

Frame for Dummies. What it is and ways to build (and keep) it.

February 7, 2018 | 1484 upvotes | by [Metalgear222](#)

"Frame is everything. Always be aware of the subconscious balance of whose frame in which you are operating. Always control the Frame, but resist giving the impression that you are." - Rollo Tomassi, Iron Rule #1

Frame can't really be faked. And if you do fake it, it won't take long before women will poke holes in it. That's what they are meant to do.

Luckily, frame is directly related to your own personal value and belief system. So it doesn't actually take that much to alter. Even a low SMV man with a strong frame *can* work like magic on women (think of convicts and junkie musicians)

Here are the most important points to internalize and actually change your attitude to believe. If you truly make these points real in your mind, gaming will get easy for you.

1. You're better than her. (In every way except maybe taking care of a child)
2. She's there for YOUR entertainment. (Treat her like a servant and ask her to do favors for you)
3. She stopped maturing at 18. (Treat/tease her like a child.)
4. She's a nasty dirty cumguzzling whore for **the right guy**. ALL girls are very sexual. (Don't fear sexual implication, you're a man, it's natural and masculine)
5. You're more willing to walk away than her. Women need to feel that you do not need them. (Outcome Independence. This one is key. DO NOT be more invested than her.)
6. There's NOTHING that she can do to make you emotional and reactive. (Women should be literally incapable of getting under your skin. Nothing phases you. You've seen it all before and it's laughable when they try their mindfuck games)
7. It's her loss if you're hard rejected. You were simply trying to share some of your awesomeness with the world instead of being a selfish asshole and hogging it all to yourself. (Never forget that when you approach, you're OFFERING value to a girl, not LEECHING it. You're doing them a favor.)
8. Recognize knowledge of improvement. (No matter what happens, you're improving your approach and results in the future. Always. There's no such thing as going backwards in skill on approaches)
9. Failure is fun and embrace it (you should approach 9's and 10's to get shut down and learn the difference of their tests to get better).
10. You take/work for what you want. (See hot girl. Want to put dick in. Take steps to see if that's an option to get the desired result you want)
11. Walk and act like you have two french 10's that lick caviar off your balls as soon as you walk through the door every fucking day. (Ignore her beauty, you're used to smokeshows already. They're just girls..)
12. Sex is on your mind and your actions reflect it. (You should be undressing her with your eyes, spanking her/grabbing her ass every chance you get, escalating often, and whispering dirty things you want to do to her in her ear, grabbing her thigh when you're driving, etc. Be the fun sex guy. Leave "Billy Beta" in the fucking past)
13. You're the leader. (She follows you. YOU make the decisions, you call the shots, you design the plans. She's just along for the ride.)

14. Her moral recklessness and emotional rollercoaster riding is adorable to you. You've read briffault's law and you know WHAT they are, (not necessarily WHO they are.) You enjoy their fragility and savageness in the same breath.
15. Confidence and boldness is your default. (Walk like Brad Pitt, talk like George Cloony, fuck like Tyler Durden, and lift like Dwayne Johnson)

TLDR Frame is everything. The basis of all attraction hinges on frame too. Without it, you're literally a nothing. Develop it and be mindful of it always.

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Comments

[deleted] • 264 points • 7 February, 2018 08:39 PM

I'd add to not show your fucking hand to a woman. I semi-failed a shit test with a plate the other day in which when she denied sex I did my own thing and she said, "what are you upset we aren't having sex" for the 3-4th time so I just retorted, "There's two other girls I could call right now don't think you can weaponize sex". To which she went nuclear. "I don't want to feel like an option."

RonTomJohnson • 430 points • 8 February, 2018 12:24 AM

You should have done a more subconscious dread. When she denied sex. You should have just got on your phone and started texting other plates. When she asked who you are talking to, say no one, but you need to leave now. Don't tell her you have options, show her you do.

Also, she is shit testing you because you are, conscious of it or not, showing more beta traits. She would be, just an option, for the right guy. Sounds like she is questioning if you are good enough that she is OK being said option. Remember, women would rather share a high value man, over having a low value one to themselves.

fromthecrypt8 • 110 points • 8 February, 2018 01:19 AM

Solid reply to that situation. I learned something.

lopsidedlucky • 40 points • 8 February, 2018 02:45 AM

This guy gets it. This is exactly what was happening. It because a lose on 2 fronts if you try to convince her she is more than just an option to calm things back down. Then you've lost your dread and manhood points putting her much further in the drivers seat.

Redpillandrew • 18 points • 10 February, 2018 03:39 AM

this. Get out of the house, or leave the bed if you're sleeping together. It's my favourite move, tried the first time with an LTR. Careful, as said above, you don't verbalize anything, say you just go for a walk, her hamster will do the rest.

I left the bed once, because she said she was too tired to have sex (alas)... i left without saying nothing, my poker face on: next day she went to my bed and woke me up with a blowjob.

RandomePerson • 5 points • 10 February, 2018 09:11 AM*

What would your response have been if she just didn't seem to notice or care? Is the assumption here that any denial if sex at any time is a shit test?

Redpillandrew • 9 points • 10 February, 2018 03:37 PM

sometimes you'll definitely recognize the denial is a shit test, sometimes you're not so sure. Nevertheless if that's the case, you should withdraw attention as a default. Make sure you're conveying that you don't make a big deal out of it but at the same time your natural answer to sex denial is withdrawing attention, implementing some soft dread. It goes without saying, if her "denial" consists in a playful "no, you can't have it", you just proceed and rail her.

what would I have done if she seemed not to care? Nothing, roll with it, continue to be aloof and reach out for other plates. It's up to her to fix it and get back of your cock if she will, you can't go

further than that.

RandomePerson • 9 points • 10 February, 2018 07:16 PM

Let us consider this scenario: your plate has a migraine headache, or worked a 12 hour day and is just too tired for sex at the moment. Do you feel that withdrawing attention in these scenarios is a form of emotional abuse? I suppose the answer depends on whether or not you see this person as good for nothing than sticking your penis inside of.

Redpillandrew • 13 points • 10 February, 2018 08:36 PM

I've been there, I've been asked the same question: "am I good only for sex, to you?" by girls who did work hard and got to see me late at night. Thus I've been questioning myself if I wasn't too harsh with them.

The answer I came out with, thanks to this sub, was this consideration: when a girl is really into you, she'll travel to get to see you, put on stockings, stay up till 4 a.m. and never look at the watch. She'll literally do everything for you.

When she's not... she'll just hit the bed and ask you to rub her back, and preemptively tell you about her headache. Everyone who dates girls experienced this different levels of attraction and affection. You had "meh" girl and "fuck yeah" girl.

Think about this. Have you ever been tired to no end from work but still so excited about seeing this girl you like/have great sex with? Is the sex that ensues another fatigue, or is it a delight? Good, flip it.

RandomePerson • 4 points • 12 February, 2018 12:43 AM

The answer I came out with, thanks to this sub, was this consideration: when a girl is really into you, she'll travel to get to see you, put on stockings, stay up till 4 a.m. and never look at the watch. She'll literally do everything for you.

It just seems a bit hypocritical. The TRP thought seems to be to never expend more effort or energy on a woman than is strictly necessary to procure sex. Am I interpreting TRP thought incorrectly when I say it seems that the general idea is that a man should be unavailable for a woman outside of sex (or anytime when he wants something from her, like a meal), but the expectation is that a woman should "travel to get to see you, put on stockings, stay up till 4 a.m. and never look at the watch...literally do everything for you."

If a man shouldn't "put pussy on a pedestal", why are women expected to idealize dick?

Have you ever been tired to no end from work but still so excited about seeing this girl you like/have great sex with? Is the sex that ensues another fatigue, or is it a delight?

OK, but what if a man *is* too tired or distracted for sex? Some posters here have commented that they have turned down sex with attractive women when they weren't in the mood, as a positive sign of abundance mentality. If a man is too tired and a woman ignores him afterwards, is that her playing a game and being an emotional woman? What's the difference?

