

What do YOU want?

947 upvotes | 13 February, 2018 | by theselfmadealpha

A lot of guys around here seem to think that the red pill is some sort of action plan. It is not. The red pill is nothing more than the truth about how men and women interact with each other.

Every day I see at least a couple new posts from guys saying that you have to be alpha all the time, being beta is bad, you have to do this, or you have to be that... Nonsense: You don't have to do shit.

Not everyone here is going to have the same goals. Some guys are here because they want to bang as many hot chicks as possible. Some guys are here to learn how to get and keep a girlfriend. Some are just looking for general self improvement advice. And others have no desire to change but want to at least understand how things really work.

That's what the red pill is good for. This is a great place to learn about intergender dynamics, the way men and women interact. But once you start taking in that knowledge, it's up to you how you want to apply it, if at all.

There's a whole lot of crude, macho talk around here, which I suppose is to be expected. I think it, unfortunately, turns off a lot of people new to the sub. And there's a lot of misplaced anger, guys blaming women for their own inability to understand them. These things shape the tone of this sub and it can become quite negative at times.

But it doesn't have to be. When you swallow The Red Pill, you go through the five stages of grief. You're grieving the loss of your cozy blue pill world and the blue pill future you've wanted for as long as you can remember. A lot of guys get hung up in the anger and bargaining stages and it shows here. But once you get to acceptance, the doors of life swing wide open, and you're free to do whatever you want with your newfound Red Pill knowledge.

So, What Do You Want?

What do you hope to get out of The Red Pill? Most of this sub seems to be focused on banging as many hot chicks as possible. If that's what you want, and there's certainly nothing wrong with that, then following the advice around here will help you out tremendously. Studying game and being as alpha as possible will get you far.

But what if you don't want to fuck a bunch of women? What if you want a relationship? Can The Red Pill help? Abso-fucking-lutely!

There's a lot of anti-relationship sentiment around here, but that's mostly just angry guys who got burned venting their frustrations. There is nothing wrong with wanting a monogamous relationship. I've had several LTRs at different times in my life and they've (mostly) all been great.

With your newfound Red Pill knowledge, you'll be better equipped to not only attract the kind of women you'd want a relationship with, but also to keep them long term. You'll want to study not only game (short term mating strategies) but also relationships (long term).

The Red Pill is knowledge and knowledge is power. And I have it on good authority that knowing also happens to be half the battle. Once you learn, accept, and embrace The Red Pill, the world is your oyster. You can use it however you choose.

It's not about being as alpha as possible. It's not about fucking as many women as possible. It's about knowing what IS possible. Knowing how things actually work and having realistic expectations. How you apply that knowledge is completely up to you.

Do what YOU want to do. Maybe you don't want to change a fucking thing. Maybe you just wanted to

know the truth. There's nothing wrong with that. Not everyone is gonna use their Red Pill knowledge to transform their lives.

I think a lot of the “you need to do this,” “you need to do that” talk around here stems from freshly Red Pilled guys genuinely trying to help. They've swallowed the pill and now they want you to swallow it and follow in their footsteps. They've seen the light and want you to see it, too.

It's the same reason that, once we swallow The Pill, we want to tell all our beta guy friends about it. Unfortunately, this is a terrible idea. Your friends and the blue pill guys around this sub need to figure it out on their own – they need to want to figure it out on their own. I know you want to be Captain-Save-A-Bro, but you're likely not gonna save anyone. You're just going to alienate yourself and piss people off.

Conclusion

The Red Pill is not a prescription or an action plan. It's simply the way things are between men and women. Once you swallow and embrace The Pill, you can have anything you want.

But it's up to you to figure out what you want. You don't have to use this knowledge to go out and game girls five nights a week, spinning plates on your fingers, toes, nose, and dick. You don't have to say, “Fuck women, I'm gonna go MGTOW my life away alone in a cave somewhere.” You don't have to do shit – you can do anything you want to.

So what do YOU want? What do YOU want to use your Red Pill knowledge for?

Edit: Thank you for the Reddit Gold and all the great answers/responses!!!

Archived from theredarchive.com

Comments

GunnarX • 176 points • 13 February, 2018 12:48 PM

‘Captain-Save-A-Bro’. Damn - that was good.

I stumbled upon here 3+ years ago while trying to figure out women. While not reading for a while, I implemented what I had learned (with embarrassing, but necessary results),

What I ultimately found, personally, is spinning more than 1-2 plates isn’t worth the time and effort. As long as I’m getting my sexual needs taken care of regularly, I’m able to put more energy into personal endeavours. The problem arises when a man isn’t getting sex, and scarcity can start to creep up again, trickling over into the other aspects of your life.

It’s funny how when you are having regular sex that it becomes less important to you, but when you aren’t - all you can think of is getting laid. Maybe I need new girls.

Anyway, I’m ranting. Thanks for the post - it made me think.

therealjohnfreeman • 1 points • 13 February, 2018 02:47 PM **[recovered]**

It’s funny how when you are having regular sex that it becomes less important to you, but when you aren’t - all you can think of is getting laid.

That's why it's on the first level of Maslow's hierarchy.

MadTomBedlam • 19 points • 13 February, 2018 08:39 PM

Truth. It's like a kind of madness.

Metalgear222 • 15 points • 14 February, 2018 01:52 AM

"Nature found a way to get us to breed DEFINITELY. Just make it feel better than anything we could ever invent."

scf7446 • 5 points • 14 February, 2018 01:39 PM

Though I don't think Japan got the memo

Fyrjefe • 7 points • 15 February, 2018 04:34 AM

Japan has been busy trying to simulate it. It won't ever be as good as the real thing. They need to get their man/woman dynamics back in order before there is no one left.

theselfmadealpha[S] • 9 points • 14 February, 2018 04:09 AM

I agree. I've done the plate-spinning thing plenty, dating several women at once. And you're right: It does require a lot of effort to maintain all those relationships. Now, I generally only date one or two women at a time. My focus is on my son and my writing career - everything else comes second.

That being said, I think that guys in their teens and early twenties should spin as many plates as they can for a few years so they can meet a lot of women and see AWALT in action. It's one thing to read about it here but to actually experience it is something different.

