

A Deadly Cocktail: ASMR, Porn, Video Games, Twitch, and Anime

May 22, 2018 | 10 upvotes | by [EscapeTheGoat](#)

I'm going to keep this brief. I have seen this deadly combination of activities in a lot of young men these days, and I think it is worth discussing in an RP context. These activities do not necessarily have to harm you, but I see that they more often do than don't. They hold people back, and I will not spare anyone's feelings about this.

ASMR

Many of you should be already familiar with what this is. It's Autonomous Sensory Meridian Response. Basically, it's a tingling sensation or relaxing that is triggered by soft-speaking, whispering, tapping, etc. You can do a google search if you need more info. Now, tapping and ASMR doesn't necessarily imply any problems, but I often see young men who exclusively watch young female "asmr-tists" and I do believe that this is a problem. Not only do they engage in BP-style pedestalization of these women, the problem goes much deeper than that. From what I have read about ASMR especially when involving a male viewer watching a female doing ASMR, this more often than not is meant to mirror a kind of intimacy with women. That is the genesis of ASMR. But it is unearned emotional intimacy that siphons away a desire to engage with others in this way. To put this another way, I like to think of ASMR as like kind a pre-sex or post-sex sort of "cuddling" intimacy. I do think that this simulated intimacy can hold men back from engaging with others on this level be it men or women. Many men with problematic views of their fathers will often exclusively watch female asmr which is a symptom of and reinforces a conflicted relationship with masculinity.

Porn

This is a popular topic here, and I won't belabor the topic too much. It can and often does numb a man's ability to become sexually aroused and sexually motivated. It often means that men can't become aroused as easily by clothed women out in the world, creates a need for extreme sexual acts, and generally creates looks standards that are unrealistically and prohibitively high. This all has the effect of sexual paralysis and apathy which is not good. Remember that you're going to feel unexcited at the prospect of making out with someone or physically escalating if you were already gun shy to begin with and you know you can watch some extreme bondage porn when you get home. Another potential pitfall.

I do think that the combination of porn and ASMR essentially kills all motivation to become intimate with women in any capacity. And I think this is incredibly damaging to a man's sexual agency.

Video Games

People fervently defend video games as "being fine in moderation". And I'm not going to belabor the point but I'm not going to let this go simply because it isn't always a problem. Even if you're not addicted, you need to realize something about what video games do for people. They provide social opportunities where they might have been missing, they allow to feel important, they empower the individual, they allow you so much control, they make you feel good. However, they make you do this in a virtual world (that has no real-world impact) and the friends you make within video games are often not there in real life. Video games kill your desire to make your life and the world around you a better place. They drain your agency and internal drive and have you invest it in something that frankly is of no importance. I'm not saying that everyone who plays video games has a problem but if you really think that video games are a meaningful part of your life you need to reconsider.

Twitch

This is perhaps the most the most apparently innocent of all. I liked twitch. For a long time, but then I had to have an honest reflection about why I liked it so much. Twitch gives you feelings of community and social friendship contained within a virtual context that I think are damaging to you building social connections outside of twitch. You feel less invested in building real-world friend groups when you can get a similar reward from twitch. But twitch friends can't help you move out of your college apartment, twitch friends aren't going to be there for your father's funeral, twitch friends aren't there when you graduate from college and graduate school, twitch friends aren't there when you get that promotion. They aren't there to help you raise your child, they aren't there when you need someone to pick you up from a bar, etc. And not having social connections in the real world is a problem. Isolation is bad for many many reasons. Robert Greene knows it, and you know it too.

Anime

I know that I will piss a lot of people off, but fuck it. Anime is childish and filled with BP idealizations of men and women. The number of grown-ass men I have seen watching anime is disturbing. Listen, almost everyone watched dragon tales, naruto, pokemon, and the like when we were growing up. These things are meant for children and at most young teenagers. If you still enjoy it and it is a central part of your identity, then there is a problem. If you find yourself making obnoxious anime poses or talking like a Japanese cartoon character, you have a problem. When most adults look at anime they think it's childish and kind of stupid. And frankly they're not wrong. Look, I'm not saying that the principle of watching anime is a problem, but honestly ask yourself. Is Denzel Washington watching anime? Is John Cena? Is Elon Musk? Is any alpha male with a significant amount of societal value? No. They aren't. You might not be a sexless weeb, but you have to outgrow anime if you really want to reach something greater.

Conclusion

In the internet age, there are many vices that destroy your life in ways that are not as obviously sinister as drugs and alcohol. Don't fall prey to the temptations that the internet offers to suck you in and leave you with no personal agency outside of your PC. Reclaim your real life. Reclaim your personal power as a man.

These things leave you with a weakened social life, weakened sexuality, weakened desire to become close with people (men or women), weakened resolve, and perpetual immaturity. RP is about recognizing all of the things that have held us back as men and doing something about that. These are some of those things that need to be abandoned.

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Comments

ShotgunTRP • 9 points • 22 May, 2018 03:01 AM

Regarding your conclusion - drugs and alcohol may destroy your life but you'll have a better time and get more pussy with these than watching porn and anime.

jmg_t • 3 points • 22 May, 2018 03:38 AM

"Many men with problematic views of their fathers will often exclusively watch female asmr which is a symptom of and reinforces a conflicted relationship with masculinity." Nailed it on the head.

suprathepeg • 1 point • 22 May, 2018 04:18 AM

I think in the future we will look back on things like porn and VR with quantifiable science and see it like most now do smoking. A vice for the weak to stay weak.

[deleted] • 1 point • 22 May, 2018 04:06 AM

I get the others but if you are into ASMR you must be retarded, never once did that give me 'tingles' like some 18 year old girl. I honestly don't understand how any sane individual could enjoy that weird shite.