpha behavior are those with tried and true alpha male boyfriends or husbands. They can't do it if they try. They will complain, but for the most part they get the fuck out of the way of / bow down to his life lifestyle conflicts, and follow his lead. I can imagine with time, they attempt to get their way more and more, as he slips up here and there, and everyone is worse off.

PhaedrusHunt • 5 points • 30 January, 2018 04:10 AM

Go to 1:30. DeNiro sums it up.

[https://youtu.be/LUy2Wx\\_r0\\_w](https://youtu.be/LUy2Wx_r0_w)

truedemocracy3 • 19 points • 30 January, 2018 04:16 AM

Eh disagree on the 'marriage material'. While this isn't the compliment you once thought it was, they still can give tingles - but the comfort aspect is spot on.

You will never be in a LTR in your life where the woman doesn't try to chip away at the guy she fell for in the first place. Common examples:

I love how you look the way that you are, you don't need to go to the gym. Or "I like a little chubbiness"

Why spend time and money on Hobby X (that makes you interesting) when you could spend it on more important things (whatever she decides is important)

You're working too much. I don't see you enough (you know what you married into bitch, it was about those \$\$\$ and they come at a cost).

This isn't to say that women want to turn their husbands into obese, couch sitting, TV watching, unemployed slobs. But they don't want them to be lady killers.

DeNovaCain • 10 points • 30 January, 2018 03:44 AM

Good post. It's like the male version of Stockholm Syndrome.



red\_matrix[ ] • 75 points • 30 January, 2018 12:26 AM

It needs to be reminded over and over, DO NOT GET MARRIED.

[deleted] • 9 points • 30 January, 2018 01:03 PM

I've sat through legal Family Law classes at a local law school and I can tell you most the women, including the professor, know the game and they actively laugh about it, especially when property law get thrown into the mix. Maybe like 6 or 7 guys but the women don't care, the legal system is rigged in their favor and at least some portion of them know it.

TFWnoLTR • 1 points • 30 January, 2018 02:19 AM **[recovered]**

Meh, it can be done right, and should if kids happen. The last thing you want is to leave your baby momma the power to get you arrested for taking your own kids out for ice cream.

Really, if you play your cards right with the right woman, marriage is no big deal. Just maintain frame, and keep boundaries.

Pie\_021 • 35 points • 30 January, 2018 04:20 AM

You wanna get married? Go to a country not flipped upside down. Go see her once in a while and fuck off for the rest of the time.

Let's be real here, the biggest issues with marriage are the laws in the country, women no longer appreciate a man providing the basics, they are demanding, many don't bring any value aside from their existence, weddings are so god dam expensive, and in the end she will wear you down on way or another. Even a soldier get's tired of standing at attention. Society let women go apeshit without accountability and responsibility. And look what's it done to America. 40% of kids are born to unmarried women. This is what people call progress? Being modern? The fuck?

TheRealJesusChristus • 6 points • 30 January, 2018 02:58 PM

As I understand this number you probably are referring to is that 40% of unmarried women get kids not that 40% of kids are born to unmarried women. But Im sure your point still stands.

Dis\_mah\_mobile\_one • 4 points • 30 January, 2018 10:10 PM

According to the source, 40.3% of all births are to unmarried women

JLM19 • 11 points • 30 January, 2018 04:31 AM

Insanely difficult because I've noticed how much girls changed from high school to now 24. Lot of them are married to losers, knocked up by losers, or got fat. I'm still the same more or less. Just have a career now. But I definitely agree with your last point.

NapalmSunshine • 6 points • 30 January, 2018 01:49 PM

Also... The boys from high school are all married to these broads. And their wives don't even do anal.

RadioForMen • 1 points • 30 January, 2018 03:02 AM **[recovered]**

FUCK this bullshit.

red\_matrix[ ] • 22 points • 30 January, 2018 02:25 AM

Why take the risk? Have you read any of the stories on here of men who have gone through divorce?

