

# I hate that TRP is the truth, but it is.

February 20, 2018 | 692 upvotes | by [Ivetakenthepill](#)

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I was brought to TRP nearly two years ago when I found out an LTR of 1.5 years became a prostitute behind my back. Now that was extreme but I swallowed the pill hard, I hit the gym but other than that went on a bit of the destructive path. Lots of drinking and effortless hook ups. I was like in an instant I saw it all so clearly. I watched it unfold daily, I fucked as many girls in relationships as single girls. I truthfully did not give a fuck, not as a strategy but because I was such a mess I didn't have a choice.

It was so god damn easy. I would get dragged out to a club with an old t-shirt, swimming trunks and flip flops and take a girl home. I'm not saying this to flaunt, I'm saying that truthful, genuine DGAF energy is a hell of a thing.

It eventually simmered but I couldn't stop witnessing it all over the place. I'd watch friends relationships deteriorate exactly how I predicted they would. I'd listen to a conversation and watch the IOI's plummet when they said anything blue-ish, (better looking guys= longer leash of course), I'd listen to all the hamster wheel conversations between women validating, justifying. Basically every bit of information that's readily available here. There isn't even a grey area, this is an exact science.

So now, I meet a wonderful girl. My guard is up but I think I could spend some time with her. HB 9, young, low count, good father, no previous fucked up shit. Also financially independent and successful, always insists on sharing expenses, etc. etc. All the good checks were checked.

Not to mention, she had a commendable perspective of gender roles and that men and women are different and that's okay. She wanted me taking the lead, she spoke about wanting to learn to cook for me. Sucking my dick nearly every morning, we were fucking constantly.

I thought the universe was rewarding me for the prostitute situation or something, I felt I found a unicorn. This girl was hooked on whatever I was throwing out, so yeah we LTR'd.

And of course I did not find a unicorn. **There are no unicorns**

I'm lucky in that I have looks. It makes the beginning easier, I didn't always have looks, I grew into them in my mid-late twenties, so my inside still feels not quite like the outside. I have enough alpha qualities to get by, but I am by no means an impenetrable alpha male.

So I eventually broke frame, broke some rules, probably multiple times. Nothing even extremely noteworthy, just little things. I like talking about my emotional state, I do it too much. I would plan to do things and not follow through. I would be romantic too often. I would get annoyed or upset over shit tests. Not often, but over 9 months now I've slipped up.

You get so comfortable you think well of course I can get away with a few *Well you can't*

It's been a subtle decline, but she is a far cry from what she was. I'm almost an afterthought, I feel friendzoned half the time, a beta companion. She has suddenly brought in feminist views that completely contradict her earlier statements. Easily irritated, less sex, everything that is taught extensively here. I'm watching it come true as any wise man would expect.

It's frustrating. It's not even her fault, she's not doing it vindictively it is her biology and you can't negotiate desire. She hit all of the marks of someone who might just be genuinely in love. I relinquished my frame, and TRP truths prevailed as they always always will.

Only thing left to do is walk away I suppose.

I hate that TRP is true sometimes, but I'm grateful for it at the same time. For the information, knowledge,

wisdom and tough love we don't necessarily want to hear, but desperately need to hear.

Truth is truth, enjoy the decline.

**TL/DR**

Thought I met a great girl, approached with TRP wisdom, slipped up, TRP truths prevailed.

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## Comments

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VickVaseline • 354 points • 20 February, 2018 06:24 PM

In my experience, planning to do things and not following-through makes chicks go on an immediate Shit Test Attack. They seem to hate it more than any other Beta-type aspect.

On the other hand, chicks seem to *always* plan to do things and not follow-through. Maybe that's the thing: if you plan to do things and don't follow-through, the chick will see herself in you and hate you.

[deleted] • 89 points • 20 February, 2018 06:27 PM

The last remark is quite subtle. Is there anything females loathe as their real self? Doubtfully.

But I "unfollow-through" whenever I want, and the answer to a possible Shit Test Attack is shrugging.

So long as you don't care for her more than she does for you, anything will go.

StudntRdyTeachrApear • 3 points • 9 March, 2018 06:23 PM

All of TRP could be summed up with your last sentence. It's as simple as being the one who cares less, the one who is more comfortable walking away. Women cannot handle being the one who cares less. It's that simple. All other variables IMO are just optimization.

[deleted] • 3 points • 9 March, 2018 07:43 PM

Maybe there's a little tip to be added.

Don't care for her, but sometimes do pretend you do (to an extent). Don't see her as your peer (intellectual or moral), but sometimes do pretend you do. Be aloof, but not too aloof.

Besides their masochism and unconscious will for submission (which makes "don't care for her more than she does for you" a winner), her unconscious wish to have a tool/appliance to use at will (which "don't care for her more than she does for you" a winner), she is also a childish narcissist.

If you starve her ego, it will resent you. As they say, feed it some pellets (if you want to be on nice terms long-term).

StudntRdyTeachrApear • 2 points • 9 March, 2018 09:14 PM

Temperance is strengthened by the wisdom of its absence. The pair-bonding high must be monitored vigilantly by men if they want to be respected as such. Thankfully, our self-awareness and life experience can lead to a relative mastery over relationships that provide the amusement we seek. Caring more as a man is just ignorance. Once a man internalizes the perils of a weak frame, he has become infinitely wiser.

general-heartless • 63 points • 20 February, 2018 08:02 PM\*

It's because when you plan something and don't show up for it, you signal your value is higher than hers. So she goes all "what the fuck?? Who does this guy think he is??" Then, she shit tests you. So, maintain your high value frame, and reply to her texts & calls like 5 hours later or the next day and be like "oh yeah haha! I had some things to do. Come over and chill at 7 i have some time tonight" then she's basically guaranteed to show up at your place because you signalled your value was higher than hers by just the absence of your presence and texts.

dongpal • 20 points • 20 February, 2018 09:50 PM

i dont think he meant that. he meant following your goals, not doing your tasks etc.

if you dont do things you suppose to be doing, they get mad as fuck

Islam-Delenda-Est • 34 points • 20 February, 2018 09:42 PM

This isn't referring to breaking plans, but making a plan (I'm going to exercise every day and get jacked), announcing it, and then not following through (you only end up exercising every day for 2 weeks, then you're back to your old schedule)

Paranoidexboyfriend • 44 points • 20 February, 2018 10:26 PM

They don't want to hear about the work behind your goals and definitely can't stand failure. I work out all the time but just tell women it's my genetics. They want a guy with a great body but not one that has to spend time in the gym. Just like they want a guy with a high status career or money, they don't want him to have to always be at work. You gotta make it all seem effortless

Buchloe • 11 points • 21 February, 2018 12:55 AM

I always follow through, and ONE TIME I totally spaced on some plans by complete accident. Might as well have shot her dog. I was dumbfounded.

sd4c • 3 points • 24 February, 2018 07:57 PM

Because they're the ultimate in pragmatists, like a mob boss- he doesn't care about excuses, even valid ones. Or what your intentions were. He wants you to pay him. You didn't, oh your mom died, you needed the money to bury her, how sad.

Now he will make you suffer for missing a payment and you STILL have to pay him back.

All female displays of empathy, mercy, affection, and compassion for ANYONE but their own children, is a lie.

BreadcrumbBernard • 24 points • 21 February, 2018 01:50 AM

Love flows downward. Men —> Women —> Children —> Puppies. When there is no man, there is no love, and with no love the happiness runs dry in women. When you plan something, you promise love, and when you cancel plans, you cancel the love and thus her happiness

Edit: hmm not sure how to do arrows but those were supposed to be arrows

Adeus\_Ayrton • 3 points • 21 February, 2018 08:07 AM

This is gold. Masterfully put.

UltraCarnivore • 4 points • 21 February, 2018 01:49 AM

Maybe that's when she sees you as feminine.

Brickles09 • 180 points • 20 February, 2018 08:33 PM\*

Funny that you bring up talking about your emotions. Lately, I've been thinking that this is the number one thing that makes them despise us. I used to be a walking journal about my emotions and feelings to my wife, and she would treat me like a total loser, no respect whatsoever.

Now I've been suffering in silence, I just don't open up to her anymore. It doesn't matter how lonely, despaired, or in anger I am. I just suffer alone and in total silence. And guess what she does?