Redpillandrew • 5 points • 12 February, 2018 06:37 PM*

I'm not inquiring about right or wrong, maybe you aren't either. You're just asking "how is that possible?" or wondering why something works in a way but not the other way around. Inter-gender dynamics. Yes, having a girl doing all of those things and giving virtually nothing in return apart from "value as a man" doesn't seem right. But here people discuss sexual strategy and handling a relationship with an amoral approach. Let's just focus on the dynamics: these things happen, and you can see that women's love resemble idolatry. They wanna please the man they deem worthy of their love, in the moment and conditionally. They also tend to do things expecting love and attentions in return. This is just natural and somehow healthy, but put a man in the same role: the Nice Guy, the people pleaser, they do something thinking that A leads to B, favors gain love and so on. That's not masculinity, it's instant pussy drying. That's why, answering to your second point, yes, we're different, there's a difference. We aren't supposed to be the Nice Guy and finish first or have a girl head over heels for us.

a man is too tired and a woman ignores him afterwards, is that her playing a game and being an emotional woman? What's the difference?

at the end of the day, who cares? Whose side are you on? Do what works, morality apart. We ARE different. In fact:

the tired man might not even realize he's being ignored, and fall asleep, glad he can;

the woman who's being turned down on sex will not ignore him in the first place... instead, she's probably complaining about that.

[deleted] • 0 points • 8 February, 2018 07:45 AM

holy fuck, you are THE man. what did you do personally, to become so red-pilled?

MusicSports • 28 points • 8 February, 2018 07:56 AM

This is incredibly basic sidebar knowledge.

[deleted] • -3 points • 8 February, 2018 08:02 AM

I generally browse on my phone. but yea, ill give the sidebar a check. thanks ☐

fromthecrypt8 • 13 points • 8 February, 2018 03:55 PM

You and others should read it all at least once to eliminate the amount of basic posts.

bringer_of_glory • -5 points • 8 February, 2018 06:39 PM

Sounds like behaving like a pissed of teenager.

RonTomJohnson • 11 points • 8 February, 2018 07:42 PM

How? By showing that you have options and put her in her place? It isn't his girlfriend, she is basically a fwb. He owes her nothing. If the relationship is built on nothing but being physical, no one forced her into it. If she doesn't like it, she can leave. The one acting immature is her, by expecting something out of this he never said he wanted to give. If the relationship is built on sex, and sex only, while he tells her that's all it will ever be. She shouldn't be trying to weaponize sex, in an effort to get

commitment the guy doesn't want to give.

So yeah, the guy is allowed to want sex, and if she isn't giving it, he can get it elsewhere. Shaming him into commitment won't end well for her anyways. He doesn't need to rub it in her face. The fact he did, only shows her that she does have power and can get a reaction from him. Which, puts him in her frame, and whether she realizes it or not, puts him in betaville. Where she will lose attraction anyways.

The only person sounding like a pissed off teenager here is you. Obviously something here bothered you enough to make the comment.

bringer_of_glory • -2 points • 9 February, 2018 11:22 AM

Thank you for sharing your diary entry with me!

The part that "bothered" me, is: " You should have just got on your phone and started texting other plates. When she asked who you are talking to, say no one, but you need to leave now. Don't tell her you have options, show her you do."

Planing, having tactics how to behave, acting, lying, playing games.. thats for teenagers (or manipulative woman).

Thats not standing up for yourself with dignity

RonTomJohnson • 3 points • 9 February, 2018 01:29 PM

That's not playing games though... That's him getting laid by another thot and having outcome independence. She's a plate, and by the sounds of it knows the relationship is physical only.

So, the second she decided to weaponize the vajay in a sad attempt to get his commitment, is when he should have simply had her leave and had the next plate come over. Again, I don't see how this is him playing games and not her.

You sound pretty white knitey/captain save a ho here.

Metalgear222[S] • 146 points • 7 February, 2018 08:42 PM

Very true. Taken from another post a few days ago:

"Remember, her preaching about honesty is only to get you to show your hand so she can fuck you in the ass with your own masculine values in a pseudo-pegging frame power grab."

MrAnderzon • 27 points • 7 February, 2018 08:45 PM

Yea i noticed this when a plate openly said "i dont have any friends"

TRP_MushaShugyo2 points 9 February, 2018 04:05 AM **[recovered]**

What do you mean? I don't get it. What are you supposing she meant by that?

MrAnderzon • 13 points • 9 February, 2018 06:19 AM

She means that i should not worry about her hanging out with male "friends". Which we all know is a lie.Of course she has friends .Another comment i read here. Is that they will openly be honest so that you can show your cards and her take advantage of it.

[deleted] • 9 points • 9 February, 2018 09:49 PM

so that you can show your cards and her take advantage of it

Plate kept pressuring if another chick is coming around on a certain day. She acted like she wanted to come. I gave in and told her that nothing is going down and that I had time for her. IMMEDIATE loss of interest on her side. She texted me she's having a girls night. I'm an idiot. AWALT.

general-heartless • 3 points • 11 February, 2018 07:38 AM

My strategy is just to stay silent and let them spin around in circles.. watching them twist and turn around in circles... preaching virtues and claiming innocence... all while i silently maintain occasional eye contact while doing something else, and very slowly nodding my head in silence.

greenlittleman • 2 points • 9 February, 2018 04:45 PM

Well, not all guys and girls have a lot of friends, really. I know girls who don't have any male friends and, of course, I know even more guys who don't have any female friends.

lopsidedlucky • 29 points • 8 February, 2018 02:51 AM

Similar sentient from Atlas Shrugged,

"They have a weapon against you," Francisco said at Rearden's wedding anniversary. "Ask yourself what it is, sometime."

It's the idea of using a man's values or moral code against them. "The self-sacrifice moral code has been used against him for years. The self-sacrifice moral code allows worthless men to make outrageous demands of productive men, who feel morally obligated to satisfy them. Under this code, a productive man supports a gang of parasites, martyring himself in the name of selfless service." -Online cliffnotes

bcvickers • 4 points • 8 February, 2018 08:38 PM

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Woah, this is really really interesting. Thanks for posting! I'm borrowing this one for certain.

dr_warlock • 47 points • 8 February, 2018 01:37 AM

Any overt speech by a woman is a trap. Women speak indirectly. Play dumb or don't openly acknowledge it. That's how the game is played.

lopsidedlucky • 7 points • 8 February, 2018 03:03 AM

Here's a question doc, what is the trap when they speak directly? I usually don't acknowledge it because my spidey senses tells me they're up to something when they're being direct however, it starts to give me a headache.

SKRedPill11 points 8 February, 2018 04:23 AM* **[recovered]**

They're exasperated. And they think you're dumb. Or it's a wall of self defense. Or NAWALT

marketing (feminism is also another case of NAWALT). Don't speak their language, but do learn it thoroughly (yeah, you're a man. Like Adam before you, you're like soil and need your skills to be cultivated to get better - it's just our way).

destraht • 4 points • 8 February, 2018 05:02 PM

Its always been amazing to me how little a below average intelligence female comprehends my position and awareness. They don't even scratch the surface.

dr_warlock • 4 points • 8 February, 2018 07:26 PM

In this case it was shaming. She just wanted to take what she gives you without resistance. If you address the concern at face value, it means you don't understand that. If she stated her clear intention "take what I give you when I give it to you and don't complain", no man would listen.

lopsidedlucky • 1 point • 16 February, 2018 07:40 AM

See, that's the deeper layer womanese right there. Thanks for clearing that up. A lot of memories are starting to click on that one.

Praecipuus • 2 points • 8 February, 2018 07:40 AM

The trap is them trying to make you spill the beans on whatever matter is driving them crazy for not knowing enough about.

You playing this game with them will calm their need for being closer to both you and your dick.