Women know they have the upper hand in marriage (thanks to no fault divorce and alimony), this makes them hold all the power - they won't respect you since you're beneath her, and her subconscious knows it. You can't win. Never forget AWALT.

jm51 • 4 points • 30 January, 2018 12:22 PM

Have you read any of the stories on here of men who have gone through divorce?

There's a thread here called 'How to Divorce your Wife'. The guys that did it well have, imo, achieved the perfect endgame.

Joint custody so regular contact with their children. No alimony so a lot easier to rebuild their wealth. Downside is having to play Billy Beta for a year or two during the breakup but once that price has been paid, it's gravy all the way.



truedemocracy3 • -4 points • 30 January, 2018 04:21 AM

Pick a partner in a similar socio-economic class who wont financially bend you over. Fair enough.

coffeebeans5 • 1 points • 30 January, 2018 04:16 AM **[recovered]**

This is why he said boundaries and with the right person. Just don't get married then and leave it at that. It'll be okay. I was screwed over by a man and it dosnt mean I think all men are like that and all marriage is crap. If I did feel like that then I'd decide to never do it again.

Solon64 • 9 points • 30 January, 2018 09:48 AM

Darling, from your post, I take it you're a woman. If so, this statement hardly applies to you, your gender gets a ton of benefits from getting married.

His comment applies to men, where getting married is a massive risk for little gain.

NapalmSunshine • 2 points • 30 January, 2018 01:48 PM

As a woman myself, I also advise against marriage. Women will always try to change their men. And some will succeed. But it will destroy you both in the process. So much so, that generally, you both just end up staying miserably married because you're both too exhausted to go through a divorce or have to adult on your own again.

RPBulletDodger • 3 points • 30 January, 2018 05:44 AM

This is the single most idiotic reply on TRP that I have ever seen.

Bar fucking none.

[deleted] • 1 point • 30 January, 2018 03:40 AM

if you plan ahead you can end it without losing too much

I see a problem here.

Why not instead just tell the kids you're married (hell even have a wedding) and not legally bind yourself and your wealth to her? Also common law marriage isnt really a thing anymore

Taco\_Truck\_Aficionad • 1 points • 30 January, 2018 12:17 PM **[recovered]**

Common law marriage is still a thing. If you go around identifying yourselves as married even if you're really not, then that counts as common law married in a court of law and the woman can still steal your stuff. All she needs is witnesses to prove you and her identified yourselves as married to other people.

[deleted] • 4 points • 30 January, 2018 12:48 PM

Dude that's only true in like 4 states

Taco\_Truck\_Aficionad • 1 points • 30 January, 2018 07:45 PM **[recovered]**

States with Common Law Marriage:

Alabama Colorado District of Columbia Georgia (if created before 1/1/97) Idaho (if created before 1/1/96) Iowa Kansas Montana New Hampshire (for inheritance purposes only) Ohio (if created before 10/10/91) Oklahoma (possibly only if created before 11/1/98. Oklahoma's laws and court decisions may be in

conflict about whether common law marriages formed in that state after 11/1/98 will be recognized.) Pennsylvania (if created before 1/1/05) Rhode Island South Carolina Texas Utah

[deleted] • 3 points • 30 January, 2018 09:18 PM

And Australia.

Live with a bird for 6 months and she gets half your shit.

[deleted] • 1 point • 31 January, 2018 02:52 AM

Ok... you were right and I was wrong. At least it's not legal in my state :-)

Original\_Dankster • 0 points • 30 January, 2018 08:54 PM

It's true in all of Canada and most of Europe.

WISE\_TURD • 8 points • 30 January, 2018 02:49 AM

Regardless of age or marital status, you literally can't read this too many times.

Cryptomineand69 • 6 points • 30 January, 2018 01:18 PM

They aren't turning you beta. You're allowing yourself to be beta.