I'm watching TV after dinner, she sits on my lap and speaking with a cute voice, tells me: "You are so calm and happier now." And then she proceeds to touch my arm and comments on how stronger I am.

And I think to myself: "OMG, what can be more red pill'd than this situation? And who is that sweet woman again? That can't be my wife."

Btw, I'm not happier or more calm at all, she just doesn't know how I feel! Now SHE is more calm and happier since I haven't been talking about my problems to her and have been letting her verbally abuse me without retorting.

Trust me, if a girl ever thinks about you as the guy who never gets sad, never feels despair, with the rock-solid personality that will never be bothered by her crazy personality, she will certainly want to be in your bed.

Ivabighairy1 • 78 points • 20 February, 2018 10:29 PM

The hard part. We can't open up to women because they'll get rid of us so quick they wouldn't even remember our name after a day. We can't open up to other men because of our competitive nature. So we have to learn to deal with it on our own. Some do good at dealing with it, others ... not so much.

trevortackyl • 133 points • 20 February, 2018 10:48 PM

Women are for fucking

Men are for friendships

Your dog is for compassion

zyqkvx • 19 points • 20 February, 2018 11:57 PM

Silly rabbit. Women are for fucking

Did I imagine the 'Silly rabbit' part or did you edit your post?

SoulRebel99 • 5 points • 21 February, 2018 10:31 AM

Friendships should have compassion no?

GenieGenius • 7 points • 22 February, 2018 03:50 AM

You can cry in front of your Dog, can't cry in front of your bros.

Taodin • 7 points • 22 February, 2018 07:14 AM

of course you can. But after all you better find some new bros, because your old "BRO's" would not have respect anymore and see you more as their sister, than their brother.. Competitive nature explains it all. They would see you from there on below them and treat you respective. Because you decreased your social value by telling people you are weak. This is an invitation for beeing socialy raped.

abbabbagadeeba • 1 points • 22 February, 2018 09:22 PM **[recovered]**

Jesus, this is so fucking toxic. Please tell me a tenet of teh red pill is that you guys never have kids. Please tell me this shit at least has the decency to be sterile.

lopsidedlucky • 1 point • 23 February, 2018 07:38 AM

You're such a precious moralizing little cunt. Gtfo of here.

abbabbagadeeba • 1 points • 23 February, 2018 07:45 AM **[recovered]**

Yah, you know, morals. Remember those? They help us see each other as humans

and treat each other not like complete garbage?

I mean, I get that you guys thing is being complete dirtbags to women, but it genuinely freaks me out even more that you're not allowed to see other men as human either. Fuck me, it's like the ISIS guide to dating. "Here's how to get chicks in a way that makes you value both them and yourself far less, and will inevitably lead you to hate any woman who'll look at you, every man you'll ever meet, and eventually yourself".

I mean, even on a common sense level, doing this shit to yourself makes no fucking sense.

lopsidedlucky • 1 point • 23 February, 2018 07:56 AM

You need a ridiculously good fucking. Now get the fuck out of here with your 12 year old bullshit and go get some dick. You'll feel much better princess.

Taodin • 4 points • 22 February, 2018 06:55 AM

of course they should, but i know as well as you and all the others that If it comes down to the real life, everybody stands only for himself. Just like ivabighairy explained.. it is because of our competitive nature.

Merwebb • 19 points • 21 February, 2018 02:35 AM

Being stoic and fixing shit is where is at

Maverick91x • 3 points • 21 February, 2018 05:29 PM

nice post

Saberinbed • 40 points • 21 February, 2018 01:32 AM

Why open up to women when you could open up to your family/bros?

Who do you think will be able to understand your emotions.

1. Family that raisesd you from birth
2. Bros that you've been friends with for decades
3. Some girl that you came in her mouth.

suicideprince97 • 13 points • 21 February, 2018 04:13 AM

tbh i don't even agree with those thanks to my negative upbringing so just suffer altogether by yourself. You will be sad but you will actually feel some good decision making in yourself by choosing not to tell. and when they cut you off or vice versa. all you think half the time is "At least i didn't tell abc". At least thats what i say.

Frenetic\_Zetetic • 7 points • 21 February, 2018 09:02 AM

You can talk to women about anything and everything you want, just be ready to have another one lined up if/when she bails, that's all.

SoulRebel99 • 7 points • 21 February, 2018 10:31 AM

So we can't ever have real male friendships either? SMH I can't seem to make close bros, since I've just

been focusing on my goals. This is shitty news

sd4c • 1 point • 24 February, 2018 08:14 PM

You can open up to other men. Just keep it proportional to the length of the friendship.

KumonRoguing • 74 points • 20 February, 2018 11:25 PM

I've been here for a long time and see this type of stuff a lot. A few weeks ago me and a female had a 6hr fuck a thon in a hotel. I was up at 8am and went outside to smoke as she passed out. Just so happened my best friend for years was up and said he needed to talk. We had a probably 3hr long conversation about our feelings and I've never felt so good in my life. Bro suicide rates for males are too fucking high. Open up to a close dude friend and you might be surprised. I'm not saying your suicidal or anything just putting here for visibility. There's no shame in feeling angry, sad, or broken.

frooschnate • 11 points • 21 February, 2018 04:21 PM

Definitely. Every time I see dudes here demonizing trust between friends it's confusing. If you never grew a positive relationship with a decent man and became good friends it can be hard to understand and let go of the paranoia that comes with trusting people that much.

I have friends who would take a bullet, not all of them, but they exist.

Frenetic\_Zetetic • 4 points • 21 February, 2018 09:01 AM

I feel like this post is gonna get buried. Spot on, dude.

SoulRebel99 • 4 points • 21 February, 2018 10:32 AM

Yes, awesome post. Good to know male friendships can be positive.

THESkipp • 18 points • 20 February, 2018 11:25 PM

Similar experience yet I got my alpha back once we spilt. I met my 5 year LTR prior to ever hearing about the red pill. 1-3 years remained very alpha. I was being me, I didn't know any different. 3-4 years she broke me down. Wanted more emotion. Said she wanted beta type crap. 4-5 years I let out said emotion and beta. We just hit the 5 year mark and mutually decided to end it. Both not happy. I wasn't happy because I wasn't me and knew deep down I was not being me. She wasn't happy because I wasn't alpha. I turned into the beta I ridiculed.

All a learning curve, I'm thankful for the red pill as I now know who/what I am are not wrong or immoral. It's just being a man.

RAiderNat88 • 5 points • 21 February, 2018 06:15 PM

You either die an alpha or live long enough to see yourself become the beta

trpdick • 9 points • 22 February, 2018 02:38 PM

This may be the aspect of TRP I hate the most after hypergamy. I mean, what's the fucking point? Why live with someone who you can't talk to and be honest with? I'm not denying it's true - there are just a few aspects of female nature that make me despair.

I mean, if you can't be accepted for who you are, but only who you pretend to be - then are you really accepted at all? It's like wearing a costume of her favourite celebrity to make her happy, and then being punished for taking the mask off.

lopsidedlucky • 5 points • 23 February, 2018 07:44 AM

That's what separates red pill from PUA. Red pill you internalize, experiment in the field, grow as a person and you become red pill.

You become the real deal. Once you have you're not pretending, there is no mask. As far as emotions are concerned, those are for bros. Always have been. Find some tribes or make them. As for crying, only when your dad, child or dog dies can you do that in front of bros. It's the way it is.

RAiderNat88 • 7 points • 21 February, 2018 06:12 PM

This is exactly right, you have to be GOD to a bitch. She can never see your true emotions. Despite what many men say this is one of the most challenging things to do and most men fail. But the ones that succeed reap the benefits of keeping their sorrows and emotions under wraps.

[deleted] • 11 points • 21 February, 2018 04:22 AM

Save talking about your problems for when you're with friends, family, or just suffer in silence. NEVER talk to the woman about your problems.

[deleted] • 4 points • 21 February, 2018 09:09 PM

As another fellow mrp, I'm so glad I saw this because I am doing my damn best to NOT be an open book like I was before. I used to be open and talk about my emotions. Now I just act more stoic but I still have more work to do.

Sumsar01 • 3 points • 23 February, 2018 11:27 AM

I've actually found that not talking about my problems works as well.

Since either you are able to solve them. So that's not a problem or you can't solve them and then why bother. Talking won't help. But not talking might at least help you think about something else.