LuckyLuke23 • 1 point • 17 February, 2018 02:39 AM

What I ultimately found, personally, is spinning more than 1-2 plates isn't worth the time and effort. As long as I'm getting my sexual needs taken care of regularly, I'm able to put more energy into personal endeavours. The problem arises when a man isn't getting sex, and scarcity can start to creep up again, trickling over into the other aspects of your life.

as someone who doesn't get sex on the reg. i can tell you how hard it is.

Skyhawk_And_Skyhead • 127 points • 13 February, 2018 02:42 PM

Great post man. People also gotta realize were all starting from different points. I have never had a problem fucking women. But I'd find one i liked particularly and then every time I'd tell myself "k skyhawk, time to be a Disney prince". I would always let them into my frame because the blue pill told me that's what they want. Never worked out too well, shockingly.

While fucking a bunch of women is great, I want to pass on my genes. It's a proud family tradition, we've been doing it ever since my 10^{24th} Gradfather, Alphamoeba, cruised around the primordial ooze gaming single celled stacies. Kinda need a woman for that

dannyboi1228 • 1 points • 13 February, 2018 03:00 PM [recovered]

Hahahahhahahhahahahahahaahah

TAOfSTEVE • 76 points • 13 February, 2018 04:23 PM

Most guys here get stuck in the anger phase because they get trapped in the circle jerk of blaming women for being women. This sub is rife with "TRP is confirmed again, I witnessed some girl do some self-serving action" posts. All of these posts get upvoted but no personal growth ever comes from it. Those who upvote those posts never make it out of the anger phase.

The only way to make it out of the anger phase is to place the blame where it belongs: on ourselves. We are angry for listening to our moms, sisters, female teachers and Hollywood for teaching us that being beta is the way to get girls. We're mad that we accepted that idea and pursued that strategy for so long. We are mad at girls that didn't want to fuck us when we were acting the way we thought they wanted us to act. We are mad at ourselves because in hindsight it is so obvious to us now.

When you take the red pill, all of this becomes apparent and it is easy to feel duped. You cringe when you look back at some of the things you did. You get mad and look for external sources to blame. But you need to get past that. You need to accept your part in this. You need to accept what women are. You need to accept your past. Accept it. Learn from it. Master it. And use that to move forward.

Martysteiner • 11 points • 13 February, 2018 10:21 PM

This comment needs to be pinned on top of this sub and must be included in right bar.

theselfmadealpha[S] • 3 points • 14 February, 2018 04:20 AM

Very well said. And I agree.

ConsumingImpulse • 2 points • 14 February, 2018 09:00 PM

True, we should take responsibility for our actions and failures. However it's important to recognize when you're being manipulated. Women are capable of being shit human beings outside of the fact that they're also women. I suppose you have to beat yourself up about it a bit as part of the acceptance process.

[deleted] • 90 points • 13 February, 2018 10:44 AM*

Thank you for this great post. Been here 3 months now. I found TRP on my own and so glad I did. Was married once and now in a LTR. I also work around a lot of women and was about to go crazy before using what I've learned on TRP to manage myself better at work and maintain frame around all the drama and talk about babies and other girl stuff. I'm noticing a huge difference in the way my co workers and g/f are responding to me; they know something is different but I think they like actually the change. This post was relevant to me b/c I'm not trying to spin plates (that may change though) just trying to better manage myself in my current situation and do things much differently going forward. After my divorce I hit the gym (that was 4 years ago) and will never stop lifting, so got a head start there. Being here and swallowing the pill has opened my eyes.

LosBuratnos • 12 points • 13 February, 2018 07:04 PM

Example of behaviours that changed for you after discovering TRP?

[deleted] • 34 points • 13 February, 2018 07:45 PM*

At work: being around a bunch of women I sometimes tried to relate to them and get on their level. I realize now I'm supposed to be different and maintain my frame as a man and not give two shits about their problems. I also quit giving any kind of complaints and hold them to a higher standard with their work. No more free passes. Some of the younger hotter ones are starting to smile at me more but just keeping the DGAF attitude with them too.

My LTR: things here needed to change. I have become much more stingy with my free time and act like she's the one benefiting from us being together. I have applied the first few levels of dread and it really does work. I also quit asking her anything related to dates. I tell her what we're doing and where to be and when. No more "would you like to get together Friday eve?" This has become "I could use a beer after work on Friday, let's go to Chili's" or something along those lines. She has actually asked me a few times if everything is okay (probably b/c I text less). I just tell her I'm great. I am also prepared to walk away from her if it is ever necessary. Not something I would have said 6 months ago. Just the way it needs to be.

Spuka • 3 points • 13 February, 2018 11:47 PM

how do you deal with your SO talking about her problems (work, family, friends, etc)?

[deleted] • 8 points • 14 February, 2018 12:41 AM

I have always been someone she could come to about her problems and I have done my best to be supportive by listening. If you've ever read *Men are from Mars, Women are from Venus* the book talks about how women do not want a solution to their problems, they just want an ear. This is good advice for blue pill guys but not how I intend to live anymore and lately I've been challenging her more. As an example she complains a lot about finances ("I don't make enough" "it's so expensive to live" "I need more money"). I told her a few weeks ago I was getting tired of her constant complaining and ended the date and went home. I didn't text her the next day until she had sent 3 or 4 texts basically begging me to respond. We've talked more about it and it's getting better. I really hate that I was using that book as my guide when all along I should have either asked her what she plans to do about it or stop complaining.

Heyitworks • 26 points • 13 February, 2018 10:43 PM

Here's my goals with the red pill:

Become the best version of myself I can possibly be. Not for anyone else, but for me. I don't want to be on my death bed and look back at a life full of regret and missed opportunities because I was too much of a bitch to

follow my dreams.

Become more successful socially. While TRP is a lot about game, it's also about building confidence and finding your place in this world. The ability to get to know people and network are part of this - It's not about what you know, but who you know.

Getting proficient at hooking up. While getting laid has never been one of my priorities (I have a small libido to begin with), the ability to pick a mate for when I do need a good fuck seems useful.