Drakonlord • 6 points • 30 January, 2018 06:02 AM

perfectly describes my last relationship. Been out a month already lost 8 lbs and got my health in check

fromthecrypt8 • 16 points • 30 January, 2018 12:10 AM

This is standard knowledge here. Nothing new. The topic is important, but has been covered many times before. Enjoyed the curve graphic though.

patriargate • 10 points • 30 January, 2018 05:50 AM

Good post. Relationship is still the end goal in life, because without a family we are not much after ~40. Yet no-one treats about how to keep your girl and yes it is a real issue. This betazition is very real, and when a girl is giving shit to you everyday, that is hard. The more alpha you ll be and the bitchest she will be. To be totally honest this is not only about evolution, but more about feminism. This shit has destroyed the trust between men and women. This means that at a subconscious level women can use men without any consequences, while men are left with almost nothing. Your SMV decreases with age and most of us wont be donald trump at 50. It is for a fact that feminism is a real shit to clean. As you say, we need beta traits to build society, else it simply won't last - we all see the decadence from all perspectives.

[deleted] • 2 points • 30 January, 2018 01:02 PM

womens value decrease far more and faster witv age than men do, you should go for kids if you want it but never get married.

patriargate • 2 points • 30 January, 2018 01:49 PM

That is a problem. Because married or not the price is nothing else than your children.

[deleted] • 3 points • 31 January, 2018 02:19 AM

we are not much after ~40.

Says you. That's the problem of you neckbeards, you think life ain't shit if you don't got a bitch on your arm after 40.

Bitches ain't shit. Try living yo life

Bear-With-Bit • 10 points • 30 January, 2018 01:38 AM

So why do women do it?

Not to mention busting through their shit tests turns them on. A well-placed "SHUT THE FUCK UP" will give them the tingles.

AstuteBlackMan • 5 points • 30 January, 2018 06:51 AM

The funny thing is when you hold your frame and don't act abrasive when she does this she finds you even more attractive which makes her do other things to keep you that are positive. So that chart you have there could swing right back up.

It all goes back to frame. Maintaining it and making light of what she says and showing you're not bothered really makes women go crazy.

Gozsayin • 3 points • 30 January, 2018 05:27 AM

So that's what they do. Here I was thinking that female traits just eventually rub off on men that don't hold frame. Turns out they do it on purpose well wtf.

Store\_Front\_Door • 1 points • 30 January, 2018 10:11 AM [recovered]

This hits the spot. I remember in my last LTR I couldn't perform very well for a few weeks due to overexhaustion and lack of vitamins. And she would keep on mentioning it in a very sly way, by asking "Is everything OK? Are you still attracted to me?". While it wasn't a direct jab she would still mention it and thus show that she also notices that I can not perform and she made sure I knew that. Good thing I was aware of my own self and what was happening and didn't let these comments get anywhere near me, shipped my supplements and was back on top in no time. But I realised that if I wasn't aware of the situation it could've destroyed my confidence because I would trick myself in to believing I've got ED

mountainbiker178 • 2 points • 30 January, 2018 12:02 PM

What supplements were they?

Store\_Front\_Door • 1 points • 30 January, 2018 01:01 PM [recovered]

The most basic stuff. I've been a gym rat for 7 years, I take multivitamins, extra omegas, extra zinc, extra magnesium and D3 daily. It's usually enough to endure 5 workouts, work and have a healthy sex life. If not, tribulus does the trick.

Ihatemoi • 1 point • 30 January, 2018 05:33 PM

Zinc picolate or... (the other type?) what kind of magnesium?

Blackbull\_ • 1 points • 31 January, 2018 02:22 AM [recovered]

all that & your cock still went limp?

BobbyBigshot • 3 points • 30 January, 2018 12:33 PM

Mojo, YEAH BABY! (Austin Powers Voice)

JDRoedell • 3 points • 30 January, 2018 01:27 PM

As a member of Married Red Pill, I'll say this is pretty spot on. Always be in charge of your life and your goals. Make sure you are happy first.