Saturn-cutter • 5 points • 21 February, 2018 11:00 PM

It's okay to be sad once in a while but if you're constantly in despair or "moping around" -- no shit you're annoying as fuck.

You might suffer from clinical depression. But still, people don't want to fucking deal with you. Truth hurts. And there's no award for "world's largest martyr" -- if life is a constant suffering slog ... um, maybe change shit up. Or see a therapist.

I don't think a girl cares if you're sad once in a while. If you're constantly weeping and bitching about things though, no wonder. People like positive, fun people. Not negative, moopy people. Don't dump all your problems (mostly workplace bullshit, 1st world problems in other words) on your wife.

Maybe instead of pretending, you should actually stop sweating the stupid bullshit and start enjoying life.

SimpleJacked • 2 points • 26 February, 2018 09:44 PM

This also applies to your emotions when she tries to pick fights or gets upset over stupid shit. Do not react emotionally. Do not apologize or empathize on her level. She will be "normal" within the hour and forget why she acted that way. If you are a rock during her tantrums she will be sucking your dick instead of expecting an apology.

hodltaco • 72 points • 20 February, 2018 07:26 PM

"I'm saying that truthful, genuine DGAF energy is a hell of a thing"



I've been saying this for years after discovering it between marriages. After marriage #1 I was done. I mean done. It oozed out of my pores and women could smell it. I would dress in the morning for the day and it didn't matter whatever else I was doing that day I was not going to get anymore ready.

Not giving a fuck is the single most successful RP tool that exists. One must truly not give a fuck. One cannot fake not giving a fuck. You actually have to really not give a fuck. It is a consciousness that you will only realize when you're turning drink gifts away at the bars.

cudder17 • 17 points • 20 February, 2018 08:06 PM

So how did you truly not give a fuck?

dongpal • 88 points • 20 February, 2018 09:54 PM

you have to go through immense amount of pain and your heart needs to be broken several times.

[deleted] • 33 points • 21 February, 2018 03:11 AM

Let me add that it doesn't hurt to despise them a bit . It's hard to explain but basically it's the opposite of putting them on a pedestal. Looking down on them like the silly children they are. You cannot fake it.

0attr • -2 points • 21 February, 2018 09:04 PM

I prefer looking at them as equals. Its not good to look down on anyone.

Taodin • 14 points • 22 February, 2018 11:26 AM

That was also my attitude the last years and guess what? You will realize that everybody will use your bleeding heart- do gooder behaviour against you! I was fucked up emotionally by friends, by girls and even family because i saw them as equal to me and moved down stairs to them. After i was at one stage with them and opened myself, they used this chance to kick me even further downstairs. So stay the hell where you are and do not let obey to anyone or anything, believe me. I died several times. Most of the people will see this as an invitation to treat you bad and exploit you, this is human nature. Truth hurts but you better accept or will suffer for the rest of your beta life. PS: Since i accept this lesson i am a lot happier, DGAF about any BULLSHIT and weak minded people who infect you with their insecurities and stay away from that shit. YOU have to choose. Amen

0attr • 1 point • 22 February, 2018 04:44 PM

Yeah, you have to select who you associate with and set boundaries with toxic, abusive people.

After that though, when you have healthy people around you, you can open up to them and trust them again. That's pretty important to have a happy, loving social life.

lopsidedlucky • 3 points • 23 February, 2018 07:50 AM

You are going to have very hard years ahead of you with that attitude. That one line tells me about your mom, your emasculated dad or lack of a dad, your age and so many other beta things. Women are able to smell that on you a mile away as well and mark you for beta.

u/Taodin is right. Listen to him and the others here man and hopefully you'll grow before you pay for being so terribly naive.

0attr • 1 point • 23 February, 2018 01:30 PM

I'm in the best years of my life dude, the hard stuff is behind me. Trying to help the truly naive here, who are trapped and truly emasculated, with some wisdom.

Looking at people as equals - you chose that to scoff at? ugh.

lopsidedlucky • 2 points • 24 February, 2018 05:22 PM

You're the naive one and you're spouting blue pill bullshit not wisdom. You're trying to sound pious and wise for your own weak ego strokes and you're the opposite here. You're not helping them, you're leading them down a path of blue pill bullshit. Now stop.

0attr • 2 points • 24 February, 2018 05:40 PM

Treating women as equals is seriously that contentious a point?

Women are our equals. I'm suggesting we should live within Reality, and treat them as such.

behindtheline40 • 1 points • 21 February, 2018 04:13 AM **[recovered]**

It's so incredibly true. I've never gotten the amount of attention I get now. I'm so bold because I truly give absolutely no fucks. It's not necessarily a desirable place to be though. The only benefit to this attitude is female attention.

[deleted] • 7 points • 22 February, 2018 11:16 AM

No I think it's freeing on many levels, you just need to keep your life together while doing it.

Not giving a fuck in public or around your peers helps remove your dependence on people for validation and acceptance of yourself.

For example, you might be hesitant to walk around outside in your underwear because people will think you're weird. But not giving a fuck and doing it helps you stop caring about whether people think you're weird or not.

Andgelyo • 2 points • 26 February, 2018 06:55 PM

This. **Pain and suffering truly made me not care about humanity.** I've failed out a grad program despite being hailed one of the most promising students, my grandfather passed away during that time, father called me a dumb ass and failure, and had absolutely nothing going on in my life a few years ago. Nobody gave a shit about me. I stopped caring about people at that point. Fucked and used women like objects. **I looked for trouble out on the streets and welcomed conflict(had nothing to lose).** I'm in a much better point in my life right now(finally graduated and can have a career), but when terrible shit happens in your life, you truly don't give a fuck.

snypfc • 1 points • 20 February, 2018 10:54 PM **[recovered]**

Abundance in everything. Build value that allows you to recreate and therefore walk away from anything.

Frenetic\_Zetetic • 5 points • 21 February, 2018 09:04 AM

Abundance is the right idea, and is closer to getting yourself to the IDGAF point, IMHO.

I think about my killer music collection, all the cool shit I'm going to do later, etc. Funny how women start getting chatty when you have absolutely no interest in talking to them...

## ABUNDANCE!

hodltaco • 17 points • 20 February, 2018 10:06 PM

At the risk of tossing out too much bullshit... it's when perfection is in front of you and you can walk away. The nanosecond you begin to want, to lust, to hunger, to thirst is the moment all is lost.

In my case it was extreme pain and a house lost. The true decision that I could never hurt myself again like this so I'm never risking it again. Nothing was worth that pain. I was almost floating in peace and for at least several months I wasn't even aware of what I was missing out on. Nirvana. Reality sets back in but it affected my personality. The damage was done. Bent to giving much less fucks than I should forever. I lust for nothing. I notice I don't get as much only because I don't want as much. The quality is *much* higher and I can take it or leave it.

zyqkvx • 5 points • 21 February, 2018 12:07 AM

it's when perfection is in front of you and you can walk away.

sounds more like being a pussy in that context, but I understand your general point.

hodltaco • 3 points • 21 February, 2018 01:42 AM

When it sounds or seems impossible and you can walk. Definitely not easy. It's really hard to describe. Definitely easier with age. Don't know if I could do it at 20.

frooschnate • 6 points • 21 February, 2018 04:26 PM

What I get from what you're saying is more or less: You need the confidence and mental strength to walk away from what you once wanted the most if push comes to shove.

Knowing within yourself that this girl doesn't define you, that you can and will come across more, sometimes even better. So one girl shouldn't tear your entire castle down.

*Go on and marinate on that for a minute*

Merwebb • 3 points • 21 February, 2018 02:38 AM

By giving so many of a fuck you find yourself in the other side, is one way.

The other way is doing it progressively

[deleted] • 1 point • 21 February, 2018 04:14 PM

By not needing women at all and just letting them chase you if they want to and not caring if they don't.

figyg • 1 point • 3 March, 2018 07:10 PM

Unfortunately, you got to take your licks and go through your shit. That generally means having women fuck you over, for most of us.

Lennythetp • 1 points • 20 February, 2018 08:38 PM **[recovered]**

Have self confidence, learn that you can always walk away and you have all the tools you need by yourself to fix any situation you get into.

mainer345 • 4 points • 20 February, 2018 09:34 PM

Wrong, most of the time it is trauma. Most people cannot and will not experience the despair of not being able to afford to give a fuck. Once it happens you have 2 options use it for destruction or life.