[deleted] • 2 points • 8 February, 2018 01:26 PM

They have reptilian communicative inclinations on average. As always, you may want to sieve out the manically serpentine, and only deal the slightly indirect/cunning. (Specially if you want more than casual bonking).

MisterRoid • 17 points • 8 February, 2018 04:52 AM

I don't care what's the proper thing to do by the book (TRP), if a woman denies me sex I kick her out. I would rather be alone then.

red_matrix13 points 8 February, 2018 12:28 AM* **[recovered]**

You could've just smirked and said 'Not really.'

CSHooligan • 5 points • 8 February, 2018 05:59 AM

Bro the exact same shit happened to me last year. Like they want you to fucking be upset that they arent fucking you.

HarbourView • 7 points • 7 February, 2018 09:17 PM

So what would have been a better way to deal with it? Totally ignore her comment, change subject, or something else?

Kinbaku_enthusiast • 22 points • 8 February, 2018 12:01 AM

Each of those is fine, and amused amplification works too. "Yeah, I'll call my best bud about it and cry on the phone".

Of course it only works if you're emotionally self-controlled. If you're agitated any response will sound

either aggressive, passive aggressive or whiny. Like all shit tests, not giving a fuck is key, and then it doesn't really matter if you have the right response or not.

Khaka-Laca • 4 points • 8 February, 2018 01:57 PM

Exactly.... great response

[deleted] 7 February, 2018 09:25 PM

[permanently deleted]

[deleted] • 10 points • 8 February, 2018 05:45 AM

Wait what? As a reply? Why indulge such an asinine conversation? And that response establishes her in the driver's seat. Even if you don't mean it, you saying it puts her head in that space. What could possibly be a beneficial outcome by saying that?

Sorry, no. A woman isn't allowed to think that she has that kind of control over me.

Khaka-Laca • 3 points • 8 February, 2018 01:56 PM

No, do not respond like this

[deleted] • -13 points • 7 February, 2018 10:39 PM

Simple reply: "You haven't earned being more than an option so far."

empatheticapathetic • 9 points • 7 February, 2018 11:19 PM

That's still the same thing IMO.

dr_warlock • 24 points • 8 February, 2018 01:40 AM

That's a revenge line and will likely back fire. He's in recovery mode after he just directly confronted the issue. Best to just play it off and she'll come to you.

[deleted] • -1 points • 8 February, 2018 01:30 PM

She'll come to you anyway if you show a defiant, don't give a fuck at all personality.

You can accommodate, and you can strike, so long as you don't need her more than she does you, she'll come. No obligation to be diplomatic, some of life spice is in not being so. Some fierce dialectic can even arouse her to an acme, also. Anyway, "You are an option". No matter if she backfires, and no matter the downvotes.

SKRedPill20 points 8 February, 2018 03:50 AM* [recovered]

Here's the truth - everyone will do what it takes to respect and justify themselves but will try every trick in the book to stop you from doing that. Don't fall for it. When everyone's got their right (or thinks they have the right) to and don't find that a wrong thing in any way, so do you. I've been beta to the purple end of the spectrum and at the end of the day, everyone asked me, "WTF!?! Stand up for yourself dude!?"

And that's why getting into a debate with women is pointless. Sometimes, frame and authority are the only way by which you put your foot forward. I'm not saying become a psychopath or something, but most betas are the extreme opposite end and need to shift to a healthier ground, for which they need a healthy amount of selfishness -- they take this right or wrong that the world imposes on them far too much to hold their own ground, making them slaves. In power plays, there is no absolute right and wrong except the frame you establish.

So first point to internalize : 1) BELIEVE IN POWER. BELIEVE IN HEALTHY POWER. BELIEVE THAT EVERYONE NEEDS AND USES POWER. YOU ARE NOT BAD OR EVIL. IT IS OK FOR YOU TO BE POWERFUL. IT'S NOT OK TO BE POWERLESS.

Even the death penalty isn't an exception -- so there are serious limits to the whole idea of absolute right and wrong -- the reality is a lot more flexible than you can imagine. So even killing is the right thing to do with some extreme cases. It's a shock for most betas when they realize that can be very powerful without being evil (which goes against all the conditioning that they're drilled into).

The reality is that everyone out there is trying to impose their frames on each other and we all compromise a bit so that we can all drive on the road without killing each other. Never concede frame so much that they'll drive all over you - if you send the vibes out that it's ok for you to be walked over, then you WILL be walked over. You send vibes and create exactly what is at the very bottom of your mind. Beliefs are our root fundamental programming. Meditate and examine why you let things happen to you, or why you do certain things. You can discover the subconscious programming at the root of it. I have a theory that only what's in the deepest part of your mind comes true.

Don't listen to the people who tell you you're being selfish when the reality is that you're being tossed around like a POS. Look at what's really happening and not propaganda. Just go drive in chaotic traffic, it's a lesson in frame.

Just don't get so twisted evil or be a fool who ends up as a laughing stock. Too much power and no love makes a person a psychopath, too much love and zero or negative power makes you a foolish beta -- It is the second problem that's right now an epidemic. You have to be kind where you need to be loving and you must be granite where you must be tough.

OscarBars • 7 points • 8 February, 2018 06:27 AM

Great comment. Saved so I can come back and read it when I need to. The whole power/evil dynamic is often overlooked so I'm glad you addressed. Thanks for expanding on this and making it clear!

EpicLevelCheater[M] [score hidden] 8 February, 2018 07:25 AM stickied comment

A solid guide covering essential fundamentals.

Thank you for your contributions to this sub, /u/Metalgear222. Your efforts have not gone unnoticed.

We are hereby endorsing you.

[deleted] • 18 points • 8 February, 2018 10:15 AM

Congrats /u/Metalgear222, welcome to the club and I look forward to reading your future posts

Metalgear222[S] • 16 points • 8 February, 2018 03:48 PM

Thank you, I'll continue to give back and support this community where I can.

bi_winner • -15 points • 8 February, 2018 11:00 AM

Because he is able to repeat what he has read at thousand other places?

RoxoViejo • 35 points • 8 February, 2018 12:50 PM

How many original ideas are uttered here nowadays anyway? Gathering the right information and presenting it in an understandable way is valuable in itself.

Khaka-Laca • 10 points • 8 February, 2018 01:48 PM

Great post, well deserved endorsement. Look forward to reading more of your posts.

HumanSockPuppet • 31 points • 9 February, 2018 06:50 AM

LOL look at this jealous bitch

yellowboy212116 points 7 February, 2018 09:40 PM* **[recovered]**

12 is wrong. Grabbing her too much will seen as neediness. Especially if she is not reciprocating

If you grab her and she has no reaction, stop immediately. Ignoring this and continuing to touch will kill the attraction

Also everything has to be subtle. Game HAS to be subtle

Metalgear222[S] • 43 points • 8 February, 2018 01:45 AM

I should of clarified this was for after you had already fucked her as it keeps the ball in your court and sets the tone for the relationship basis to be Sex.

[deleted] 8 February, 2018 03:34 AM*

[permanently deleted]

Metalgear222[S] • 13 points • 8 February, 2018 03:41 AM

Bro, I have 5 plates who I treat exactly like I described. I said nothing about being in a relationship with them. They eat it up. Stop spreading horseshit.

[deleted] 8 February, 2018 12:31 AM*

[permanently deleted]

SirKolbath • 15 points • 8 February, 2018 04:10 AM

12 is wrong. Grabbing her too much will seen as neediness. Especially if she is not reciprocating

Agree and disagree.

Agree: yes, with a new girl this is part of the calibration and escalation phase.

Disagree: if your SMV is high enough and you've established the right amount of dread, she'll enjoy being your playtoy.

So I guess I don't really disagree at all, I'm just amplifying from what you said.

If you grab her and she has no reaction, stop immediately. Ignoring this and continuing to touch will kill the attraction

And also get you posted on social media in your very own #MeToo story.

