

The Most Important Part Is Just Not Giving Up On Yourself

1158 upvotes | 13 June, 2018 | by LiveAFTSOV

We all know it - other guys out there have it way easier than us.

The schism forms between which path a man takes with that knowledge:

Wallow in inebriated agony, drowning in existential depression with alcohol and hypnotic soccer games, or putting themselves through the painful conveyor belt that churns boys into men.

I just wonder how many men watch themselves fall into a depressing stupor - they observe themselves descending the Sexual Marketplace with every pleasurable bite of McDonalds - opting for the short term pleasure over the long term victory.

I understand the struggle, and I understand the mentality, it's truly the pinnacle of not giving a fuck:

Becoming the fat, triple chinned reject we all see as the antagonist - because let's face it, the only way you can reach that level of degeneracy is by reaching -459.67°F tg (fucks to give).

People use tryhard as an insult - that always aggravated me.

Hardly anything comes easy, and if it does, odds are it's not going to be for you, me, or any other non-top echelon man.

You need to care about your life - obviously you do, that's why you're here. Something was wrong and you couldn't quite put your finger on it. This forum gave you the words.

Those who say it isn't about the pussy are dishonest - it's all about the pussy, but it's through the journey of TRP that one realizes, it isn't everything.

We do all these things to raise our SMV, then by doing so we gain access to pussy, which helps us realize pussy is fun but not everything, then we find more important pursuits and begin to enjoy pussy as a pass time.

But you only get to enjoy pussy as a pass time, once you start to care.

A scuba diver cares about his air, that's why he keeps a vigil eye on his oxygen meter - while the suicidal man cares not about his breath, which is why he lets him self asphyxiate in the running car in his garage.

The man in the car quit.

Men -

This life is conflict, struggle, pain, suffering, and competition.

A rising number of men are opting out of this struggle - choosing to taste cold steel as their last meal.

I don't believe it's from a sudden spur of the moment decision, no those are outliers.

I believe it comes from a man watching his slow descent into the pits of bottom 10% SMV, whilst doing nothing to stop it - then, when he hits rock bottom, he decides he isn't worth the climb back up.

When life knocks the rocks out from under your hand, you need to reach back out into the mountain and grab another rock.

If you dangle, you will fall.

The more aware you become, the less tolerant you become to your own apathy.

A man, a red piller, fortunately, does not possess the processing power of a femoid hamster - he sees his mistakes, his shortcomings, his excuses, and he eradicates them through creative action - and he forges himself into a higher man. An ascended man. Ascended above his own destructive and lazy instincts.

The dad bods, the lards, the dead-eyed joes, the 9-5 slaves... they all had dreams once.

It's painful, it's hard, it's grueling. It's boring, it plateaus, then one forgets the vision that inspired their call to action in the first place.

Imagine that - every loser you meet, they all had dreams once. It

Archived from theredarchive.com

Comments

360NoSnooper • 152 points • 13 June, 2018 08:19 AM

Fuck, those last words really fucking hit hard, you motherfucker!! Great post!!

BillyRedRocks • 284 points • 13 June, 2018 07:53 AM

Masculinity is difficult. People don't like difficult. Most people cannot be saved and society is doing it's damn best to keep down those that are at least trying. You have to grind against yourself and against society to get somewhere.

FOODYUMONION • 17 points • 14 June, 2018 05:56 AM

The worst thing I've noticed is that very little is done at schools or in homes to prepare men. Especially when it comes to dating, the social dominance hierarchy etc. Nobody teaches this and yet it's so vital

BillyRedRocks • 10 points • 14 June, 2018 06:02 AM

Yes and they'll do everything they can to discourage you from learning.

dufresne90 • 7 points • 14 June, 2018 07:40 PM

One of the reasons identity politics is so effective. People want gratification based on what they *are*, not on what they have to *do*. That's why a lot of people like to construct new identities and make sure they don't play games where they can not win.

BillyRedRocks • 1 point • 14 June, 2018 08:41 PM

If it wasn't identity politics it would be something else - drugs, feelings, anything easy. Beware of easy.