While not the most popular goal on this sub, I would like to have a healthy and happy, monogamous LTR someday with a girl I can really love. Yknow, the kind you grow old with together.

theselfmadealpha[S] • 12 points • 14 February, 2018 04:24 AM

All good goals. My advice would be to break them down into measurable steps. For example, instead of "become more successfull socially," say "I'm going to make eye contact with x amount of strangers and smile today." Do that for a week. Then next week, "I'm going to talk to 4 strangers today, at least 2 of which are women." Do that for a week in addition to the eye contact. The next week, do all that plus something else. Keep adding and building. Small changes made often can add up to big things over time.

Come up with measurable goals with measurable steps and make progress daily/weekly/monthly. That's my advice. Best of luck!

[deleted] • 61 points • 13 February, 2018 02:30 PM

After having a steady girlfriend for about a year, getting my dick sucked every day, having a clean house and dishes, always stocked kitchen without having to think about it, I'm kind of sick of it and want my time back.

I want study more, advance my career, drive a tesla, buy a boat, etc. She loves me and does just about anything to please me, but the cost is all my evening time has to be spent with her. I am so fucking sick of netflix. She is constantly trying to grab my dick or stick my fingers in her pussy. A couple years ago I would have killed to have this. Now I'm irritated because she whines whenever I'm not paying attention to her. I'm very tempted to end it.

You don't appreciate time while you have it, but its precious. Don't let these bitches keep you from chasing your dreams.

[deleted] • 68 points • 13 February, 2018 03:23 PM

Why not both? Seems like she checks a lot of boxes, and while awalt, finding a girl that does all that is rare.

Bet she's board af of sitting around watching Netflix too. That's on you. Do you expect her to take the lead and do something adventurous?

daremeboy • 23 points • 13 February, 2018 11:47 PM

It has very little to do with the girl. If one girl will do this for you, almost any girl will. Assuming you don't change frame.

The second paragraph you posted accurately blames this on OP for the woman's negative habits but your first contradictorially praises the woman for her good habits.

OP is responsible for both.

[deleted] • 9 points • 14 February, 2018 01:37 AM

Good fucking point!

I've been reading here for years, and inevitably the blue pill indoctrination creeps back in whenever I take a break. It's like a weed. Without constant vigilance it just takes over.

Sigh, back to the side bar for me.

CasaDeFranco • 16 points • 14 February, 2018 01:41 AM

Tell her you're going for an evening run, or you're going upstairs to the office to write, or learn coding or whatever. The only thing holding back your dreams isn't your woman, it's you.

OneRedYear • 8 points • 14 February, 2018 03:06 PM

This should be higher. I would go to my office and tell my woman not to disturb me. The only person who did not feel my wrath was my baby girl. She could come and disturb Daddy as much as she wanted. Mostly she just wanted to be in the room and play with her toys and show me her doodles, which was fine. My ex was not allowed because she knew how to use words for whining and complaining.

man192837465 • 31 points • 13 February, 2018 03:59 PM

I usually don't give advice, but here goes. Take up dancing. Salsa, Bachata, Whatever. Instead of sitting around bored with Netflix in the evenings, you're out learning to dance, and dancing with her and other women. You win, she wins. You win because if the whole relationship thing with her goes south, you've got a great skill to find the next one. You're learning and improving yourself, getting exercise to stay fit, in an environment where it's acceptable to approach women, and be close to them to sharpened up your skills with women. She wins because it gives her a place to get attention. Women at dances look at other women, not men, as they compare themselves to their competition. Stirrs up competition anxiety like nothing else I've ever experienced. Remember this, the dance floor is the last bastion of male dominance. You lead. You hold frame. She always follows.

The great thing about dancing for me, aside from everything I've said, is that so few men do it that I don't have much competition. So....on second thought....maybe just stay home and keep watching boring Netflix shows.

pmmedenver • 14 points • 13 February, 2018 04:47 PM

Last time I went to a salsa bar it was 80% men, 18% overconfident fat chicks, and 2% overconfident "skinny" hoes with fake tits and too much makeup. 0% quality women, and 0 women that didn't already have some fat pig slobbering on them. Environments like that will give you some scarcity mentality.

daremeboy • 15 points • 13 February, 2018 11:54 PM

Women are boring as fuck.

The most reliable place to meet them is not out at a bar or club, unless ur into low quality psycho hoes.

So where do you meet normal women reliably? Target, Starbucks, Grocery stores, aka boring safe places that women love or have to go to.

pmmedenver • 10 points • 14 February, 2018 12:56 AM*

Epicurus concluded that the happiest way to live is a life of celibacy. Unless you're actually trying to live the family life and make/raise babies, I agree. While this sounds very lame, its a lot more lame to: get a std, get a dumb bitch pregnant, lose all your money in a divorce, wade through miles of shit tests and drama, have a bitch pull you down to her level because your being awesome makes her feel insecure, be tied to a dumb person for the rest of your life, etc. etc. Everyday I get more and more MGTOW. Reproduction is not in the interest of the individual, its in the interest of the species, and on behalf of the species, I think we have enough people already.

[deleted] • 4 points • 14 February, 2018 04:33 AM

Our countless ancestors, struggled through a world a million times tougher than anything we have to face.

Floods, famine, predators, war, disease, ignorance, mud and muck. But you want to give up because the mere chance something bad MIGHT happen, in this possible future woman and scenario you've created in your head? This is life, bad shit is going to happen with or without a woman in your life.

We have the worlds knowledge in our pockets, and more resources than any humans ever before, and you want to quit and give up?

Interesting choice.

Oscar_Cc • 2 points • 16 February, 2018 11:19 AM

What you and the "this is the best time ever to be alive" crowd are missing is that we may have solved many problems, but our 'progress' does beget new forms of suffering. For instance, we do not longer die of hunger, but loneliness is on the rise. Or the "work" we do is extremely alienating. I recommend you this piece on that last one:

<http://www.amerika.org/politics/why-jobs-take-your-soul-and-how-conservatives-can-fix-t-hem/>

[deleted] • 3 points • 16 February, 2018 02:25 PM*

Red pill truths hold true. If you're lonely, that's your fault. If you hate your job, that's your fault.

Take responsibility for your life and happiness. No one is going to hand you things free of charge. Life is transactional, you trade time, and effort for what you get. Like everything else, the best stuff is going to cost you more.