Also everything has to be subtle. Game HAS to be subtle

Depends on the angle you're working. You should be gaming a girl all the time, even your wife of twenty years. How you do this is going to depend on your skills and the specific girl involved.

yellowboy2123 points 8 February, 2018 04:15 AM* **[recovered]**

You just reiterated what I just said

How can you apply dread if you're touching her all the time? Dread comes from the space in between the talking/texting/touching that makes her wonder where she stands with you

What I meant by subtle is that you can't be too mechanical or by the book. Mix it up to keep her on her

toes. You have to be unpredictable

SirKolbath • 4 points • 8 February, 2018 04:27 AM

You just reiterated what I just said

How can you apply dread if you're touching her all the time?

I don't really apply dread in person. Dread comes when I'm not there. When she texts me and I don't reply, for example.

Dread comes from the space in between the talking/texting/touching that makes her wonder where she stands with you

True enough, although, as I mentioned above it works best for me when I am not present. "It's been four days. Does he still want me?"

What I meant by subtle is that you can't be too mechanical or by the book. Mix it up to keep her on her toes. You have to be unpredictable

True. But don't be random just to be random. This is chess. Every move has a purpose.

salsamasterer • 13 points • 7 February, 2018 11:26 PM

Being subtle is something I have to work on, it's the weak point in my game. Do you have any tips or advice for improving this area?

fishguy17 • 14 points • 8 February, 2018 12:32 AM

Make things seem more accidental at first, once she is interested and takes the bait you can turn down the oops I didn't mean to and then up the if I could fuck you in right here in this restaurant I would.

CosmicSpiral • 8 points • 8 February, 2018 02:56 AM

Don't overcomplicate your actions with hidden messages or overt intention. Girls are incredibly sensitive to context. They will embellish the most minor occurrences with subtext, no matter if the situation was coincidence or intentional. Let her imagination ponder, obsess, extrapolate, and generate meaning from things you do of your own accord; don't tell her what they mean. The more time she takes to mull over what you "really meant" by x, the most invested she becomes in the possible consequences of the next interaction.

Metalgear222[S] • 4 points • 9 February, 2018 05:26 PM

I wouldn't take advice from a guys who's only post was removed and titled "TRP HELP MY ONEITIS WONT GO AWAY". Subtle is the exact opposite of bold. Err to the side of boldness. Subtle is beta as if your scared to show your intention. If you've set a confident impression from the get go, subtle doesn't need to be part of your repertoire. **Always be escalating** if she's not responsive then you fucking next her and move on to gaming other girls.

fishguy17 • 2 points • 8 February, 2018 12:33 AM

Make things seem more accidental at first, once she is interested and takes the bait you can turn down the oops I didn't mean to and then up the if I could fuck you in right here in this restaurant I would.

mmishu • 3 points • 8 February, 2018 02:53 AM

Before or after fucking her?

RedPillHanSolo • 4 points • 8 February, 2018 06:50 AM

Ah, autism strikes again I see. Are you really failing to see what OP meant in #12? Not clinging to her like a billy beta, but playfully giving her ass a spank. Don't you get it or are you trolling?

[deleted] • 20 points • 8 February, 2018 07:53 AM

Walk like Brad Pitt, talk like George Cloony, fuck like Tyler Durden, and lift like Dwayne Johnson

It wouldn't be a reputable list unless you put Brad Pitt twice.

Kennigmatic • 21 points • 8 February, 2018 05:27 PM

Daily constant reminder:

When you're dead, you will have an eternity to be insecure.

[deleted] • 61 points • 7 February, 2018 09:44 PM

Another great post, I suspect the mods will endorse you in due course, you deserve it. Let's not forget that once you master frame it also flows into other areas of your life like your employment, your social circle and the way strangers perceive you. Frame is a little bit like the force, you can use it for good or evil.

[deleted] • 8 points • 7 February, 2018 09:52 PM

Can you recommend me to read something that covers specifically that topic of Frame?

red_matrix17 points 8 February, 2018 12:29 AM* **[recovered]**

Read the Book of Pook.

obey_kush • 2 points • 8 February, 2018 01:29 PM

Is the whole book about Frame?

[deleted] • 3 points • 8 February, 2018 06:06 PM

Nope, it covers mostly everything on this sub. It's required reading.

disgruntleearthling2 points 8 February, 2018 06:13 PM **[recovered]**

The Book Of Pook is the book of Life

lhatemoi • 5 points • 8 February, 2018 09:41 PM

I have not seen this book stickied to the sidebar, is there some kind of compilaiton of Redpill books around here?

PB0034 • 5 points • 7 February, 2018 10:08 PM

Ye I need to strengthen my frame too.

[deleted] • 2 points • 7 February, 2018 10:32 PM

Appreciate OP's post a lot , but i'm sure a book that goes over it in more detail would be even more beneficial

[deleted] • 15 points • 7 February, 2018 11:03 PM

frame is directly related to your own personal value and belief system

Do you need a book to tell you what your beliefs and values are? You don't need a book. You need to keep testing yourself and see what you're made of.

Read the iron rules of tomassi #1 referenced in the post. Frame is the hardest rp concept to grasp. Another way to look at it is that frame is your force of will that you project upon the world.

dr_warlock • 1 point • 8 February, 2018 01:41 AM

It's the highest upvoted post on TRP of all time. Look it up.

LiveAFTSOV • 5 points • 7 February, 2018 11:52 PM*

I miss that scientist guy who talked about testosterone

Also nrs

[deleted] • 5 points • 8 February, 2018 12:15 AM

OP just needs to keep churning out quality posts and comments and continuing to post regularly with the community. If the quality continues then the mods notice. As for NRS, myself and /u/JamesSkepp campaigned hard for his endorsement to be removed. The scientist guy is young, brilliant and busy. I think he has bigger fish to fry

mmishu • 4 points • 8 February, 2018 02:58 AM

Any archived posts of this scientist guy?

Rian_Stone • 4 points • 8 February, 2018 12:21 AM

That puts it mildly.

I pushed him a lot to post more on how he got his financial independence by 40, and his ability to game women and control his life. Was a great example.

But just couldn't get past the lizard jews and their gentile conspiracy. Even if he was 100% right, it really went off topic

[deleted] 8 February, 2018 05:17 PM

[permanently deleted]

Rian_Stone • 4 points • 8 February, 2018 05:50 PM

Do you honestly think the hedonistic soy boy is achieving anything with this train of thought?

Lets say that V is real. Lizard aliens are con trolling everything. If you cant hit the gym and keep you woman in line, how are Illuminati YouTube videos gonna do anything about it?

FieldLine • 3 points • 8 February, 2018 10:54 PM

Where the hell did this "soy boy" thing come from?

I have literally never heard it before today and have seen it like 10 times in the past hour.

Rian_Stone • 3 points • 8 February, 2018 11:44 PM

internet thing. Since soy ups your estrogen, people made the lack of masculinity and soy a thing

[deleted] 8 February, 2018 06:12 PM

[permanently deleted]

Rian_Stone • 3 points • 8 February, 2018 06:31 PM

Needs moar Pedant, bigger vocabulary, bigger wordz

[deleted] 8 February, 2018 06:43 PM

[permanently deleted]

Rian_Stone • 3 points • 8 February, 2018 06:55 PM

Consider me a reformed smart guy who likes to stay on point.

Metalgear222[S] • 3 points • 8 February, 2018 02:06 AM

Thank you and most definitely. Ultimately, the major motivation factor is that when you have momentum on your side in developing a strong frame, you get a crystal clear look at what happiness looks like. You see how people treat you better and respect you more and that just further perpetuates a stronger frame. It's not about selfishness, it's about self-respect. That self-respect has infinite real world application.

[deleted] • 44 points • 8 February, 2018 01:43 AM

You mentioned Tyler Durden and it reminded my of a mistake I recently made.

First rule. You do not talk about TRP.

Second rule. YOU DO NOT TALK ABOUT TRP.

I did not mention TRP directly but talking about some related things lost me some online friends.