RedsideoftheMoon • 12 points • 13 June, 2018 05:16 PM

Just like steroid gains, easy come, easy go.

phenethyljammin • 12 points • 13 June, 2018 10:13 PM

It's completely unlike that.

More like, hard come, easy go.

le_wolfe • 96 points • 13 June, 2018 09:59 AM

I can't betray him like that.

I can't betray me like that.

I owe this to him.

I owe it to me.

Same here, man. For me, I can't betray my 16 year old self with that hopeful look in his eyes.

alldayeating • 20 points • 14 June, 2018 01:03 AM

This made me remember a distinct childhood memory of looking in the mirror and imagining my future adult built body and wanting it so bad... Bullied and sad.

Time to get back on the grind!!

dumbkidaccount • 49 points • 13 June, 2018 09:43 AM

Every loser u met had a dream once, literally everyone did
But only a few make it happen

[deleted] • 8 points • 13 June, 2018 06:29 PM

This is extremely depressing to think about, and I feel like it gets more depressing the older I get. Hitting a plateau long before even your smallest dreams are achieved, then giving up and living a purposeless, goalless existence is the same as an early death.

dumbkidaccount • 2 points • 13 June, 2018 06:32 PM

dont be a pussy man. u still can do it
how old r u btw?

[deleted] • 4 points • 13 June, 2018 06:38 PM

Ah, I'm doing pretty well these days. I meant it's saddening to think about all the people out there living shitty lives that have given up on themselves. At this point, such a thing is unthinkable to me. I would never just... give up.

And I'm 27.

dumbkidaccount • 2 points • 13 June, 2018 06:42 PM

I would never give up either
I only got one shot.. Eminem lose yourself!!

[deleted] • 1 point • 14 June, 2018 04:22 AM

Hitting a plateau long before even your smallest dreams are achieved

Define your smallest dreams. I need to see what they are in relation to your comment.

aesu • 3 points • 14 June, 2018 02:07 AM

I honestly never had a dream.

Lordarshyn • 37 points • 13 June, 2018 11:15 AM

Fuck, this showed up right when I needed it. Been letting myself slip into a bit of a funk, even though I've mostly been making great progress. Thanks for sharing. Perfect timing.

anabolic92 • 24 points • 13 June, 2018 08:14 AM

In order to not give up, call it: gym, learning game, approaching women, learning any skill one must see progress.

Given that the society has raised men to be pussies and continuously punish any kind of male behavior, men are now nothing but self-pity and low self-esteem walking beings.

Those last two will blind any kind of progress, even if made, from your own view most of the time and end up being corpses

U-94 • 67 points • 13 June, 2018 01:27 PM

Am I the only guy who here who manages 2 careers, gyms everyday and yet STILL can go out all weekend

partying without the negatives? I feel like an anomaly reading most posts. I love my existential black hole bar hopping. It's the human tragedy. It never impedes me from randomly banging now and again. If anything, since it's all meaningless day to day, everyone should be cruising on zero anxiety. Relax. You're fucked. A cuddly girlfriend or rotation of plates ain't gonna change that.

whatsthisgarg • 29 points • 13 June, 2018 05:15 PM

Am I the only guy who here who manages 2 careers, gyms everyday and yet STILL can go out all weekend partying without the negatives?

No man, you're not the only one, but we are in the minority. I have 2 completely different IC gigs, one white collar, one blue collar, I work 7 days a week because I love it, TCOB, and I party EVERY SINGLE NIGHT, not just the weekends. I've been doing this for decades. There is no downside. I'm early 50s, btw.

If anything, since it's all meaningless day to day, **everyone should be cruising on zero anxiety.**

God, yes. It is so good to see somebody saying this. Both of my gigs are high pressure, deadlines must be met, everybody wants to be first. The blue collar one has an element of danger in addition to that. And yet ... it all works out, against all odds. This kind of long-term proven competence does most definitely yield zero anxiety. I'm in a constant state of arousal however. **I am been able to channel what most people would consider anxiety into confident arousal.**

But I do sympathize with the younger dudes who are experiencing their whiny angst. It's fine, you'll get through it, don't rely on any women to help you, and don't let them drain your energy with their anxiety. I think it's actually better if you don't have an option to retreat and relax and you have to just power through it: it's what made me a man.

trancedj • 12 points • 13 June, 2018 06:57 PM

“don't rely on any women to help you, and don't let them drain your energy with their anxiety.”