BigMawsmidget • 217 points • 20 February, 2018 06:10 PM

Newbies or even people who forget need to remember things you've stated in this.

1. There are no unicorns
2. You cannot negotiate desire
3. Keep your frame at all costs
4. Never show weakness(unless it's something like your parents passing away).
5. The friendzone doesn't exist except in your head and you put yourself there.

redblueninja • 1 points • 20 February, 2018 06:25 PM [recovered]

6. LIFT

BigMawsmidget • 20 points • 20 February, 2018 07:38 PM

Yes it's said here so much, but even I forget.

GenieGenius • 9 points • 22 February, 2018 03:54 AM

If you don't lift you're robbing yourself of vast amounts of testosterone, the essence of your masculinity and the uncrossable line between what makes you a man rather than a woman.

RedSuperiority • 11 points • 20 February, 2018 07:21 PM

Screenshot this and keeping it in a folder to look at every day.

Thank you.

\_the\_shape\_ • 21 points • 21 February, 2018 02:42 AM\*

Keep the blue pill version nearby too to remind yourself of what *not* to do:

1. "The One" is out there somewhere, and your mission is to find her
2. If you take her out on enough dates, constantly bombard her with enthusiastic, emoji-filled text messages, shower her with gifts and relentless affection, you will eventually win her over. Fight for her!
3. Never forget that you are a privileged cis-male; know your place, *especially* when she is in your presence
4. Be emotionally vulnerable
5. Be (and remain) her friend for as long as necessary until she green lights you for a 'relationship'
6. Always be your ~~soy-boy~~ self

BigMawsmidget • 7 points • 22 February, 2018 10:48 AM

Don't forget the gym is for meatheads number 7.

sd4c • 1 point • 24 February, 2018 08:22 PM

unless your parents pass away

Nope, I lost a 2-yr GF due to being upset for a few days when I heard my father died. She waited about two weeks and bounced.

general-heartless • -8 points • 20 February, 2018 07:58 PM

Oddly enough, if my parents passed away I would actually feel quite relieved. They are so burdensome. I would just look neutral and no one would suspect that i don't care. Yeah I'd be pretty emotionless about it.

[deleted] • 23 points • 20 February, 2018 08:25 PM

Not if but when. Not would but will. Not I'd but I'll. You're talking about them like they might be immortals makes me think you haven't accepted mortality yet.

Hltchens • 11 points • 21 February, 2018 09:17 AM

lucky man hasnt been blindsided by true kinship loss yet, let himfantasize in his blissful ignorance. when the day comes that they do pass on, memories of these thoughts he had will cut his heart deeper than all.

[deleted] • -11 points • 20 February, 2018 08:23 PM

Why never show weakness? That way you never really have a relationship with the SO.

[deleted] • 21 points • 20 February, 2018 08:37 PM

Why is "relationship" the goal? Fuck and get what you want, but realize it can end at any time.

Showing weakness to a woman makes you a bitch in her eyes. If you have emotional issues, discuss them with family or your male friends. Never a woman you're fucking or trying to fuck.

[deleted] • 7 points • 20 February, 2018 08:41 PM

I know you're right on one hand just seems to be self-limiting on the other. We have some kind of relationship with everyone we interact with why not fuck and show emotion in a few of them? It seems like that could be the healthier, truer way to be.

[deleted] • 3 points • 20 February, 2018 08:43 PM

I know you're right on one hand just seems to be self-limiting on the other.

The only things that are self-limiting to us are things that don't directly benefit us or accelerate our goals.

We have some kind of relationship with everyone we interact with why not fuck and show emotion in a few of them? It seems like that could be the healthier, truer way to be.

You don't need to show emotion to fuck someone. You just fuck them.

Also, no one said not to show emotion. We said not to show *weakness*.

[deleted] • 4 points • 20 February, 2018 08:51 PM

Interesting. Yeah I meant weakness not emotion. I have tons of weaknesses I like to be honest and transparent about them and try to use that as a strength. Thoughts?

[deleted] • 17 points • 20 February, 2018 08:56 PM

I have tons of weaknesses I like to be honest and transparent about them and try to use that as a strength. Thoughts?

Nothing wrong with this. We all have weaknesses.

Just don't share them with the woman you're fucking. That's what family and male friends are for. Women you're fucking aren't the only people you can go to; they're not even the

best person to go to... because their motivation for "caring" about you is less genuine than that of family and male friends.

Share your weaknesses with a woman you're fucking, and she will either:

View you as a bitch, you lose frame

Use your weaknesses against you when she gets mad

[deleted] • 10 points • 20 February, 2018 08:58 PM

Man this is a new perspective on life for me. Not 100% convinced, but more than 0%. Just seems so dark. Not what I was picturing my perfect relationship to look like ya know. Thanks for sharing.

Atticus\_Crowley • 6 points • 20 February, 2018 10:14 PM

Platonic female friends are good for being emotional sponges as well. If you want a woman to stick to you, you gotta be her rock, that means being always reliable and unless your parents or dog just died, never showing weakness. Building a house with only one support column (your SO) is a poor design and the house will crumble. But if you split the load up, so that your girl never has bear that burden, you'll find yourself in much more stable environment.

RedPillRobin • 6 points • 20 February, 2018 09:40 PM

Man I have shown weakness and every time a woman spurns me or just silently stares off in disgust. However if she has been working on some emotion she has been trying to get out of me for awhile then it can be accepted by her . But seriously cry on one of your buddy's shoulder rather than your girls. He will have more empathy.p

BigMawsmidget • 3 points • 20 February, 2018 09:25 PM

Listen to what he says it happened to me last year, and trust me I was oblivious as hell to what had happened.

Also be aware women once they think they got you by the balls will attempt to betaify you even more. In the end she doesn't know what she's doing, but believes you won't run away from the relationship if you don't believe you have the options(other women).

antariusz • 1 point • 20 February, 2018 10:05 PM

And as a result, if you do t have other options, your woman will lose attraction for you as well.

Women want to fuck the same guys. Attraction is universal. If other women don't want to, she won't either.

motion228 • 2 points • 20 February, 2018 11:35 PM

Same here, been thinking the same way lately.

[deleted] • 1 point • 20 February, 2018 11:17 PM

Lol "perfect relationship"

Keep dreaming bud.

mechz21 • 3 points • 21 February, 2018 07:15 AM

The key is to show vulnerability(emotions) and at the same time not showing weakness. To be honest, it's pretty impossible to fake.

It takes a lot of personal growth and newly instilled confidence which leads to a kind of "idgaf" energy oozing out of our body.

Do you want me to reveal a single "magic trick" to solve this problem? It's called SUFFERING. Watch david goggins interviews in youtube. Learn about that guy.

[deleted] • 77 points • 20 February, 2018 06:10 PM

Get yo frame back & re take the reigns. She don't respond, walk. Simple.

SexdictatorLucifer • 67 points • 20 February, 2018 07:20 PM

If you set a strong frame early on she'll respond well to reestablishing frame if your lull wasn't too long. No one has rock solid frame 365 days a year. The key is her viewing your solid frame as "the real you" and your frame waning as a temporary mishap, not the other way around.

general-heartless • 11 points • 20 February, 2018 07:59 PM

Yup she'll be glad to see the real you back in action, and she'll be bending over for you a lot more.

StudntRdyTeachrApear • 1 point • 9 March, 2018 06:42 PM

Great comment brother. A strong foundation is desirable for a reason.

Ivetakenthepill[S] • 19 points • 20 February, 2018 09:01 PM

That's the game plan now. Implement some dread. Re-establish frame. I am indifferent to the results, which is good.

Single would be great. It's been a while since I've been single with a proper state of mind.

But if things roll back, that'll be good too. She's a good girl, loyal, hard type to find. That'd be my preference but we'll see.

365reasons • 8 points • 21 February, 2018 12:26 AM

the red pill is not easy to swallow or digest. feminism on the other hand is like cyanide poisoning. it is there to stay. once she takes a sip of feminism thoughts, it is a one way ticket to dick-land. move on, man! irreversible damage was done.

rp\_newdawn • 10 points • 20 February, 2018 11:10 PM

I learned a while ago that to find the good ones you have to be willing to fuck through 50-100 mediocre ones. You can find another good one again. Just put in the work and enjoy the ride. Remember, you age like wine my friend.