Everyone else thinking about sharing our discussions, don't do it. You will not succeed in helping anyone and they will dislike you.

Don't be stupid like me and learn to keep your mouth shut.

Metalgear222[S] • 29 points • 8 February, 2018 01:50 AM

Oh ya, I lost an entire social circle in a nearby city from talking about TRP within my first year. Never made that mistake again.

newls • 12 points • 8 February, 2018 12:05 PM

Sensing the climate recently there's a growing anti-SJW sentiment, by experience I find I can sprinkle in family-friendly versions of TRP concepts with the non-plugged and the response is usually positive agreement.

Got to develop a sense of people's feelings and not ram ideas down their throats like an autistic 17-year-old who's just reading this sub for the first time. People don't like to be challenged and made to feel bad. That's why people hate SJWs so much.

Talleyrand, one of history's master power players always said in his manual for diplomats, "[above] all, not too much zeal." He's a good model and cited a lot in the 48 Laws of Power.

Lots of relations to his example in this post, in fact. Like affecting the aristocratic pose. No matter what your feelings, always act bored and uninterested when people around you try to affect you. I really liked this in point 4 of your post.

LiveAFTSOV • 2 points • 8 February, 2018 04:29 PM*

I have 1 colleague and 1 friend who are chads and surf the red pill. We talk about posts and roast posts together in person, its pretty sweet. One guy is 6,4 and the other can shouldpress 3/5 his body weight

OscarBars • 5 points • 8 February, 2018 06:07 AM

Damn one of my buddies just experienced AWALT with his wife of 13 years and just got hit with divorce papers. I've tried to feel him out and see where his head is at but what would be a good way to introduce him to TRP..he's about 8 years older than me and the definition of a beta.

CasaDeFranco • 1 point • 13 February, 2018 06:56 AM

If you're not autistic about it, it can be done appropriately.

Drop a few remarks and see if they bite. If your statements are received positively then reveal further.

The TRP is like politics, theology etc; shut your trap if the other party doesn't want to hear your soliloquy.

I don't talk TRP with friends who don't have an interest in contrarian or unorthodox ideas. However, some of my closest friends are that because we can share and talk frankly. Not all relationships are built on transparency, but the best ones are.

Rares5555 • 74 points • 7 February, 2018 11:25 PM

Great one. My input here:

- 1) Once you're alone with a girl, and you know she wants to fuck you, your naked body does not matter. Don't be ashamed if you have a bit of belly and no muscles. She wants your dick, go savage.
- 2) If you are the man in your life, you got yourself a submissive little puppy that'll do anything you want, and is way less likely to cheat.
- 3) Once you internalize good frame, you're basically set for life when it comes to women.

brinkleybuzz • 9 points • 8 February, 2018 01:18 PM

I love the term "frame". It helps me to envision myself as a building that will remain strong and upright through hurricanes, earthquakes and anything else nature can throw at it. My goal is to have an unbreakable emotional frame that won't bend when challenged by any emotional turmoil that a woman can and will conjure up: shit tests, comfort tests and emotional outbursts.

Fulp_Piction • 54 points • 7 February, 2018 11:58 PM

Maybe I've internalised it, but this is ridiculous. Just stop giving a fuck and work on yourself. If you run around with 15 rules in your head while you're trying to talk to a girl you're pretty much fucked. I would be completely in my own way.

You build a frame by being more invested in yourself than in other people. This leads to working on yourself (gym, career, hobbies), abundance mentality (not giving a fuck whether she comes or goes), outcome independence (you do things because YOU want to do them, not so that she fucks you or some other covert contract). I'm referencing Models, No More Mr. nice Guy and Rollo, to name a few. All these tricks, tips, 15 steps, Rollo's Iron Rules, Heartiste's commandments of poon, Pook's 'be masculine, be sexual, be the prize' can be distilled into: 'STOP. GIVING. A FUCK.'

Mark Manson nailed it years ago TBH. I have the strongest 'frame' when I'm pissed off and just couldn't give a fuck. You think drug addicts give a fuck about the girl or their fix more? Criminals? Football players? Soldiers? They all have a mission that's more important to them than any relationship. They're all more invested in

themselves than the girl. That's the 'essence of alpha.' Check out Rollo's Alpha Buddha post and see if that dude gives a fuck. It's making me laugh just thinking about it. It's admirable.

rp_newdawn • 6 points • 8 February, 2018 03:59 PM

Dead on brotha. We all have limited fucks to care about, why waste them on women?

destraht • 3 points • 8 February, 2018 05:25 PM

The rules are very important reading but I agree that we shouldn't carry them around all day reciting them like they were Ferengi Rules of Acquisition.

walkingproblem • 2 points • 19 May, 2018 05:33 PM

BOW IN ADMIRATION

Okay... * stop myself *... thats beta too....

Redpillandrew • 1 point • 10 February, 2018 08:01 PM

No, no, that's ok. Repeat the rules, reread the sidebar, it's healthy. And when you are interacting just have them in the back of your head. In the back of your head and no further. It's a thing, I noticed it's becoming a second nature for me. Anyway, stop giving a fuck is more important, being on your mission is, as well.

max_peenor • 9 points • 8 February, 2018 04:41 PM

Failure is fun and embrace it

Fear of failure is the most destructive emotions a man can encounter.

Kill the beta; kill the fear.

Excellent post.

endlesstrials14 points 8 February, 2018 02:19 AM **[recovered]**

These are the kinds of posts I like to see. Some bitch on asktrp tried to convince me that walking around with a big smile like a happy beta = frame.

LiveAFTSOV • 9 points • 8 February, 2018 04:48 PM

How is a smile beta? I smile alot but im happy / positive almost all the time

endlesstrials0 points 9 February, 2018 02:09 AM **[recovered]**

It's beta because smiles are an evolutionary signal of submission.

LiveAFTSOV • 5 points • 9 February, 2018 02:54 AM

Are you telling me you never smile at girls?

endlesstrials-1 points 9 February, 2018 06:10 PM **[recovered]**

No I don't, that dries up pussy like the Sahara.

LiveAFTSOV • 6 points • 9 February, 2018 06:15 PM

man, i cannot picture that. every woman I've met has told me I have a beautiful smile. even guys compliment it.

maybe if you're a yellow tintned snaggle tooth it would dry up a girl, but straight pearly

whites shown through a fedora smirk... that will only do a guy good.

endlesstrials1 points 9 February, 2018 06:37 PM [recovered]

Btw women don't care about teeth. Real masculine men usually have messed up teeth from all the meat we eat

endlesstrials0 points 9 February, 2018 06:22 PM [recovered]

Beauty in men is a pussy drier, only masculinity matters. Think about it: does beauty and submission help you secure resources in the wild or masculinity?

LiveAFTSOV • 3 points • 9 February, 2018 06:58 PM

If what youre saying is true, men with beautiful faces, and slim, lean toned bodies would be virgins, which they clearly are not.

endlesstrials0 points 9 February, 2018 07:03 PM [recovered]

Toned is good. "Beautiful" is beta.

LiveAFTSOV • 4 points • 9 February, 2018 07:11 PM

Or is toned and beautiful both beta, and burly is alpha?

all this alpha beta classification is spergy to me lol.

"White teeth and smiling means youre beta" or a normal person.

Tips to be alpha:

1.) Never smile, women will lose their erections if you smile at them, and it proves you are a weak beta male. Instead remain stoic and dont finish your senten

2.) never laugh, laughing means youre a faggot who cant control your emotions, instead remain emotionless. also laughing leads to smiling, which is beta

MrAnderzon • 16 points • 7 February, 2018 08:43 PM

Great post and i like the numbering. On #5 You said Make them feel you dont need them. What do you personally mean by Make them.

Metalgear222[S] • 20 points • 7 February, 2018 08:54 PM

I said "Women **need to feel** that you do not need them". In other words, they are just a side addition to an already awesome life. You don't necessarily NEED them to be happy. You're gonna be alright either way. If that becomes a reality, it's very attractive to women.