Damn I needed to hear this. Thank you!

Iwannachokekatie • 2 points • 13 June, 2018 08:22 PM

How much time do you spend working a day tho?

whatsthisgarg • 3 points • 13 June, 2018 08:39 PM

How much time do you spend working a day tho?

5 days a week, it's really about 4 to 6 hours (white collar, requires intense concentration). 2 days the blue collar gig is usually 16 hour days, but a lot of that is driving.

[deleted] • 10 points • 14 June, 2018 04:21 AM

So you work 16 hour days 7 days a week, go to the gym everyday, and party every single night?
lol ok dude

whatsthisgarg • 2 points • 14 June, 2018 06:13 AM

Me: 5 days a week it's **4-6 hrs each day**, other 2 days up to 16 hrs, no mention of gym whatsoever

You: So you work 16 hour days 7 days a week, go to the gym everyday, and party every single night? lol ok dude

Me: lol ok you are a complete tool

[deleted] • 3 points • 14 June, 2018 02:10 PM

Am I the only guy who here who manages 2 careers, gyms everyday and yet STILL can go out all weekend partying without the negatives?

No man, you're not the only one, but we are in the minority. I have 2 completely different IC gigs, one white collar, one blue collar, I work 7 days a week because I love it, TCOB, and I party EVERY SINGLE NIGHT, not just the weekends. I've been doing this for decades. There is no downside. I'm early 50s, btw.

This is literally your original comment

whatsthisgarg • 2 points • 15 June, 2018 02:45 AM

So you work ~~16 hour days~~ 7 days a week, ~~go to the gym everyday~~, and party every single night?

This is literally your idiotic comment

I crossed out HALF the shit you said-that-I-said that I didn't say

The point was that a man can grow up and still have fun. It's not that hard, and it's not hard to believe.

[deleted] • 3 points • 15 June, 2018 03:56 AM

You literally quoted the dude saying "does anyone else work..."

Iwannachokekatie • 2 points • 13 June, 2018 08:49 PM

Makes sense. I have a regular 5 day a week schedule, manual labor job and counting travel I usually am gone 12 hours a day. I also sleep and lift, so I have about 3 hours of time to do everything else. No clue how people have time (and energy) to do shit.

whatsthisgarg • 9 points • 13 June, 2018 09:15 PM

Makes sense. I have a regular 5 day a week schedule, manual labor job and counting travel I usually am gone 12 hours a day. I also sleep and lift, so I have about 3 hours of time to do everything else. No clue how people have time (and energy) to do shit.

It's a lot harder when you're in your twenties. You wouldn't think so, but that was my experience. I dropped out of college after a few years, got a hard manual labor job that went from 7 to 3, only a 15 minute bike commute each way. I was fucking exhausted and depressed, I had very little energy after only that little bit. Took the weekend to recover, and then go back and do it again.

Then in my forties I was doing 80 hour weeks out in all kinds of weather for months at a time, it was effortless. You get hard. You get hard or you get out.

Aesthetic_God__ • 2 points • 14 June, 2018 05:08 AM

I'm dealing with a deadline fail, I need to go through 36 classes examinations on university and I have to do it now, and in September. All of this because I was too scared to check on what exams I passed two years ago because I knew I was lazy and failed. I know I'm fucked, but fuck that monk mode and powering through it is going to work. No more smoking sessions for no reason, no more alcohol, no more crappy life and wasting valuable time on shit and disinterested people. Me myself and I from now on,

cheers from Greece.

whatsthisgarg • 3 points • 14 June, 2018 05:32 AM

I know I'm fucked, but fuck that monk mode and powering through it is going to work.

Good fucking attitude, hell yes. Yes, you fucked up, but YES you are the ONLY person who WILL make it right. Yes.

No more smoking sessions for no reason, no more alcohol, no more crappy life and wasting valuable time on shit and disinterested people.

don't waste time and energy on useless shit and hopeless people who are just a drag, you got that right

Me myself and I from now on,

Absolutely. It's not selfish, it's best for you and everybody in your life.

cheers from Greece.