Rationalizing that you've been dealt a shittier hand than anyone else is a waste of time and untruthful. If people can make it out of the ghetto and become doctors, your excuses become meaningless. People raise themselves out of nothing all the time.

Despite society trying to convince us otherwise this is still a Darwinian survival of the fittest world. It's up to you to succeed. Don't expect society to help you.

Redagogue • 2 points • 14 February, 2018 06:11 AM

Having a family will decrease your living standard. This is a fact of the money you input, but more importantly the time and emotional investment. Even without having kids of your own, you can mentor many more kids through becoming at least purple pill and leading a better life than most of the men on here trying to learn afterward. An unattached man's primary contribution to future generations is cultural and economical, not biological. In fact, it is likely easier to mentor a teen than it is for their own parents due to teenagers naturally rebelling and questioning their parents.

I think a man's life is his possession and the way he chooses to live it is ultimately his choice, and so long as he meets his potential in whichever direction he goes, I would not judge him for it. Evolution is not our employer; there is no need to cast your DNA back into the pond just because all your ancestors did too.

Also, if you look at genetics, recombination scrambles your DNA so much between

progeny that it doesn't make sense for anyone to view themselves as being perpetuated into the future.

Oscar_Cc • 2 points • 16 February, 2018 11:16 AM

This. I am so tired of the "passing on your genes" trope constantly paraded around, not just here but in the larger manosphere as well.

People in the past reproduced because children were family assets, and they did not have birth control anyways. In today industrialized countries children are basically pets. Very expensive pets. This is a harsh way of describing it but it is the truth.

<https://qz.com/231313/children-arent-worth-very-much-thats-why-we-no-longer-make-many/>

daremeboy • -2 points • 14 February, 2018 06:28 AM

Who gives a fuck about other people's kids?

Might as well be a cuck.

Redagogue • 3 points • 14 February, 2018 06:54 AM

You can choose who you help, how much you help them, and when to stop helping them. There is no compulsion whatsoever. Why do you think so many people write shit on this reddit to help "other people's kids" get laid? Men have a sense of brotherhood, and mentorship is one of many ways that that is expressed. We are all still social animals, after all.

daremeboy • 2 points • 15 February, 2018 01:09 AM

Most people here are in it to help themselves. Either from info exchange, website book promo, or dopamine hits from upvotes. No human alive is altruistic and to think otherwise is the biggest blue pill you can swallow. Mutual benefit is the closest we come, but nothing wrong with that.

Timthetiny • 1 point • 14 February, 2018 06:26 PM

They also bequeathed us a brain to use.

Try it

daremeboy • 1 point • 14 February, 2018 06:30 AM

Reproduction is not in the interest of the individual, its in the interest of the species, and on behalf of the species

False. It is directly in the interest of the individual to spread his seed far and wide.

Our genetic line is the only part of us which can potentially achieve immortality.

Those who don't reproduce are failed experiments, forgotten in the sands of time.

notastupid_question • 3 points • 13 February, 2018 09:39 PM

I am from a latin American Country Salsa/bachata clubs are full of hot chicks. Of course there are a lot of guys dancing, (it is Latin America) but if you know how to dance and go to ANY club, you have a high edge in approaching chicks as not a lot of men dance *well* despite many of them doing it.

I know how to dance salsa and bachata and damn, it really helps.

Fyrjefe • 1 point • 15 February, 2018 04:49 AM

This is great advice. I can attest to this. Get involved in some sort of traditional partner dancing. Ballroom especially propagates discipline, strength, and is a great outlet for peacocking. There's lots of different stuff. Dancing is a lifelong skill.

ghosts_of_me • 26 points • 13 February, 2018 03:27 PM

Yeah dude I got my first real plate recently and after 3 months of constant daily sexflick I'm forcing some time apart so that I can do all this other shit I've been needing to do.

Having a girl is great, but too easily do they hold you back from progressing your life. They are time vampires who do nothing but lay on the bed!

A_Bridgeburner • 17 points • 13 February, 2018 04:22 PM

"Time vampires" man I can't stop laughing at this. This is 100% my new word for girlfriend. Hanging out with a buddy in an LTR: "how's your time vampire doing?" Jesus Christ that's brilliant.

notastupid_question • 8 points • 13 February, 2018 09:32 PM

Lol bro I know that feeling, I thought I was crazy wanting to get rid of it all.

I used to live with her, and like you, I got sick of netflix, watching movies, doing the same damn thing, I missed my friends, my freedom, my motorcycle, my books, videogames! my own decisions without reporting to another person.

I also thought the same, she was hot af, and what not, but oh boy she was clingy,

having a clean house and dishes, always stocked kitchen without having to think about it, I'm kind of sick of it and want my time back.

I used to do the same thing, cleaning the goddamn kitchen being a total pussy. Eventually she left me, of course she did, she got bored of my predictability, total beta-fied me.

I also realized, being with a HB9 (supposed to be the prize), was not worth all of the hassle of trying to maintain her, time, money, attention, responsibilities etc etc. Despite getting sex on a regular basis, life was so full of opportunities being wasted away in that LTR (I don't know if all LTR are like this so I still give it the benefit of the doubt).

But yea, it sucks, I am single now, and trying to recapture the self I lost while being with her. But I love having freedom.

WholesomeAwesome • 3 points • 13 February, 2018 11:19 PM

did you at least tell her? you don't even have to. just refuse time and tell her it's not because she did something wrong and not to worry about it.

1st world problems

babycabes • 5 points • 14 February, 2018 02:07 AM

You're not alone brother. There are two sides to this story. One side values the affection, the loyalty, the trust. But that's the only side you ever get the chance to address.

This side you speak freely of here gets stuffed down in real life. You stifle your ideas, your goal-chasing desires.

But I say fuck that. Do what you must for yourself. It's not always so black and white to say the girls gotta go.

You are still in control of your own evenings. You have nobody stopping you from cutting out money supporting her in order to save for a Tesla. To cut off time spent with her in order to educate yourself. You are free and it will come to it's own. She will understand very fast where she wants to fit. And either side she chooses, you will have your needs satisfied.