CocaineCowboy49 • 1 points • 20 February, 2018 07:01 PM **[recovered]**

Getting frame back and retaking the reigns is easier said than done. You have to catch it early.

yes\_we\_can\_t • 35 points • 20 February, 2018 07:16 PM\*

A 9 month relationship is nothing, look at the guys over at married red pill taking back the reins or



burning the house down in the process.

CocaineCowboy49 • 1 points • 20 February, 2018 07:25 PM **[recovered]**

Very different situations. If you're married you can afford time and effort to take it back. A 9 month relationship or less you could lose frame for a second and there's no coming back.

zyqkvx • 4 points • 20 February, 2018 11:53 PM

Grass is always greener..?

No, the main difference is in the married case independent outcome means divorce.

[deleted] • 7 points • 20 February, 2018 07:02 PM

You never let go in the first place is what you're supposed to do. But hey, we all fuck up.

RAiderNat88 • 25 points • 20 February, 2018 07:52 PM

I found out an LTR of 1.5 years became a prostitute behind my back

Shed some light on this, I'm interested in how that happened and how long it took you to find out.

Ivetakenthepill[S] • 15 points • 21 February, 2018 12:00 AM

the *TL/DR* was a spanish crazy girl, before I knew anything about how to deal with crazy girls. Emotionally fucked up, lured me in, made me suffer then became an escort with a friend when she was jobless. It lasted 1.5 months before I found out.

I posted the full story a few years ago, wouldn't let me link it but search **How my blue pill beta world came crashing down** and you'll find it.

RAiderNat88 • 3 points • 21 February, 2018 06:07 PM

That has to be one of the worst ways to realize you're beta. A pimp stole your bitch and turned her out. 1.5 months? That's a lot of dicks dude, I hope you got checked out.

tino125 • 6 points • 20 February, 2018 09:48 PM

Lol yes please. How does this even happen?!

Self-honest • 2 points • 20 February, 2018 10:22 PM

Look at my response to the original comment.

throwawaydegar • 19 points • 20 February, 2018 08:11 PM

Great post man. This place could use more like this.

You recognise what's going on. You seem in a good place. Ride it until the wheels fall off.

Don't hate it. It's not bad. It's not good. It just is.

Best of luck to you. Update us.

DirtyBastard13 • 19 points • 21 February, 2018 12:13 AM

The red pill shouldn't be necessary. Game shouldnt be necessary to get and keep a quality woman. You shouldnt have to have side plates and make her scared you'll leave her. Being a good man and a faithful partner in life should be enough. for the person you love and have committed to. And the one you've agreed to face life with



should do her part to honor the commitment you both made.

Sadly none of that is true, which is hard on a former romantic like me. Sometimes TRP almost turns my stomach, then i remember how things were before the red pill, and the epic failures, and why I don't believe in love anymore. If the red pill is the dark side, Better that than being good with nothing to show for it.

dograpee • 1 points • 21 February, 2018 12:38 AM [recovered]

haha I like that. I'm a romantic to but awalt. I'll do "romantic things" here and there but it's more of a mind game now. Instead of doing it because I love her so much. The dark side is the place to be. Join us or be in a dark place once your Jedi mind tricks fail and you ex wife takes your house and kids

DirtyBastard13 • 9 points • 21 February, 2018 12:55 AM

Have you heard of the tragedy of the Nice and Good Man? I thought not, It's something the women wouldn't tell you..

SoulRebel99 • 5 points • 21 February, 2018 10:37 AM

Uggh right in the heart. I look at poetry and old movies and songs with a cynical romanticism, makes me want to play sad songs really bad, and thats because thats the only catharsis that would work.

Low\_Cost\_Chimp\_Meat • 13 points • 20 February, 2018 10:57 PM

Yes, this is a solid post. Too many men on here believe that their success with women will be more assured post-red pill knowledge.....it won't. The women will still be the same as they have since we began to walk upright.

You really didn't "screw up", you were only being human. Realistically, we can only peacock around putting on an alpha "clown show" for women for so long until we realize that it is taxing on every other aspect your life.

One thing is for CERTAIN...we will all fuck up holding our frame, and that is all it takes.

StudntRdyTeachrApear • 2 points • 9 March, 2018 06:47 PM

You can only fake it so long until she expects you to eventually make it. If you never truly become a solid man, then you will never be able to keep a solid bitch. Everyone is human, but not everyone can be a dominant man. Women want dominant men. If you have to fake it, you're not dominant enough yet, if ever. That's the truth, sad or not depending on your outlook.

[deleted] • 7 points • 20 February, 2018 09:29 PM

Well hold up partner,

The only thing that's slowly deteriorating is your frame. She's just reflecting that back to you. In my (not at all vast) experience if you start acting the way you acted at the beginning she will *instantly* go back to how she was.

I figured that out by random circumstances forcing me to act like the old me and her happening to see it.

Instantly like it was day one all over again. The deterioration is all inside your mind.

StudntRdyTeachrApear • 2 points • 9 March, 2018 06:48 PM

Over-thinking, over-analyzing separates the body form the mind.

[deleted] • 13 points • 20 February, 2018 06:24 PM\*

Maybe one more fact to accept is that "relinquishing frame" is, also, "not your fault," and it is "your biology."

So it's biology, on both parts, that drives things onto the decline, and not some "fault."

You can choose to pretend more, and get more vaginal rewards, but then again, sometimes your internal clock

will reject this and will to go the other way — with the outcomes we know. It's just the jungle, with language and hopes to complicate it.

quote

She has suddenly brought in feminist views that completely contradict her earlier statements

This is the most interesting, and maybe less rehearsed part in your post. Even ideas are tools, and not ideas, to females. Tools to express their emotions and drives without confronting said emotion and drives sincerely in their own mind (let alone expressing to the partner).

"Feminist statement" = I (my deep self/vajinal driver) don't want you [but if you can fit some material/social hole/purpose in my life, I can still pose as your gf/wife, by the way]. "Traditional gender roles statement" [and all the likes] = I (my deep self/vajinal driver) want you.

monsieurhire2 • 6 points • 20 February, 2018 07:49 PM

Hahahaha at "well you can't." That happened to me. Of course, mine was crazy and way worse than yours, but I had a similar mindset of, "Oh, well, a few slip-up won't hurt anything." Well, they will.

You could try mending your errant ways and a bit of dread game. That should fix things. It would be a shame to waste the opportunity to test more theory. Also, it may be hard to find better out there; time and opportunity cost and all that, that is, if she's actually as good as you say. Having money, a job, sharing expenses, a good relationship with family, and attractive, and young... they are all hard things to find in one place, and people are constantly faking and pretending to hide short-comings in key areas.

Mine was so crazy that the relationship was almost certainly DOA so I had to let her go.

Ivetakenthepill[S] • 5 points • 21 February, 2018 01:46 AM

It is good to hear some encouragement that I could flip things around. It would be ideal. I don't get much of a rise out of fucking new girls all the time. I'll update how things go.

maroo12 • 1 point • 20 February, 2018 08:18 PM\*

1/This guy's situation is clearly beyond repairing. I'm sure that he did some other mistakes he's embarrassed to mention.

2/ i'm also sure this girl had ulterior motives for getting into ltr with him. Only he can figure it out.

3/ i don't need to tell you what to do i suppose

drsherbert • 5 points • 21 February, 2018 02:36 AM

Do you ever consider that you might have self sabotaged the situation to see for yourself how real TRP is? I find myself testing the theories in reverse sometimes.

[deleted] • 6 points • 21 February, 2018 04:12 PM

I feel like at the end of the day you can really only be your own saviour. I am at the point where I don't give a shit anymore. If a woman wants to just fuck then so be it and if she wants a relationship then so be it. I don't have to have sex. I have other goals in life and pursuing women is not the goal. Funny enough it makes them chase me.

So what I am saying is that there will never be a perfect life. My parents have been together for a long time and I definitely have seen working relationships that are really working but I also see the other end of the spectrum. You can never be fully sure and that is why to me, it just doesn't matter that much anymore really. I focus on what I can control and let the rest happen how it is supposed to happen.

Neo2Trinity • 4 points • 20 February, 2018 10:16 PM

So I eventually broke frame, broke some rules, probably multiple times. Nothing even extremely noteworthy, just little things. I like talking about my emotional state, I do it too much. I would plan to do things and not follow through. I would be romantic too often. I would get annoyed or upset over shit tests. Not often, but over 9 months now I've slipped up.