[deleted] • 32 points • 7 February, 2018 09:51 PM

"A woman should only complement a man's life, not be the purpose of it."

[deleted] • 15 points • 7 February, 2018 10:42 PM

I think the guy will understand better the point you make if you add: women are psychological (and not only) parasites.

They don't purpose on playing with you as team mates striving for victory. They purpose on standing on

the side, watching the game, waiting to know who won it, and then associating themselves with him. They want to do no work. They want to have no responsibility.

Erowid2S • 5 points • 8 February, 2018 03:12 AM

Isn't this also what people in TRP mean when they say "Women will never love you like your mother."

omega_dawg93 • 5 points • 8 February, 2018 02:05 PM

the ONLY woman that will love you unconditionally is your mother. you can be a drug addict, criminal, loser, etc., and at rock bottom. not all, but most moms will accept your plight and at least give you money, shelter, food until you get better.

for all other women, you can't just be YOU. you have to be you PLUS a protector, provider, leader, etc. iow, you have to perform... show-up... be YOU THE MAN. the 'burden of performance' is real.

lsarcreator • 4 points • 8 February, 2018 04:36 AM

unless your mother was had narcissistic issues, think of how she loved you while you were growing up.

now realize a woman will never be into you like your mom was.

[deleted] • 2 points • 8 February, 2018 01:17 PM

Yes. As additions, we can say that

- 1) Not so many other really love their sons
- 2) In the midst of what Rollo Tomassi terms "a surrender of the soul", some very rare ones can give you unconditional, optimal-mother love. But it will be minutes. Maybe a hour. Maybe a few hours scattered over some months' time. And then it will crushing to see it gone to never be reachable again. Better, for the mind's safety and sanity, to never experience that — because the awakening is much too scathing.

[deleted] • 2 points • 7 February, 2018 08:46 PM

I'd like to know this too as I find it hard to balance IDGAF with putting a carrot at the end of a stick w/o them just bouncing

[deleted] • 6 points • 9 February, 2018 02:20 AM

Tonight, i'm gonna fucking go out alone and talk to a bunch of 9s and 10s. I can't wait to get rejected so I can finally learn these lessons. I've been putting off the social aspects of TRP for too long now. Thanks for this post.

[deleted] • 9 points • 9 February, 2018 01:09 PM

Update: I'm a fucking faggot

maplemaximus • 20 points • 7 February, 2018 10:53 PM

Frame is one thing and one thing only; selfishness. If it's a situation where cooperation and capitulation to another's desires is unnecessary, then why the fuck are you not being selfish?

Shit tests are fake, bull-shit ass tests meant to test your backbone. Complicating it with all these lists and definitions causes people to run back here talking about how they lost frame.

Stop worrying about others. A reasonable level of selfishness puts you on a normal level with others, while being pushover makes you a servant to others and bridge to walk all over for women.

Stop being a useful, punk ass, pussy ass bitch and realize any and everything is for yourself first.

AlexDr0ps • 13 points • 7 February, 2018 11:52 PM

Any tips on not letting shit get under your skin? I know that once you start to argue you've already lost, but chicks can be brutal with shit tests sometimes. Always have the urge to defend myself.

Also, is it breaking frame if you're pissed with how a girl is treating you so you stop talking to her until she apologizes? I guess I'm showing emotion, but is it an effective way to let her know that you aren't putting up with her shit?

omega_dawg93 • 11 points • 8 February, 2018 02:25 PM

if a girl is treating you bad, she's already struggling to respect you... so back off. give yourself some emotional and physical distance AWAY from her. trust me, she'll feel it and respond one way or another. but you must not give a fuck. period.

Boddicker06 • 10 points • 8 February, 2018 12:03 AM

Yeah, if you don't care about them, they can't make you upset or get under your skin. You truly must not care about them or let your little ego get butt hurt. Walk away like a man knowing that you're better and that they're missing out, not you.

XxCool_UsernameX • 5 points • 8 February, 2018 07:15 AM

I should...frame this..on my wall.

ex_addict_bro • 3 points • 8 February, 2018 08:48 AM

Taking care of the child up to 2-2.5 years maybe. Breastfeeding. But from my observations women are shitty parents.

TravelGameAddict • 3 points • 8 February, 2018 09:07 PM

It's fun after 13 years in the game to still find simple concise posts like this that give me obvious direction that I'm lacking in.

I'd say I'm good enough in most areas except #1,2,6,11,13

1 EVERY way is a huge statement to wrap my head around. 6 and #13 still have room for improvement, but I've seen MASSIVE improvement here in the last couple years

Takenshiro • 3 points • 25 February, 2018 06:59 PM

thank you for explaining frame to me it has been one of the concepts that was kind of vague to me but your explanation helped a bunch.

Goateeki11 points 8 February, 2018 12:03 AM **[recovered]**

I submit that #5 does not work with extremely high value women (extremely good looking, wealthy and independent). These women have endless options. We know that men control commitment. The alpha-esque man who commits to an extremely high value woman is rare, and it is also what she wants most. To be clear, by commitment I mean only sexual fidelity.

There are ways to achieve #5 other than demonstrating that you're less "committed" than she is, but

demonstrating it is not really what you'd want, in my view. I believe that with women like these, it is far better to hint at it by being busy and unavailable, hints given through behavior.

Also, I don't believe that asking a very high value woman to make you a sandwich or do something else for you, treating her like an employee, is going to get you anywhere with her. Submission is for the bedroom only.

For me, it's much simpler. Pour 100% of your attention into her while you're together, give her the filthiest, sweatiest, most dominant sex she's ever had, and then be very busy. I swear, there is nothing simpler and more effective in getting a very high value woman and keeping her interested and sexually submissive over the long term. To be busy, you must have an authentically busy, responsible, well traveled life.

It's not about being Brad Pitt or Tyler Durden or Dwayne Johnson, in my view. All great examples, yes. To keep a woman's heart on fire for you over a long period of time, be Heathcliff.

Daniel_Lugo • 5 points • 8 February, 2018 01:04 AM

True. Be 100 present when with her and then dedicated to your mission when not. Some of these guys are bent on using dread all the time

Goateeki9 points 8 February, 2018 01:42 AM [recovered]

For all but the least attractive and least valuable women (women who have no options), nonstop dread, and even frequent dread, kills her attraction. I don't think you should ever communicate dread in words. You achieve dread by being absent and unavailable, and when you reconvene, let her know you missed her and are happy to see her with a smile.

Seriously, how many women do you know who dump a guy and say "he turned into this nasty sad sack who never acted like he wanted me in his life"? I hear variations on that reason all the time. When a woman gives a reason for dumping a guy, it's that.

Dread is the subtlest of games. Being in absolute top physical condition is a form of dread. Without saying a word, your woman knows just looking at you that other women want you. That's a form of dread to employ.

[deleted] • 2 points • 9 February, 2018 11:19 AM

Dread is the subtlest of games.

Now give me credit for educating your ass.

Daniel_Lugo • 2 points • 8 February, 2018 01:55 AM

Very wise words. I agree 100 percent. Some of these guys on this sub are so bitter.

[deleted] • 5 points • 8 February, 2018 12:44 AM

Tell me where you got the "I'm a pussy" stamp that you used on your forehead so I know never to shop there.

Goateeki1 points 8 February, 2018 12:55 AM [recovered]

Care to take apart what I said and tell me why you disagree?

[deleted] • 1 point • 8 February, 2018 12:59 AM

Submission is for the bedroom only

Submission is all the time if you're the alpha she's supposed to follow. And you never put 100% of your attention into a bitch.

Goateeki12 points 8 February, 2018 01:25 AM **[recovered]**

Blackbull, you're not doing much to overcome the stereotype here. Can you show me where I say put 100% of your attention into a -- to use your word -- bitch? You saw the complete sentence, right? The one that ends in "while you're together"? And you did read the part about being unavailable, right? What's your way of doing it? Spending time with a woman and ignoring her while you're together?