Don't quit, it's all within reach.

frogNews • 8 points • 13 February, 2018 04:05 PM

Time is super important. What I did was to raise my work table and get a taller chair, so my gf can get a tiny chair and keep sucking while work. Got lots more done this way haha

FuckRightOfff • 2 points • 13 February, 2018 08:00 PM

fuck i'd die of boredom. I blocked a girl who was basically a woman-child and i don't miss getting laid VS the amount of time i have to focus on shit i want to do.... Instead of having to pick her up from work at 10:30, to bring her home and fuck I can go skiing until 10:30, go home, read and paint, practice coding, etc . On weekends I can drive to Boston and go out with friends or stay in my town and get drunk at a divebar with locals. This chick was a literal drag on my life, not to mention all her other baggage and bullshit.

Never let pussy control you, don't be afraid to shitcan chicks. Depending how i'm feeling at the moment I'll either 1) let them know i'm blocking them, and please don't contact me again. then block them OR 2) block them. Either way they disappear, you will have some psychos try to get back into your life, you just need to ignore them. I've had chicks i've fucked have their new dudes CALL me to try to threaten me. Imagine how much of a beta bitch you are to have the chick your fucking MAKE you call someone she used to fuck to threaten? Like wtf? I was cooking shrimp and listening to mumble rap, so i promptly hung up the phone. Of course my first instinct was "woah woah woah fuckkkkkkkkk this dude talking shit over the phone, meet me xyz so i can knock your teeth down your throat" but It was a trap for a jealous plate to fuck with me. She was clearly very sour.

kabuto_mushi • 18 points • 13 February, 2018 12:41 PM

It's good to know that I'm not the only one who has that "I need to share this with my fellow man" feeling. My friends, brothers... even my own father, probably the one person who had the most influence in my life over the blue pill world where I ended up.

I've often thought about showing them my copy of, say, the rational male, and shaking them awake. Or "No more mr nice guy" at least... I could show him why his life ended up the way it did.

[deleted] • 6 points • 13 February, 2018 07:39 PM

Great post. RP concepts are valuable and I loved finding this community because it was the first place I met other people who saw the same things I did. I've stopped using this sub though because of the insane negativity. Seeing truth is valueless if it paralyzes you with negativity. This needed to be pointed out. Too much negativity prevents improvement and acceptance. I became almost scared to interact with women because I was afraid of showing a moment's weakness instead of having fun and being okay with impermanence. Luckily there's enough enlightened posters who can contribute information that is useful and positive. Thank you.

boo_radley_awesome • 5 points • 13 February, 2018 08:59 PM

WOW..... thank you SO much for this post, seriously. I've only been red-pillled for a few months and noticed exactly what you point out here, though I never quite knew how to put it into words. You sum it up nicely, my

friend, and I wholeheartedly agree. Too much of the black/white thinking goes on in this sub and I think it ends up hurting a lot of recently unplugged guys who are still sort of navigating through the turmoil of having all their illusions shattered. I think there's a solidarity that should exist among us and be welcomed. It feels like the opposite though. Thank you again!

[deleted] • 5 points • 13 February, 2018 11:42 PM

Great post. For a while I thought I needed to go out and fuck girls to validate myself but I don't think that's who I am. It's good to have all knowledge on TRP at my disposal, but there's a lot of 'enjoy the decline' kind of bullshit that let's guys justify capitalising on the 80/20 thing. I mean, it's your choice but it seems like a waste of time... it's just meaningless sex. We should be able to do something more.

Mr_Get_Right • 16 points • 13 February, 2018 01:32 PM

It's bigger than money, bigger than validation. The daily practice is bigger than words, bigger than plans.

theselfmadealpha[S] • 6 points • 14 February, 2018 04:15 AM

Daily Practice. That's a VERY important point. You don't just "learn" The Red Pill and then be like, "Well, I've swallowed The Pill. Now I can move on with my life." You need to keep learning and observe it in action daily. If not, it's all too easy to slip back into your old ways of thinking.

Mr_Get_Right • 2 points • 14 February, 2018 01:40 PM

Also, you train your brain to actually enjoy existing instead of it being a constant struggle. And then you keep training it, to enjoy things even more.

ANGRY_ATHEIST • 5 points • 13 February, 2018 07:07 PM

The Red Pill is just a toolbox. That's been said and written many times around here.

I tried to link to some other content, but apparently you can't even link to TRP here (which is strange, but whatever).

drty_pr • 1 point • 14 February, 2018 07:50 AM

I've had comments removed by linking to MRP as well. I wonder what the reasoning is to it?

TheeEmperor • 1 points • 13 February, 2018 03:35 PM **[recovered]**

Im religious, so banging everyone above a 7 is not an option nor a desire for me. The Red Pill just helps me function to the point where I can ask out anyone. Also I learned the hard way about being Captain-Save-A-Bro. Tore a hole through my relationship with my beta roommates because of it.

[deleted] • 7 points • 13 February, 2018 05:23 PM

Exactly. I'm not religious at all but i find myself in the same position as you. Knowing I have the balls to do something and be assertive just makes me so much happier. I take what I want and shape the environment around me instead of being victim to what comes my way.

Fyrjefe • 1 point • 15 February, 2018 04:54 AM

Same page as you. The biggest take away for me is discovering more about masculinity and what it means. Our nature is not our enemy but our design. And masculinity has led to many beautiful things in this world. And *I* too have the capability of greatness.

RockhoundFIN • 5 points • 13 February, 2018 08:22 PM

Thank you brother for a great post. Good summary for the thoughts and conclusions I've arrived to since discovering TRP almost two years ago. Self-improvement, sovereignty and personal strength should be the first steps of any former BP idiot finding this sub. A lot of guys coming here seem to want to use this as some sort of PUA 2.0 core of knowledge. Which is completely fine. Ultimately though, I believe a person becomes what they hate or love the most. If a man is deeply attached to pussy... well ultimately he becomes a pussy. Might not be in a way most men associates the term "pussy" in men with, but rather a man who acts like a woman in a man's body while trying to secure as many sexual partners as possible. Which mirrors modern women's sexual strategy to the dot.

Captain_Save_A_Hoe_ • 13 points • 13 February, 2018 10:50 AM

But what if you don't want to fuck a bunch of women? What if you want a relationship? Can The Red Pill help? Abso-fucking-lutely!