This wonderfully illustrates one of the many fucked up things about feminism. This is the opposite of what they'd call "toxic masculinity" except that males are going to continue to avoid acting like this as long as women punish that behavior. I just listened to a good episode of HoneyBadgerRadio talking about this subject

InscrutablePUA • 8 points • 20 February, 2018 07:14 PM

Hating TRP because you recognize the truth is a positive step

midgetpooooo • 4 points • 20 February, 2018 07:35 PM

I think it was the "schroedinger's (sp) nAWALT" post that dives into depth that it isn't that she isn't a unicorn or that they don't exist but that eventually a girl goes from nAWALT (unicorn) to AWALT as you can't keep up with all her needs. Just to be more clear than thinking there are no girls with green flags all the way.

Lazygeniuss • 3 points • 20 February, 2018 09:44 PM

Is/Was she on Birth control ? BC can do crazy things to a women's head

U-94 • 6 points • 20 February, 2018 10:07 PM

My friend's wife went off BC after they got married. She completely changed (in a good way), it was quite interesting.

[deleted] • 3 points • 21 February, 2018 06:44 PM

BC manipulates their hormonal levels. The patch usually contains estrogen and regulates more estrogen temp.

Omn1c1d3 • 8 points • 21 February, 2018 12:48 AM

The way I see it is you hate that you were "lied" to. To hate trp truth is like hating that birds fly or fish swim. It just is.

Women just do women shit. That's what they are. Dreaming of finding a perfect one is nice and all but it's like dreaming you could fly. It's fantasy. A chick will stick around and not be a pain in the ass or she won't.

They come; they go. It's just your turn. It's hilarious to watch a girl flirt with some other guy and try to make me jealous. Ever heard the classic "why won't you fight for me?!"

Bitch, you ain't my boss. I don't fucking care what you do. Women aren't your problem unless you make them your problem.

TangoZulu • 7 points • 21 February, 2018 03:36 PM

I got 99 problems and a bitch ain't one.

general-heartless • 5 points • 20 February, 2018 07:56 PM

"Only thing left to do is walk away I suppose."

Why would you walk away? Didn't you feel great in the beginning of the relationship? Why don't you want to

feel that way anymore? Do you feel like you don't deserve to feel great? Do you feel guilty about it? I mean, like, man, is there a way that you could change your relationship with this woman back to what it was like 9 months ago? You made so much progress!! You slayed girls left and right after your last breakup, in your dirty t shirt and swimshorts and flip flops. You have what it takes, clearly, to operate yourself in an alpha manner to achieve sexual success. So, why don't you approach things differently this time?

maxrp • 4 points • 20 February, 2018 09:50 PM\*

what different approach do you suggest he takes? you're not offering advise, just fantasy opinion which can be found in any romcom story line.

[deleted] • -2 points • 20 February, 2018 08:40 PM

Why don't you want to feel that way anymore?

It's too late for that. He is a bitch in that woman's eyes now, since he broke frame. Even if he is able to get 100% of his frame back, her spitting out feminist bullshit doesn't make it worth staying with her.

Walking away and fucking someone new seems like the best option.

ProspectiveQuant • 3 points • 21 February, 2018 02:07 AM

What do you talk to women about?

You can't talk to them about emotional things or intellectual things... what does that leave?

What do you say when you meet for coffee the first time exactly?

daymi • 2 points • 23 February, 2018 08:25 PM\*

Where they are from, themselves (!), their dreams / goals, what kind of things they are wearing, vacations they did or want to do, the environment around you, other people etc. Better yet, don't talk that much about anything real, just touch her hands and talk to her about childish things (ooh your hands are so cold / warm etc) to fill the silence. Don't spend more than an hour.

Even the seemingly most intellectual girl I ever knew (Lyon ecole normale superieure smart) turned into a jet fuel steel beams moon landing is fake free energy conspiracy theorist. Good luck with the other bimbos.

behindtheline40 • 1 points • 21 February, 2018 04:20 AM **[recovered]**

One of the first quality posts on TRP in awhile. TRP is a terrible thing. I hate it. I wish it wasn't true. But it is. I've been in too many relationships to know otherwise. You really only fully grasp TRP when you get fucked.

Drazicc85 • 1 point • 22 February, 2018 12:44 AM

Well said buddy

RealistCampaign • 3 points • 28 March, 2018 04:46 PM\*

The one thing I really dont understand about this community is how hard you can work to achieve some things like physical health, monetary success ect but you will let a relationship crash and burn when it gets hard. It's like on one hand you understand everything worth attaining in life is a struggle but when it comes to women you let ego get in the way. Ego is a good thing to an extent and dont get me wrong I appreciate men being masculine but I think that if this community focused more on character you would have less women/relationship problems. The unicorns are real, they are christian conservative women who can make you laugh and arent cookie cutter. Look for educated ones but be open minded, if she doesnt express a desire for marriage, kids & self-improvement then bail. We arent all whores who just want to use you to advance our lives, some of us want to

respect you and have a friendship/great sex/ amazing life with you. Some of us arent dumbass bimbos who scrutinize your every move. Some of us live with respect to traditional roles but are able to be on par intellectually. We're not all feminist whores just looking to fuck up. We don't all drool over "Alphas". In fact your description of Alpha in this community I feel is lacking. If you want happiness in your life look to the bible. I'm not angry or trying to be rude at all, I just am frustrated with culture and women too and I am one. I just know there is a better way.

0attr • 4 points • 21 February, 2018 09:08 PM\*

Ironically, its RedPill that fvcked you up here bro.

You started out projecting an image of something you're not (an invulnerable being without emotions). Then when the juicy stuff of the relationship started (everybody wants to share their feelings with their lady, what else is the point of a relationship?), you revealed your true self (who is a real man who has feelings, not a redpill stereotype).

Your initial relationship with this woman was built on the false front of Alpha Dudeness you projected. It gave way to a truer depiction of who you are, and your inability to screen for women who were truly compatible with you, was revealed. You think you failed because you showed weakness, but that's incorrect.

You showing emotions isn't weak. You walking around wearing a mask, rather, is what is kind of weak, and it is the behavior that brought about your downfall. If she had bought in, knowing what she was buying, the dynamic would most likely not have gone south in this way.

[deleted] • 2 points • 20 February, 2018 07:55 PM

Apply dread. It's not too late.

HumanSockPuppet • 10 points • 20 February, 2018 09:20 PM

He's better off starting fresh with a new bitch.

bongohai • 6 points • 21 February, 2018 10:53 AM

Iron Rule of Tomassi #7

It is always time and effort better spent developing new, fresh, prospective women than it will ever be in attempting to reconstruct a failed relationship.

textualintercourse • 2 points • 21 February, 2018 03:57 AM

I watched friends relationships deteriorate exactly how I said they would.

Jesus, this is truth. I'm an official relationship whisperer. I can call that shit out with eerily accurate precision. 3 for 3 on marriages in 2 years, and 14 out of 14 on relationships. Shooting fish in a barrel. Once you see, you can't unsee. All the signs and tea leaves are there to read now.

22oregon22 • 2 points • 21 February, 2018 05:47 AM

This is the truest post I have read in some time. I am 4 months out of a relationship that was the exact parallelism of what you just described. Had a "unicorn" that was feminine, sexy, shot guns with me, horny as fuck all the time, loved being a woman and recognized how men and woman contrast each other. Anyways, long story short, she became a raving feminist (the SJW bullshit type of feminist), listened to her shitty blue pill friends, became distant, lost her sex drive and self destructed. She became depressed, lost and anxious.

Now I talk about her but I became a pussy during this time. I slowly developed a blue pill persona and stopped being the man she wanted. I was passive, apologetic, and beta. When we first met I didn't give a fuck, I was a

man, how men should be, and she was a woman, how women should be.

TLDR; stick to the red pill persona. If you waver, you will get burned or be miserable.

Frenetic\_Zetetic • 2 points • 21 February, 2018 08:53 AM

This is exactly why I always make sure I'm fucking at least 3 different girls at a time, no matter my situation.

Never let up, because they will always let you the fuck down.

You'll get there, OP.

SPREAD\_THE\_LOVE\_7791 • 2 points • 22 February, 2018 03:08 AM

My concern is, you slip up a few times and she's over you. How are there any healthy, successful relationships then? Shouldn't anyone who doesn't know about RP and can't hold frame indefinitely end up losing their girl?