If she tries to belittle/beta-fy/put down, etc you AM it and if she doesn't get the hint you start removing your presence and attention. Where are you taking that precious attention of yours? She'll start wondering.

VikkBlack • 1 points • 30 January, 2018 02:00 PM [recovered]

Slightly related, but I want to give my 2 cents.

Some women really want to make you a beta. Im an extrovert and I need to talk to people, and well, I talked to people I shouldn't have. When I was not very confident, some of the girls in my class only talked to me to make fun of me, ridiculed me, told my cringy stories out loud. I stopped talking to them and ignored them, nowadays I joke with them, but no more of that shit.

Other two girls in my class were ugly and trashy. Whenever I go out to smoke with them, they force me to get on their level and enter their frame. I used to do, and everytime it was so uncomfortable that I even questioned if I can talk to a girl in a masculine manner, not a beta.

Then there are 2 high SMV girls in my class. They are very attractive and interesting people. Whenever I talk to them it feels like they are letting me to be a man, in fact with one girl we joke about dating each other.

I have to be able to keep my frame around people that want to betafy me, but I learned that I shouldn't hang around with people who needs a beta, but with people who lift me up.

[deleted] • 2 points • 30 January, 2018 08:27 PM

they force me

Nobody can force you to do anything you do not want to, walk the fuck away.

VikkBlack • 1 point • 30 January, 2018 08:39 PM

Yes, I mean nobody is forcing me to stay, but talking to them is not right so I rather not hang out with them

ThePsyentificMethod • 2 points • 30 January, 2018 12:13 PM

Easy solution though: don't stay in abusive relationships.

[deleted] • 2 points • 30 January, 2018 05:42 PM

Women get pregnant by an Alpha, get offspring with good genes, win. Keep that Alpha around, slowly demean him and turn him into a provider, win. It's perfect from their side since they'd ultimately be getting the best of both worlds. Be your own man, and only live for yourself

SoundHearing • 2 points • 30 January, 2018 01:17 PM

I've broken up with girls over this shit. The most interesting part is when you deconstruct their behaviour and call it out as being emotionally/psychologically abusive...

LiveAFTSOV • 2 points • 30 January, 2018 03:30 AM\*

The moment they are aware their man is not fit for duty, they will move on or breakup the relationship.

ex\_addict\_bro • 2 points • 30 January, 2018 05:09 AM

Go read some books and stop prying an open door.

“Practical female psychology” covers that way better than your 10-minute post

[deleted] • 1 point • 30 January, 2018 01:29 PM

Please, for the love of God, expand!?!?

ex\_addict\_bro • 0 points • 30 January, 2018 01:37 PM

If you don't know the basic literature, you're going to reinvent the wheel. Poorly.

[deleted] • 1 point • 30 January, 2018 05:31 PM

I'm simply asking for your input, even in basic tl;dr: format.

I thought your "stop prying an open door" comment witty so I figured you could definitely add more.

I'm a med student, don't have a lot of time for extracurricular reading.

BluepillProfessor • 2 points • 30 January, 2018 11:54 PM

TLDR: You can spend time figuring it all out on your own or you can read the sidebar books.

itsblackfonzie • 1 point • 30 January, 2018 02:28 PM

You don't need all this shit. Just say how you REALLY feel, in your gut, about what was said to you.

I mean if you're marriage material, you're boyfriend material too so why not have a wife and a girl on the side?

brucebannerstailor • 1 point • 30 January, 2018 05:26 PM

Yo good shit, but wondering if you got anything more on the 19th and 20th century scummy old bitches though.... is this just some stories or is there some tangible shit to the young bitches being afraid of becoming the old hag?

SKRedPill • 1 point • 3 April, 2018 04:51 AM\*

## The betaization process

- 1) Seek an attractive alpha and make him exclusive to her and away from other women. Get pregnant and have kids.
- 2) Get him vulnerable to take off his armor and learn where his buttons are. The Talk 1.0
- 3) Turn him into a secure worker for her and her children.
- 4) Lose attraction and therefore start covertly breaking off the relationship by turning him into a failure
- 5) Get Independent, The Talk 2.0, and fly away to fuck the next alpha.