I can also tell you that if you're sleeping with a woman who has an eight figure net worth and a jet at her disposal (in other words, a woman who doesn't need a man for anything but sex) and you treat her like an employee for even a second, you'll be dead to her. She'll ghost you so fast you won't even know what you did wrong. Treat her like your slave in the bedroom, yes. But not outside it, and never in the presence of other people. I've seen guys bringing home \$5m a year dumped by their independently wealthy wives for something as minor as telling an embarrassing joke at a dinner with her friends.

You have to play a much more nuanced game with a woman like that. It's a game I doubt you'll ever be in a position to play, though, so you don't really have to understand anything I'm saying here.

[deleted] • 3 points • 8 February, 2018 03:36 PM

This guy gets what it's like to be with a real woman.

[deleted] • -3 points • 8 February, 2018 01:31 AM*

you're not doing much to overcome the stereotype here

Why would I want to? I like being assumed Alpha by default.

What's your way of doing it? Spending time with a woman and ignoring her while you're together?

Yes. But do it subtly. They didn't tell you that in the "how to fuck rich girls" handbook you read did it?

And any game where you're too scared to call a bitch a bitch is no game I want to play anyway.

[deleted] 8 February, 2018 01:43 AM

[permanently deleted]

[deleted] • -1 points • 8 February, 2018 01:45 AM

pour some Hennessy

I will. My bitch loves Hennessy.

omega_dawg93 • 5 points • 8 February, 2018 02:32 PM

dude is putting certain women on a pedestal because of her money and/or social status... while he's forgetting one simple rule:

all women are like that.

rich or poor, she's still a woman and doesn't deserve (or even want) anything beyond what most women want. if she's using her money as dread game on men, she's likely going to be

most attracted to the guy who doesn't give a fuck about her money.

Khaka-Laca • 0 points • 8 February, 2018 02:16 PM

Hahaha an example of solid frame by @blackbull_

RedPillHanSolo • 2 points • 8 February, 2018 06:43 AM

Not new per se, but god does it feel like a breathe of a fresh air. Thanks, OP.

[deleted] • 2 points • 8 February, 2018 12:11 PM

Best post on keeping frame i've ever read. Great job

glibbertarian • 9 points • 7 February, 2018 09:50 PM

Lol at number 1. Some of you are going to feel very dumb when you have a daughter.

Jailhousedredpilled93 • 13 points • 8 February, 2018 12:47 AM

All daughters like to be around a man who they believe is better than them. This is hypergamy and it doesn't give a shit about your precious daughter.

glibbertarian • 8 points • 8 February, 2018 01:31 AM

Either sex thinking they are "better" (whatever that even means) than the other is so wrong-minded and small. You're setting yourself up for a basic, unenlightened life.

D_Hamm35 • 4 points • 9 February, 2018 12:52 AM

You're absolutely right. There's a difference between being a strong minded man who's a leader, and being a moron who thinks he's better than every woman.

Jailhousedredpilled93 • 3 points • 8 February, 2018 01:36 AM

Why are you here if you can't swallow this basic fundamental of human nature? Read the side bar. Your girl don't love you. Lmao.

glibbertarian • 3 points • 8 February, 2018 03:11 AM

Love isn't a real thing so that's the first true thing you've said.

I would love to hear more about your definition of "better" in this context...

omega_dawg93 • 2 points • 8 February, 2018 02:41 PM

definition of "better" is... she looks at her guy as a SOLID, unbreakable man... one that won't fold during times of stress and turmoil LIKE SHE WOULD. you're BETTER at handling the PHYSICAL world she may encounter. AND you're BETTER at calmly and solidly handling the EMOTIONAL roller coaster ride her hormones send her on.

note: women view themselves as stronger emotionally than men because of how emotionally they can respond. but they view emotional STRENGTH in men by how CALM, FOCUSED, AND DIRECTED they are during emotional situations.

now, if she's out of control and crying, she's responding properly in her world (she's strong). if you're crying and out of control while standing beside her, she'll be fucking the cable guy in the morning.

D_Hamm35 • 3 points • 9 February, 2018 12:53 AM

That's not what OP said. If it was, nobody would have a problem with it.

glibbertarian • 4 points • 8 February, 2018 03:23 PM

OP didn't say what you're saying, just that men are flatly "better". I think there are too many people here who actually think men are somehow overall superior to women.

Jailhousereditpilled93 • 3 points • 8 February, 2018 03:13 AM

Two words: Rollo Tomassi. Your welcome.

thisguyPlaysPoE • -11 points • 7 February, 2018 11:03 PM

Stop Masturbating.

I know you do it. Does it feel manly to have your hands wrapped around your dick wacking it to a screen?

darkdreeum • 11 points • 8 February, 2018 12:26 AM

What did his statement have to do with masturbation?

glibbertarian • 17 points • 7 February, 2018 11:16 PM

Lol bro. I have a very satisfied wife and 4 children, including two daughters, that I watch daily bc my thriving fitness business allows me to only have to work 15hr weeks. You have deflection, and, apparently, a penchant for Path of Exile. Do 6slots get you hot?

RonTomJohnson • 6 points • 8 February, 2018 12:27 AM

I'll beat my dick like it owes me money thank you very much. It's really only a problem when you don't have any control over it.

cloakanddagger38 • 2 points • 7 February, 2018 10:38 PM

How can you be sexual yet ignore her beauty?

[deleted] • 9 points • 8 February, 2018 01:45 AM

I think he means that you should not give her validation for her looks until it's earned

mmishu • 2 points • 8 February, 2018 02:59 AM

What are some good examples of this? What if they're asking you how they look and offended if you don't answer positively?

[deleted] • 2 points • 8 February, 2018 05:59 AM

There's pillow talk and then there's fawning over her like a 13 year old boy who just got his pubes. Figure out where in that spectrum between those two you want to be. You can be sincere without looking like you've never seen a woman naked before.

Is she beautiful? Sure. Does that mean your tongue falls out of your head and you can't keep composure any time she show skin? Absolutely not. Keep your wits about you.

Deep_freeze202 • 9 points • 8 February, 2018 01:36 AM

You dont ignore it so much as not focus on her attractiveness, sexualize and apply game as normal but don't

say things like "you're so hot" "you're gorgeous" "I can't stop looking at you" ect.. your attraction should be transmitted through action and not words, don't look at her like you're dumbstruck by her beauty look at her like you want to fuck her brains out.

Attractive women are constantly told how beautiful they are, not doing that takes them off the pedestal. You want to create the impression that you're the guy who fucks hot babes all the time they're just another woman she's nothing special. Remember YOU are the prize.

m78712 points 8 February, 2018 03:16 AM [recovered]

When doing a day game cold approach, should you go direct with "I know this is forward but I seen you walking past and I thought you look cute", I feel this sets a sexual frame right away; but it can be giving validation she hasn't earned

Or should you go indirect and build a friendly conversation as roosh teaches in day bang? I feel that this hides your intentions, but can build rapport that can be sexualized. Thoughts?

Deep_freeze202 • 3 points • 8 February, 2018 03:23 AM

I'd go with whatever suits your style better, you definitely want to build sexual tension you just don't want to make a big deal about how Attractive they are.

Khaka-Laca • 1 point • 8 February, 2018 02:12 PM

Don't say "you look cute" replace that with something like "you seem like you could be mildly interesting" watch how she will start qualifying herself to you.

Metalgear222[S] • 4 points • 8 February, 2018 01:49 AM

Exactly how it sounds be sexual while ignoring her beauty. No overt comments about how hot or gorgeous she is. Squeeze her butt instead.

Autisticus • 1 point • 8 February, 2018 02:59 AM

This is enormously helpful. Thank you so much

JazzIsr • 2 points • 7 February, 2018 10:45 PM

Thank you for this great post! any recommendations how to keep the frame 24/7? I can think about it for a while, but it's only a thought that you can forget after an hour or so. Is the right strategy is "fake it till you make it" in your daily actions ? If you can give some examples for actions or another strategy to embrace this frames it will be great.