Gsxr100Bjj • 2 points • 22 February, 2018 04:09 AM

If you cant cry and be weak to a potential wife, what point is there to having a wife?

IncelNoMore • 2 points • 24 February, 2018 02:30 AM

Might not be over, it happened to me in my current LTR and I used TRP to fix it and it totally worked. Girlfriend went from cold, distant and easily irritated, always "tired" and "just in a bad mood", to being so needy and clingy that I have to tell her to chill with the affection and the attention demanding. Hell she never wanted sex more often than twice a week. She's actually so into me now that she feels physically indisposed when she feels like I'm not satisfied with something. She cried a few days ago because she kinda ruined a blowjob because she didn't feel me coming and kept blowing hard eventhough I hate that and I was visibly pissed. She can't stop looking at me or touching me, especially my dick, and she gets wet the moment I touch her.

What I did took several months. First, I showed my absolute willingness to walk away. I had luck in that I dated one of her friends before her for about a month, and after one night where that friend flirted with another dude and disrespected me when confronted, I completely ghosted the shit out of her, and never caved in. So my girlfriend knows that I can do this. I simply told her one day "Look, I'm looking for a relationship, which is a two way street. Right now, you're not giving anything back. I'm not going to beg you for a relationship. Either you fix everything I told you about starting now, either you don't exist to me anymore." She quickly realized that eventhough she wasn't feeling naturally inclined to give me all that, she wasn't ready to have me ghost her the next day. So she caved in, she started forcing herself. It sounds like shit, but then I took it to the next level. I applied perfect dread, and perfect aftercare. Everytime she was really sweet, I would reward her and I would point out "It's so much better when you're nice/in a good mood/affectionate". And everytime she did something I didn't like, I acted distant, cold, indifferent. When she would then ask what's wrong with so much insistence that it can't be avoided, I would simply tell her what it was. She would then be confronted in her head with the same dilemma, if she repeats that behaviour, I will eventually walk away because that's what happened last time she pushed me too much. The other option is to be nice and do what he wants in order to not lose him. I knew I was valuable enough to her to pull this shit off, otherwise she'll just tell you to fuck off. You have to make yourself valuable to her. Be her leader, her protector, her mentor. Otherwise she won't make any effort. Eventually, she corrected all behaviours and it became obvious to her that it was better that way because we were both happier. However I pushed it too much at some point and found myself scolding her everyday and making her cry a few times a week. Nothing was good enough for me anymore and she expressed to me that she started to feel anxious with me because she was afraid that I would be disappointed/angry if she did anything. She started to feel paralyzed, she would answer evrry question with "I don't know" and would mentally freeze of I asked her to do a task because she felt like going through a test everytime.



I eventually realized I went too far, I asked her to talk to me about it openly, she voiced her concerns and I eased off. Now it's smooth sailing and my relationship is extremely satisfying. I have a hot girlfriend who worships me and makes my satisfaction her priority. The nice part is that she feels good about it, she's not forcing herself. I have the power in the relationship, she sees me as the prize, even though she's leagues above me in physical attractiveness. But I put myself on top. You can totally still do that, your girlfriend loves you still.

Ivetakenthepill[S] • 2 points • 6 March, 2018 04:37 AM

First, I showed my absolute willingness to walk away.

This is really the key. I did exactly that. Called her out on all of it, not in a needy way just in a "I notice this" way, eventually she admitted feeling different, I said I'm not interested in a relationship that's dwindling.

The next day I spoke to her about it again, asked if she was willing to still give it a shot. She hesitated and said she didn't want to talk about it, so I told her to grab her things on her way out. No hesitation, complete coldness.

Didn't text her, went out, met girls, saw how good life could and would be single. Enjoyed myself.

She texted every night and by 5 or 6 days she was begging for us to be back together. It's really that simple. Show that you'll walk and you have the power. I think Patrice O'Neal said that a woman won't leave you until your life is destroyed, or something like that.

But you're right, it's all rooted in how much you value yourself. Takes a lot to maintain and you seem to be doing a brilliant job of it.

KnowBrainer • 1 point • 20 February, 2018 09:42 PM

Nuns exist, so there *are* women who can control themselves. Just... It's very rare.

reddzeppelin • 1 point • 20 February, 2018 11:49 PM

this story starts with you blue pilling with alcohol. poisons the experiment because it poisons your mind (in extremes). so of course you'd develop a tolerance to that and seek the red pill, but it's too much of a confirmation bias, just because you are sober now does not mean that your experiments drinking haven't altered your perception. honestly you'd need years of additional sober observation to be scientific about any conclusions from this sort of thing, but if you tell people they are right they will surely agree.

Cowdeeer • 1 point • 21 February, 2018 01:19 AM

So did the 2nd chick who had rational thoughts on gender roles turn into a feminazi? If so when/how I'm actually quite interested

suaressi • 3 points • 21 February, 2018 06:49 AM

it's naturally occurring behavior in many cases when a female starts seeing you as not the alpha you were when you met each other. once you start slacking (skipping gym, being lazy, stop trying to fuck her as well, etc), she'll naturally start to try to assume control over the relationship. remember, women if not controlled, go haywire. once you start losing your manliness, she'll fill that role for you. thus, she'll start shaming you, bring up feminist ideas, try to use pussy to control you, etc.

[deleted] • 1 point • 21 February, 2018 02:12 AM

I found one of my plates on backpage 4 years before I found TRP. Was surprising at the time but eventually forgot. One of those things you remember when I eventually stumbled upon TRP.

I went through similar 2 year LTR

Jayanon00 • 1 point • 21 February, 2018 02:19 AM

Jesus Christ, are you me? Lmfao word for word bro. Word for word.

Edit: except sex didn't become less yet. But it's almost like I can always see her interest level fluctuate and decline now that I know RP truths. It's declining right now. A part of me wants it to, because I wasn't the one that pushed for commitment in the first place, and the other part of me is busy fighting with becoming "comfortable"

suaressi • 3 points • 21 February, 2018 06:46 AM

start not giving a fuck again

Voyager4our • 1 point • 21 February, 2018 02:38 AM

I'm sure I'm not the only one here that thinks the sidebar lacks rules/advice on LTR's. I've struggled to keep TRP in my life since I started getting serious with my "unicorn."

radixaf • 1 point • 21 February, 2018 03:11 AM

It's not "THE" truth. It's "A" truth.

[deleted] • 1 point • 21 February, 2018 03:15 AM

Ya know, if you look very closely at the Matrix movies you notice that the red pill only gives the illusion of escaping, and you really only move up a level when you choose the "truth". Keep that in mind when diving in deep.

BluepillProfessor • 1 point • 21 February, 2018 03:28 AM

I relinquished my frame

You can get it back. The issue is it easier to 'fix' it with this girl or hunt for younger, fresher game with a strong frame from the beginning?

Saturn-cutter • 1 point • 21 February, 2018 10:55 PM

HB 9, young, low count, good father, no previous fucked up shit.

Blue pill beliefs. You want a "virgin." Everyone's been gorilla fucked. By the football team. Many Disney Betas want Snow White -- yeah maybe some naive religious girl. Once shes gets dick, she wants dick. Will you blame a dog for eating a juicy steak you left out? It's a dog. Dog want steak. Girl want dick.

So I eventually broke frame

Everyone here misuses this. Frame is how you two relate. Prince + pauper. It's not "inner beliefs." If you really are abundant with women and life, you won't break down into a wussy. You'll just be you. No longer acting. If you're acting, it can only last so long.

broke some rules,

Most guys who break rules did so because they wanted to. Figure out why you wanted to. Like you did want to have a blubbering bitch fest about your dead dog with her one day, it wasn't an accident. Figure out why you wanted to do that. Do romantic shit from a position of power if needed. Benevolent God. THIS is an example of a frame. The CONTEXT of your actions, not "a building frame" --- a PICTURE frame. That's the origin of the term.



Usually the hos get bored after 3 years if its a typical ho. 9 months means you really probably shat the bed. Getting sucked into arguments about feminism (sounds like it - ignore academic debates with your girl) --- thinking about shit tests (even thinking about them = lose, you become hyper-reactive), coming over for any purpose OTHER than fucking 99% of the time (shopping fests, cry fests) --- unicorn oneitis thinking (this girl is different! I'll go down on her twice as often, and can open up and actually cry with this one!) - why would you behave differently (and think you're allowed to be beta) with even a superior-choice woman? They don't work differently. And no you can't "let yourself go and be beta" because you think you're soul mates or something.