Do note : Healthy women would not like you to turn ugly or unattractive, but their desire for their and their kids' security and provisioning, and competition with other women will always be stronger and a man will have to fight this process.

Women in the past might have had to work very hard to keep her man from having sex and leaving like the monkeys. They don't have to do nearly as much work since marriage became a thing, but that hasn't blunted this behaviour in the least.

## There is no male equivalent to this, but the male process is like this

- 1) Get a (or more) beautiful and feminine woman and have sex with her. Note, men can be parallel as the serial aspect of a man's love lasts only for the duration of putting his penis inside her.
- 2) Make her exclusive by not allowing other males to impregnate her so that her kids are yours. It's responsibility.
- 3) Maintain her attractiveness as far as nature allows so she's still sexy. No man would ever want to turn his woman ugly.
- 4) Get her to support your mission and home along with the kids. This won't change his sex drive in any way.
- 5) Use other women for sexual variety, to help your genes survive and maintain your attractive value as it takes a lot of time and energy and risk of death / disability for just one kid and raise it to adulthood.

As you can see, there is no male equivalent to the betaization process.

throwlaca • 1 point • 30 January, 2018 04:33 AM

destroys your self esteem for a whole week.

How in the hell a girl can destroy your self esteem? how anybody can do that??

I mean, my oneitis could...but then, I was stupid enough to have a oneitis.

ChickenPart • 9 points • 30 January, 2018 08:44 AM

You answered your own question..

michasv • -1 points • 30 January, 2018 12:33 PM\*

i always ask myself - and what if she'll turn to be too much insecure to the point that she will start to drop out of the relationship?

i had a girlfriend once that for 4 whole months she was my bitch. she was broke but she bought me a gold bracelet worth almost 1000\$ but then i ended up fucked up because i got addicted to the sex and then she started to tell me that she feels that i don't really love\ i don't really appreciate her - and she told me straight away that she's too anxious. i know that she ain't lying because i kept fucking her so she clearly had high attraction to me but she ended up getting together with a beta boyfriend and they got engaged and she became pregnant.

i wanted to check out whats happening with her when she was pregnant and told her on purpose that i earn big money and fucking chicks and still single and she got in hot mode and wanted to see me to fuck me. and i just flaked on her because she's pregnant with a future husband. i just wanted to experiment..

so what to do if she IS too insecure and she needs some affection to stop those attempts at bringing you down?

BetaBitchBoy69 • -6 points • 30 January, 2018 10:35 AM\*

fuckkkk theres this girl who was basically my fuck buddy for a year during college. Had her whipped, i could call her at basically anytime and she would be at my door to fuck/do my laundry/cook me dinner...she didnt give a fuck that we werent dating. Well i graduated went off and did whatever.. Guess who hits me up on fb? This girl. But now all of a sudden she has a boyfriend and is a "serial monogamist" (her bf is a 110% beta bitchboy, plus lives an hour away) She just moved to the town i'm living in. So basically i've got to bust through the friendzone, and bang her otherwise she isnt worth my time. She KNOWS i'm a better partner then her chump ass boyfriend in every part of life, yet she likes the stability of a beta, even though he cant provide...wtf should I do? I have zero morals stealing a chick from her BF. I've legit made chicks call their boyfriends and shitcan them infront of me before LMAO (lets make this clear, i dont want to date her just ruin her relationship and fuck her. )

Rollo\_Mayhem3 • 1 point • 30 January, 2018 06:40 PM

just ruin her relationship and fuck her

why can't you just fuck her and not ruin her relationship...that shit ain't alpha that's just plain old stupid...

EDIT: there is one thing I learned relatively earlier in life, stay the fuck out of people's business, be fucking discreet if you banging anyone, and you want to respected and admired...not hated and despised.