Ok. So one of the popular topics on TRP is how modern women are good for noting because the societies we live in are extremely demoralized and polluted by democratic doctrine. Hence if youre just an average guy you will get average results which might be something like divorce rape, cheating, raising another mans seed, etc... This is why you're told you must be the best version of yourself. Act like a man (game), look like a man(lift), be a man(status).

Colt42O • 3 points • 13 February, 2018 11:03 PM

I disagree about not telling your bros about the pill. I've told a couple of my close friends about the red pill, and they both have been applying it to their lives and have thanked me for it. I wasn't preachy in any way, just listened to their stories and told them I've been there and to check out this sub and get back to me. That's it, and both put in the work on their own to read. I suggest you tell your bros about it, especially if you think they are the type of person willing to change. Great post

[deleted] • 3 points • 14 February, 2018 12:17 AM

I hang out with some guys that would probably benefit from TRP but have kept it to myself for many reasons. I can't remember exactly how I came across it but at first it seemed toxic. I didn't subscribe at first but I returned a few more times and eventually "got it" and now read something everyday (sidebar, new posts, old posts, recommended reading, etc). My point is I was looking for something and I found it by searching on my own and appreciate much more than if someone would have sent me the link. Just my 2 cents on that

OneRedYear • 3 points • 14 February, 2018 03:09 PM

I let a little red slip into conversations to see who's on my level. If a dude burps blue in response I dial it back down to their level.

Fedor_Gavnyukov • 2 points • 14 February, 2018 02:35 AM

its a hit or miss, to be honest with you. some will accept it, many will look at you like you're an extremist. been there done that, and thats before i even knew what trp was. i just had this shit figured out on my own and once the epiphany hit i started sharing my thoughts with people about how the world really works.. not a good idea most of the time.

theselfmadealpha[S] • 2 points • 14 February, 2018 02:47 AM

That's great that you were able to turn your friends onto TRP. I should've been clearer. I don't think you

necessarily shouldn't tell any of your bros about TRP. But you shouldn't try to push it on anyone who doesn't want to hear it. I think you went about it the right way, not being preachy and it worked, which is great!

yammyha • 3 points • 14 February, 2018 06:33 AM

Love all of this. So much testosterone in this thread. It's funny because I read a shit ton of book which translate to understanding the social game/psychology effects and it pretty much reinforces the red pill tool kit.

How to win friends and influence people in the digital age

Persuasion the psychology of influence

Subtle art of not giving a f*ck

Haha these are just some I've read in the last year and it teaches a lot on reinforcing self investment and learning the social aspects dealing with people and females but not as extreme as some of the theories on here. (DM me if you want more titles between self development, leadership, psychology)

At the end of the day. Choose what to give a FCK about, invest in yourself and be self contempt. We're all ordinary people that can make extraordinary decisions everyday with the killer instinct mentality. Some are natural while others learn it. My advice is lift weights to practice mental fortitude, invest in yourself in different aspects, have friends, have hobby's and be f*cking proud you're your own image of an alpha you create. Pussy is pussy but IMO the trp is more than just running game. It's about self confidence in who you see yourself as constantly growing.

theselfmadealpha[S] • 2 points • 14 February, 2018 08:32 AM

Those are all good books. My academic background is in psychology and just about everything here at TRP is backed up by research in evolutionary psychology. It was actually my interest in evolutionary psych back in college that started to change my thinking about intergender dynamics, long before The Red Pill was a thing.

I've read countless books on the subject, too. One of my favorites is Mate: Becoming The Man That Women Want. I used to recommend The Rational Male to young men a lot, but I think it can be hard to understand for someone not familiar with PU/TRP lingo. Now, when I get asked to recommend a book about women and relationships, Mate is the one I usually say.

NabunagasRevenge • 5 points • 14 February, 2018 12:44 AM

grew up in the hood, I over came alot of shit i done spent over 40k in lawyers came to find out who i am do to the right pill (red) there are alot of fags on here fuck them get in where you fit in

andromedaspancake • 1 points • 13 February, 2018 03:50 PM **[recovered]**

thanks for this. as a woman studying game and having been in an LTR for 14 years, I love tRP and its objectivity in describing male/female dynamics. While the misogyny could be eliminated, i understand why these bitter men exist. women simply don't realize their own natural behaviors. i know mine after reading tRP and it has been the most enlightening read in several years.

[deleted] • 3 points • 13 February, 2018 04:04 PM

While the misogyny could be eliminated

What *isn't* considered misogyny these days? If it doesn't apply, let it fly.

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

Stupid girl trying to mold men into the feminine image that society wants. Being a man IS misogyny. Don't like it, get the fuck out.

Heyitworks • 3 points • 13 February, 2018 10:34 PM

Eh, I wouldn't say that being a man is misogyny. Dunno about you, but I don't hate women.

It's just people who aren't familiar with the pill thinking that the things taught here are misogynistic, when really it's just stating how things are. Most people tend to have a problem with that (stating things how they are, free of judgement), always believing you have to be absolutely politically correct.. It's a shame.

[deleted] • -7 points • 13 February, 2018 10:38 PM

Never said I hated women. You're talking like a bitch, defending their feminine ideology from where I sit. Don't put words in my mouth to make yourself feel righteous. I see women for what they are. Nothing more than playthings.

Heyitworks • 5 points • 13 February, 2018 11:28 PM

Have you looked at the definition of the word? I'm not putting shit in your mouth.

[deleted] • -1 points • 14 February, 2018 01:16 AM*

Have you? Read between the lines of dictionary.com

I'd still argue that being a man is misogynistic, as a man is supposed to put himself above the women. Women, (who had a hand in creating the definition of mysogony) would classify a man putting himself above her as "hate" because that makes it less likely that she can suck him dry for resources as the man knows his worth in relation to a single mother.

Misogyny is a bullshit word to begin with. Something else to shame men into thinking they're less than women who were created to please us.

Liquid0 • 3 points • 14 February, 2018 03:12 AM

Your perspective is yours and I respect that. I also think it will leave you bitter and lonely when you are old. Good luck with that reality.