PM_ME_CASH2 points 8 February, 2018 05:30 AM* [recovered]

Frame don't take advice from Reddit.

tokenbl • 1 point • 8 February, 2018 02:43 AM

Cool post. Blows my mind how people don't know how to be confident, assertive, and selfish.

Educate yourself - It builds confidence when you're knowledgeable and can effectively communicate.

Work out - You look good, feel good, and it shows and it's literally like a magnet for eyes. Women want to fuck you and men want to be You.

Know yourself - The ego is just a reference point for you to relate to the world, let it go or just learn to remove yourself from it. When your internal convictions are strong, obstacles will be nothing but opportunities for

growth.

People over complicate life, understand yourself first and foremost and then ALWAYS ALWAYS ALWAYS strive to improve yourself, mentally, physical, spiritually, emotional, etc...don't stagnant and be a little bitch.

no_face • 1 point • 8 February, 2018 02:49 AM

\4. whats nasty dirty about this?

[deleted] 8 February, 2018 04:27 AM

[permanently deleted]

redhawkes • 3 points • 8 February, 2018 02:37 PM

Change what you can, own what you can't.

Make yourself exceptional in something and be the best version of yourself (up your SMV to max).

omega_dawg93 • 2 points • 8 February, 2018 02:49 PM

girls are initially attracted to looks no doubt. but good looks won't keep her around if you're not a MAN.

women want to be with dominant, confident, men. women see physical traits and it can attract them... but women FEEL masculinity when it's in their presence. they respond favorably to both... so if you don't have one, play on the other.

cappadocianhawk • 1 point • 8 February, 2018 10:31 AM

Number 10 is my mantra for all things in life. It's ridiculous how people want anything and everything without having to work for it. If you can get it without effort, it has no value. And if I want something I will find a way to get it, or get myself stronger so I can just take it.

12121122 • 1 point • 11 February, 2018 05:32 PM

Can you masturbate to porn and build frame?

[deleted] 8 February, 2018 12:54 AM

[permanently deleted]

Metalgear222[S] • 2 points • 8 February, 2018 01:58 AM

Posts like these help new trpers make adaptations to their attitude. If they pick up even one of the 15 and apply it to their mindset they will benefit. Stop nitpicking at dumb shit that has no relevance. Like talking about endorsed contributors. Let the mods decide that. TRP is a salad bar, you take what you want and leave what you don't. Just because you don't find a simplification like this post helpful doesn't mean others won't benefit. Your entire comment was a waste of time.

Poolofwater • 1 point • 8 February, 2018 03:33 AM

This is the wrong approach to frame. The concept of frame is the understanding that context determines outcomes.

It's much better to learn this through a probing question based model than an instructional model. Try to think about what you communicate by your interaction with your context. A good example is to watch Ocean's Eleven and compare Danny Ocean with the casino owner. The guy who owns the casino acts plenty alpha and macho but it doesn't matter because Ocean bends the frame to give himself the advantage. Frame is about situational and social awareness. It's not how to battle, it's how to pick battlefields. (Other good movies are Focus and Hitch, look

at what he wears, where he goes, what he says (and what else he could have said but decided not to).

Also the idea that you can maintain or control frame is too small minded. Frame extends from word choice and body language through fashion, location, time of day, involvement of others. It isn't something you control instead think of bending the context to fit your purposes.

Metalgear222[S] • 2 points • 8 February, 2018 03:42 AM

No, frame is determined by attitude and one's view of themselves and their worth.

Poolofwater • 2 points • 11 February, 2018 06:44 AM

No that's wrong. Well not entirely. One's self-confidence could be thought of as part of frame but it's broader than that. You're not getting all you could from the concept.

It's like the frame on a painting. Your talking about the characters in the painting (and you should) but you should also be talking about the choice of frame. Why use frame A instead of B? And beyond that what about the lighting in the gallery.

Metalgear222[S] • 2 points • 11 February, 2018 02:25 PM

Read Rollo Tomassi's Iron Rule #1, it will clear up any confusion you may have

AngryOutlandishness • 1 point • 8 February, 2018 09:39 AM

i dunno it sounds kinda beta to me

L0wD0g • 1 point • 7 February, 2018 11:34 PM

16.Frame is overrated.

"Even with the weakest frame, no flow and a bad hair day I could pull this bitch."

Frameception.

liizzsar • 0 points • 8 February, 2018 08:28 PM*

Wow, this is REALLY bad advice for young guys who've never been married.

You're better than her. (In every way except maybe taking care of a child). She's there for YOUR entertainment. (Treat her like a servant and ask her to do favors for you)

Great way to get divorced!! I know a woman who is currently divorcing a guy exactly like this. He treated her like a servant, and didn't lift a finger to help with his kids. She got fed up and blew up, told everyone in his family and in his work place what a slob he was. Now his family has turned against him, and he's a joke at his workplace. Plus he'll be paying a heavy financial price until the kids are 18.

Meanwhile guys who actually naturally command respect by being solid and mature men, get treated like Kings by their wives. My father is a solid guy, and he'd never let my mother carry anything heavy or not ask her if she needed help with dinner or anything else. For this he got his breakfast brought straight to bed (still to this day) and has the undying respect and love of my mom.

SKRedPill2 points 9 February, 2018 06:55 AM* **[recovered]**

I am not sure if OP caught the whole idea of frame all that well in his post.

The first thing you need to believe for frame is to believe in the reality of power, everyone uses it, and that being powerful is a good and healthy thing and it doesn't make you evil.

For healthy frame, one needs confidence, charm and responsibility. There is a beta way to do things for a

lady and there's an alpha way to own responsibility for your lady which I learnt the hard way that makes all the difference -- who has the keys to this responsibility and the situational awareness decides who has the frame, not who actually does the work. For this to work, you need to have owned the whole frame to begin with.

A good post on developing high situational awareness is something I have yet to see in the top red pill articles. That's where a lot of betas lose their respect and become an extra kid in the house.

liizzsar • 1 point • 9 February, 2018 06:44 PM

I absolutely agree with you. And I agree with the idea of frame, just not as it was put forth by the OP, which I'm afraid will lead a lot of young men into disordered thinking and harmful behavior.

For healthy frame, one needs confidence, charm and responsibility. There is a beta way to do things for a lady and there's an alpha way to own responsibility for your lady which I learnt the hard way that makes all the difference.

Absolutely!

D_Hamm35 • 0 points • 8 February, 2018 08:49 PM

1, 2, 3, 4 and 12 are dumb and for rookies. The rest is acceptable.

[deleted] • 0 points • 13 February, 2018 09:50 PM

lol This frame shit is so stupid.

EAT, SHIT, FUCK, SLEEP, EAT, SHIT, FUCK, SLEEP, EAT, SHIT, FUCK, SLEEP, EAT, SHIT, FUCK, SLEEP, EAT, SHIT, FUCK, SLEEP, EAT, SHIT, FUCK, SLEEP, EAT, SHIT, FUCK, SLEEP, EAT, SHIT, FUCK, SLEEP, EAT, SHIT, FUCK, SLEEP, DIE

You fuckwits are just thinking with your lizard brains.

Metalgear222[S] • 5 points • 13 February, 2018 10:21 PM

Poor reading comprehension. There's nothing in this post about eating, shitting, or sleeping.

Andrew012p • 1 point • 10 June, 2022 08:01 PM

I'm new. What does "SMV man" mean? Sorry for the dumb question.

Metalgear222[S] • 1 point • 13 June, 2022 11:59 PM

Sexual market value. It's all the factors and their respective "score" so to speak.

Every woman has a minimum requirement "score" of SMV that is mostly based on the quality guys they've gotten before they see you.

So you have to level up the many aspects in your life in order to cross the threshold of "fuckable" for even mediocre girls. You have to MAX THEM OUT to have your pick of the litter.