Greek-God-Brody • 1 point • 22 February, 2018 10:14 AM

effortless hook ups. I was like in an instant I saw it all so clearly. I watched it unfold daily, I fucked as many girls in relationships as single girls. I truthfully did not give a fuck, not as a strategy but because I was such a mess I didn't have a choice.

It was so god damn easy. I would get dragged out to a club with an old t-shirt, swimming trunks and flip flops and take a girl home. I'm not saying this to flaunt, I'm saying that truthful, genuine DGAF energy is a hell of a thing

I mean, what does it take to achieve this? To take a girl home almost every night you go out? Unless you're a Natural, it would take years of cold approaches to be able to pull this off.

Internalizing the Red pill concepts on a theoretical level won't. Because it's all in the vibe, in the body language you project, in how you carry yourself, in your frame. And you can't build a solid frame in less than one year, if you've been your whole life a chode.

You simply can not go from approach anxiety and barely being able to hold a conversation to pulling that easily. It takes a monumental evolution for that.

Ivetakenthepill[S] • 3 points • 23 February, 2018 02:39 PM

A lot of assumptions in there.

It isn't black and white. It worked for me because 1.genetics 2. I didn't give any fucks 3. Contrary to how I slipped up, I do value myself and carry myself way above beta territory.

Side note: If you don't believe you can achieve monumental evolution then you won't.

Shaman6624 • 1 point • 23 February, 2018 02:25 PM

Long term is an entirely different game.

Wel108 • 1 point • 24 February, 2018 07:01 AM

OP,

It's ok to talk about your emotions. It's ok to show sentimental values. It's ok to be romantic.

It's not ok to not follow through on your word. It's not ok to be more of a bitch than she is, emotionally. You're the rock.

Thing is OP, is that people confuse these things with being a dick. Let's analyze what it is that made you successful when you were single and on a rampage. "You didn't give a fuck."

So how does this translate to a relationship? Well, you can't not give a fuck, but you CAN be carefree. Outcome independent. You can live your life for you, bring her along and be fun. If you're the leader, and you exude the fact that you are carefree about whether she walks, cheats, meets a shiny new dick on an instagram DM, then you're winning. Because in the end you're going to be fine. Not angry how you are now.

You see, you can be romantic, you can sing if you want, you can watch disney, if you want. There just needs to be a man behind that all, and she needs to know that. Don't be angry OP, just grow.

sd4c • 1 point • 24 February, 2018 08:12 PM

It looks like you forgot what you learned before, and what the great master Patrice O'Neal\* said on The Black Phillip Show:

"They're the ENEMY... don't you ever forget."

\*Anyone here who does not know who the great master Patrice O'Neal was, needs to know: his teachings on women, are just as incredibly eye-opening and dead-on as The Three R's (Rollo, Roosh, and Roissy). He passed away, but his teachings live on.

[deleted] • 0 points • 20 February, 2018 07:04 PM

It's all because you are paying too much attention to TRP theories and games. I never had any issue with any women ever. Yes I'm good looking, yes i ignore them but not always, i give them roller coaster of emotions. Sometimes they hate me sometimes they love me but they always end up romancing me.

Ivetakenthepill[S] • 3 points • 21 February, 2018 12:02 AM

To be fair I have been away from TRP, check my post history.

But you're right. It can be as simple as that, and if it comes to you naturally, good on you, enjoy it.

[deleted] • 7 points • 21 February, 2018 04:44 AM\*

Trust me brother. I know cause when I was in college I used to follow all this TRP and PUA. You can say I did a Phd in this thing back then and it ended up worst. Yes I did get many women and many 9s and 10s but one day I realized that all this is taking too much of time and energy, whereas if I spend it on becoming better, women will come as a by product and I stopped giving F if they left me or they liked me . And surprisingly it was as simple as that, just being confident and not being a Jerk got me so many women without TRP theories. It was eye opening that one should never ever corrupt his mind so much so that all he sees is TRP and PUA games only. You have to be aware. I realized that all bodybuilders have their own TRP feeling. They think they can fuck any women because they have muscles and abs. Because steroids and huge muscle has corrupted their minds into thinking they are supreme. same with Guitarists, they think they can fuck any woman. But if it were the case then we wouldn't see failure stories here on TRP every day. All Women can never be understood cause they are very diverse. You can not fit the same shoe on every single person. I agree a little bit of TRP can get you women if someone is fat/ugly then the mindset helps him a lot. But if you are naturally confident and a bit IDGAF attitude and good looking (even if average looking but not fat) then you get chicks without having to play mind games or TRP. Hope this helps. Also, I agree good women are rare but they are there. TRP's claim of "all women are same" made me lose many beautiful kind women I had. I am not talking about this Sub but the whole PUA games and being an ass etc thing. When I came out of all this and not even paying attention to women, surprisingly I have many women ready to even die for me. By just being myself and focusing on my career. Bruce lee once said "Don't ever waste time, for Time is what Life is made of". One day all the young lads here will look back and realize how they wasted so many hours and hours into just one thing = Sex and Pussy. It's not worth it in my opinion. The Energy we have in Young age is a very strong energy and if we channelise it in our Passion say for example = studies or science or Music or sports then it gives us Success and in the end you get women as a by product of success. You get so many that you don't even have to put efforts into all this cocky and funny mind games.

loveladee • 2 points • 21 February, 2018 05:33 AM

This is a great comment, thank you, this is why I come to To the Redpill, because fundamentally this sub is about optimizing your potential as a male through work and good philosophy, and not just fuking bitches

professorjon • 1 point • 20 February, 2018 10:02 PM

Wrong.

She thought you were an alpha.

You proved her wrong.

This turned her off.

Now she's outtie

zyqkvx • 1 point • 21 February, 2018 12:17 AM

That was almost a haiku

ex\_addict\_bro • 1 point • 20 February, 2018 10:07 PM

Make babies. That's what she needs.

[deleted] • -1 points • 20 February, 2018 08:35 PM

Now you realize there is no such thing as a unicorn.

Unless you're willing to stay on top of your game forever without allowing yourself to decline, you better retire from the game completely.

xXxOrcaxXx • 0 points • 21 February, 2018 12:22 AM\*

Well, what about trying to salvage the relationship before you throw it all away. You've gotten too comfortable, she has gotten too comfortable. Show her and yourself that you can't take each other for granted and that you both have to work to maintain your relationship. Get more distant, spend less time together, set clear boundaries. Show clearly what you like, and at least as clearly what you dislike.

If you just throw the towel, the case can be made against you that you didn't even try to save the relationship, **that you failed to take responsibility** (Search for Jordan Peterson for what he has to say about responsibility). But if you do try to save the relationship and she doesn't pick up on it, which I am sure you are more than capable of telling if she doesn't, then you can walk away from that LTR with a clean vest and no ill thoughts.

You can hamster all you want that she just can't help herself, that it is in her nature. The matter of the fact is that she is a human being, capable of rational thought. She is not to be relinquished of all responsibility, Feminism wants that and it is fucking our society sideways.

You have to make the decision for yourself, whether you want to live fully by TRP guidelines, which aim at accepting the way Feminism fucks our society and trying to get the most out of it for the men, or you can try to be responsible and demand the same from your SO.

throwlaca • 0 points • 24 February, 2018 05:45 PM

I can get away with a few Well you can't

Yes you can. As long as you dgaf. I have a plate that is overly attached and I'm trying to play the "simulated beta" to see if I can get her to go away. Talk about my emotions, insecurities, etc.

Didn't work. She get's more attached. I don't know. It's just that is very hard to fake.

RubikTetris • -2 points • 20 February, 2018 10:16 PM

Or you know, maybe she thought that she was dating a confident guy that had his shit together but figured out that youre trying hard to act like someone youre not. She feels like you don't respect her and you don't open up enough so shes growing distant.

Maybe you need to do less redpill.

throwlaca • -6 points • 20 February, 2018 06:09 PM

You talk about your women too much.

U-94 • -2 points • 20 February, 2018 10:05 PM

Drinking and effortless hookups doesn't sound destructive at all. You'll pine for those days when you're 50.