[deleted] • 1 point • 14 February, 2018 03:40 AM*

You come in this world alone & you'll die alone. I prefer cold hard truth to disney fantasy.

Luckylancer96 • 2 points • 13 February, 2018 10:26 PM

Captain save a hoe reference was unexpected and hilarious.

theselfmadealpha[S] • 2 points • 14 February, 2018 02:48 AM

Thanks! I'm glad someone appreciated it. I thought it was funny when it popped into my head.

Sum_of_all_beers • 2 points • 14 February, 2018 09:58 AM

Great post. The best analogy for TRP I've ever heard came from a guy who, to my knowledge, has never been a part of this movement and was referring simply to the red pill that Neo takes in The Matrix. In his words:

"The red pill is a map upgrade."

Maybe you developed your map of reality wrong in early childhood, the same way that Nice Guy traits are developed. Or maybe your wrong map was given to you by others, well-meaning or not, who are wedded firmly to their own (wrong) maps of the world and try to force the world to match their wrong map. Maybe it was given to you knowingly by someone with an agenda, as an instrument of control, as in The Matrix. Whatever. You need a better map.

The map isn't a set of instructions. It doesn't tell you where you should go, or even how to get there. It doesn't tell you what to want (although plenty of people will try this and use TRP to justify it). It just describes reality to you more accurately than your previous map. It's up to you to decide where you want to go and plot the straightest path there. There are no instructions for exactly where you want to go. But here's a map.

The true gold is when you realise that each reveal, each AHA moment merely unlocks one more of multiple levels of red-pilling. That's also why it's laughable when others claim to have "swallowed the red pill". You'll be swallowing them, hopefully, for the rest of your life, with your map becoming a little less inaccurate each time.

theselfmadealpha[S] • 3 points • 14 February, 2018 11:05 AM

This is a great analogy. I love it! I've been on a relentless quest to know the truth about everything for as long as I can remember. And you're right: You don't just swallow a single pill and suddenly know it all. It comes in a series of Aha moments.

When we say The Red Pill, we're talking about learning the truth about intergender dynamics. But it's not the only thing we're taught incorrectly. The first red pill I swallowed was about religion. Then about the education system. Then about the government in general. It's about always learning more, always being willing to adjust your world view when you come across new evidence.

Again, love the map analogy! Thanks.

[deleted] • 4 points • 13 February, 2018 01:50 PM

Staying flexible yet determined. I want to maximize the time with my four kids and minimize the effect of being divorce-raped. RP has led me to focus on myself in improving my health and wealth and surviving ongoing shit tests. Although I've been here for a while, I just started lifting this year and it works for me. That's how I'm proceeding. Accepting my situation yet moving forward with what works.

renzo_0078 • 2 points • 13 February, 2018 02:02 PM

I want to use the red pill to learn what it is to be a man as my upbringing didn't yield me this. Slowly but surely making myself a better person and as a plus, know what it's like to spin plates and have women.

I've started lifting this year and gained 2kg of muscle so far. Here's to more

theselfmadealpha[S] • 1 point • 14 February, 2018 04:13 AM

Excellent goals. Keep at it!

88Will88 • 1 points • 13 February, 2018 10:26 PM **[recovered]**

Good post, clearly you are more self aware than most of the readers and you have a nice, clear writing style. The reality is a lot of guys arrive here and think they have found the holy grail, and in some ways they are right, but the holy grail lies within. The red pill is a step towards a greater reality but it is like an instruction manual on diet and exercise. It can help you reach your goals but you need to do the work. Then when you have a lean for body, what are you going to do next? Tell me some more about how you put on the 50lbs of muscle. What age did you start, how long did it take, what sort of routines and diet did you use, did you do it natty?

theselfmadealpha[S] • 2 points • 14 February, 2018 02:53 AM

I started at 27, am 37 now. It took me about 5 years to put on the first 30 lbs, then I plateaued. Tried everything to build more muscle, every test-boosting supplement, different diets, routines, and nothing. So after tons of research, I decided to go on TRT. It's been one of the best decisions of my life. My test was in the low-normal range naturally and now I keep it in the high-normal range. It's made all the difference. Once I started, I was able to start building muscle again. So technically not natty, although I've never had superphysiological levels of testosterone. My routines I switch up every few months or so but they almost always focus on heavy compound lifts. And I always eat a high protein, medium carb, low sugar diet.

0010000100111111 • 2 points • 13 February, 2018 03:48 PM

Great post. TRP is nothing more than awareness. What you decide to do with it is up to you...

Thunder_button • 1 point • 14 February, 2018 12:43 AM

I have been lurking for years now, struggling to understand the Red Pill. Tonight as I type this I'm finally swallowing the pill and I'm finally beginning to understand. This post is exactly, EXACTLY what the Red Pill means to me.

lerprite • 1 point • 14 February, 2018 01:29 AM

A great post that defines an important part of the red pill philosophy that often gets overlooked. It's a great read. Thanks man.

eclectro • 1 point • 14 February, 2018 03:05 AM

seem to think that the red pill is some sort of action plan.

If you're a guy, there's an action plan *for everything*.

You're just going to alienate yourself and piss people off.

I disagree. I appreciate the time others have given on this subject and have found some of it useful. But maybe that's *just me*.

[deleted] • 1 point • 14 February, 2018 06:53 AM

i wanna sign up for a course coming up

FauxBostonianBrahmin • 1 point • 14 February, 2018 11:01 PM

Reading a lot of Jordan Peterson, and watching his entertaining videos has really helped me with some of the things you've wrote about. If not all.

okeplshalp • 1 point • 15 February, 2018 09:29 PM

I mostly just want to learn about body language and signs that a woman is interested in me. I'm horrible with non verbal communication, so the red pill is helping in this regard.

The other thing I want is to try to learn to get over some bad experiences, like a false rape accusation, and a few abusive relationships, that have made me want to distance myself completely from female company.

LightBearCares • 1 point • 16 February, 2018 02:44 AM

Found TRP around January of 2015. I mostly lurk here and rarely do I post. I like reading a lot more and then applying some of the lessons from here. To be honest, I've only had sex about three to four times all of last year, all with different women. Sex barely registers as a necessity for me, and oddly do I get an itch for it during a few

days out of the year (I'm only in my late 20s). I don't hate women at all, but I'm enjoying the MGTOW route more than anything right now. For now, dating seems like work for me and still does after these few years. I may date again in the future but that future won't come anytime soon. I just focus on the gym, work, eating right, family and playing with stocks and crypto. I'm a simple and I like keeping it that way.

theselfmadealpha[S] • 2 points • 18 February, 2018 10:02 PM

And there's nothing wrong with that! I've gone through long periods of my life where I felt the same way. BTW, I'm a big fan of crypto. I've already made a small fortune (got into ETH early, about a year ago) and spend a couple hours a day researching/trading. I pulled all my money out of the stock market six months ago and put it in crypto and it's really paid off. Best of luck to you!

[deleted] • 1 point • 20 March, 2018 03:53 PM

Okay so go out more and turn off the computer. That's a good one for 16yo's

360_no_scope_upvote • 1 point • 14 February, 2018 02:41 AM

This post reads like a TRP guide to blue pill fantasies. No wonder it's so heavily upvoted. We're supposed to be teaching men how to be men, not how they can cleverly disguise their bp dreams.

huge_gap • -1 points • 13 February, 2018 03:11 PM

Generally agree with this post but it's a slippery slope. Don't think it's healthy for dudes to only lift and play video games for the rest of their lives because it's what THEY want. I get that life is arbitrary and people can do whatever they want, but some dudes will look at this post and delude themselves into thinking it's fine to live in their own safe space for the rest of their lives without meeting true challenges and adversity.

[deleted] • 0 points • 13 February, 2018 04:03 PM

but some dudes will look at this post and delude themselves into thinking it's fine to live in their own safe space for the rest of their lives without meeting true challenges and adversity.

Why would that be any of your business? How guys live their lives has nothing to do with you, so why would you give a fuck?

Let people do what they want to do. They don't need your validation.

huge_gap • -3 points • 13 February, 2018 04:50 PM

I care for other dudes and want the best for mankind. You're right, fuck me for thinking that anything I believe in is something that will benefit and enrich other dudes' lives, or that some paths in life are better than others. It's about your own journey man! You do you! Nihilism!

Any man can do whatever the fuck they want. I don't care enough. I care when they negatively affect my life and I have to take action.

[deleted] • 6 points • 13 February, 2018 05:05 PM

I care for other dudes and want the best for mankind.

That mindset you have is fucked. Its not your job to regulate mankind, because who put YOU in charge of deciding what is best for others?

You don't "care" for other dudes. You care about seeing people live in ways that *you* validate.

You're right, fuck me for thinking that anything I believe in is something that will benefit and

enrich other dudes' lives, or that some paths in life are better than others. It's about your own journey man! You do you! Nihilism!

Yes, fuck you for thinking you have some moral high ground to decide what the fuck other men do with their lives. "Better" is subjective. Just because YOU don't think another man's path is the best, doesn't mean that man is not content with what he chose.

You weren't trying to benefit anyone. You clearly stated that it is a "delusion" for men to want to live in their own safe space. That is condemnation of their personal choice. Go fuck yourself for trying to paint your criticism as benevolence.

Nihilism = "someone is living in a way that I don't like! That is wrong!1!!!!1!" Fuck off and worry about yourself. Unless someone is in your family and their lives are being financed directly by you, its none of your business.

I care when they negatively affect my life and I have to take action.

Explain how a man eating cheese doodles and playing video games all day affects YOUR life. Your job is to get YOUR shit together in your life, not worry about the next man. If what someone else does bothers you that much, that's on YOU, not them. Stay in your lane.

huge_gap • -5 points • 13 February, 2018 06:04 PM

Glad you put a lot of thought into this.

[deleted] • 3 points • 13 February, 2018 07:47 PM

If that's your way of saying "I have nothing of substance to say to this so I'll pretend not to care so much about it to save face", then touché.

ZigzagLumen • -2 points • 13 February, 2018 11:26 AM

It's the same reason that, once we swallow The Pill, we want to tell all our beta guy friends about it. Unfortunately, this is a terrible idea. Your friends and the blue pill guys around this sub need to figure it out on their own – they need to want to figure it out on their own. I know you want to be Captain-Save-A-Bro, but you're likely not gonna save anyone. You're just going to alienate yourself and piss people off.

I've mentioned various real red pill aspects of life to a friend of mine, and I've learned its not to be taught to the people who dont know. They just dont understand, and almost think you're crazy

The thing is, this friend of mine isnt exactly beta, he's slept with more women than me and has more natural game than me when it comes to general female interaction.

He's now shortly going to be in what is his second LTR (although he wont admit it is for a long time) in the space of a little over a year. His last LTR he was with her for 2yrs, she ended up moving herself in to his mums house with him. We're both 23 so still quite young

I dunno, I havent got the game as of yet, but I feel like I have some TRP knowledge, so I can see things happening a bit clearer than I used to. I hope one day, as I'm growing and learning, it all ties together and becomes beneficial long term

SMRII • -1 points • 13 February, 2018 10:28 PM

I think you're misinterpreting the difference between the term "red pillled" and what this sub actually represents

daremeboy • -1 points • 13 February, 2018 11:39 PM*

I think it, unfortunately, turns off a lot of new people to the sub

This is a good thing. If someone is too pussy to deal with it then they don't need to be here. Soyboys and no-fap fags need to stfu or gtfo.

This post was a good self-reflection exercise for you OP. Defining TRP on your own terms. A definition which is not fully accurate, but you will see it change as you embrace it further.

This whole post is, unfortunately, useless shit for everyone else. It's feel-good bullshit that offers very little value. The fact it's gilded only reinforces that.

all-kinds-of-gains • -6 points • 13 February, 2018 10:57 AM

I'm a complete newbie to the red pill, seduction ect any seasoned red pill alphas tell me where to start? like links or the fundamentals?

Majesty_of_Nothing • 10 points • 13 February, 2018 06:44 PM

It's all in the mythical side bar ☐ ☐ ☐ ☐ ☐

theselfmadealpha[S] • 1 point • 14 February, 2018 04:16 AM

Go read the sidebar, brother. You'll make all kinds of Red Pill gains!