Opa! Rebetika has been the most amazing musical experience I've ever had. Markos!

Aesthetic_God__ • 1 point • 14 June, 2018 05:36 AM

Great to hear this from someone! It really helps me focus on the goals, and by the way rebetika haha you must be into traditional Greek music. Where are you from?

LoveLord1000 • 2 points • 13 June, 2018 06:39 PM

How much alcohol do you drink each night?

whatsthisgarg • -1 points • 13 June, 2018 08:43 PM

How much alcohol do you drink each night?

couple of beers, couple of glasses of wine before dinner, then about a half a liter of vodka after.

Vodka is good for you, keeps my skin clear and my hair and eyes healthy. I'm early 50s and I have ZERO aches and pains, and I have no problem getting up in the morning, even if I have to get up and hit the road at 3AM, which I do at least once a week.

KznRob • 1 point • 13 June, 2018 09:19 PM

Liver working overtime. Vodka is also my favorite drink but I've been cutting down because I have an addictive personality.

whatsthisgarg • 5 points • 13 June, 2018 09:46 PM

Liver working overtime.

Took me a second to get that. I thought "Liver working overtime" at first.

Vodka is also my favorite drink but I've been cutting down because I have an addictive personality.

I definitely have an addictive personality, too. I had a real problem with pills many years ago. I pulled my head out of my ass before I started stealing and shit.

The thought of not drinking was not even entertained. I just got my shit together and put a limit on it. A friend of mine did not. He lost a \$300,000/year easy job because he couldn't drag

his sorry ass out of bed. The difference between us really came down to biology. So, just luck.

[deleted] • 1 point • 4 July, 2018 12:44 PM

Hahah your literally a fucking alcoholic. Get off your mum's computer

AmazingAstronaut • 1 point • 14 June, 2018 03:06 PM

I think it's actually better if you don't have an option to retreat and relax and you have to just power through it: it's what made me a man.

Fallbacks beget complacency.

universalabundance1 • 1 point • 14 June, 2018 08:35 PM

I am been able to channel what most people would consider anxiety into confident arousal.

Can you explain how this works?

conflagratorX • 3 points • 13 June, 2018 07:10 PM

I'm just wondering what about recovery when you are going to the gym everyday and partying hard.

GutShot9 • 1 points • 13 June, 2018 07:43 PM **[recovered]**

They are exaggerating. If he goes every day I'm sure it's for a little jog, or yoga.

Trenned_out • 5 points • 14 June, 2018 01:54 AM

This. As someone who loves to party hard and also has put up some decent lifting numbers (400 bench 640 deadlift), no way you're getting solid gains at a decent level in either physique or strength like that.

Personally I'd never be partying all the time to where it detracts from my other goals year round. But I'll be honest there are periods now and then where I let my training drop back to a maintenance amount and party a more. There's also been periods where I let training to that maintenance amount for career or academic goals, such as finals when I was in law school.

Just like you periodize your training, you can periodize life. Prevents burnout and lets you have the "full" experience of different lifestyles in just the right amount IMO.

U-94 • 1 point • 13 June, 2018 08:56 PM

Only partying hard on weekends, mind you. Maybe wine on Thursday. Sunday is my off day. Recovery is a gallon of water and shower. It feeds into itself because I wouldn't feel like going out if I didn't know I did work that day and looked good.

LiveAFTSOV • 2 points • 13 June, 2018 01:29 PM

This comment is oddly humorous. Made me laugh

odonnelly2000 • 123 points • 13 June, 2018 09:01 AM*

Right on, man. I'm laying here in my bed, at 340am, next to this cute girl I brought home tonight. And I've never been closer to just ending it. I've never been more miserable. I just want to check out. I'm not going to, but, FUCK, I want to. I'm just so worn down by this never ending grind.

Why am I being such a whiny bitch right now? Well, this girl, yeah, she's cute, but she's not a catch. I'll probably

never talk to her again. I'm pretty sure I'll never really want to. (She's also snoring and I can't fucking sleep -- very annoying.) So I've spent -- nay, wasted -- another night buying drinks and sweet talking someone I'll never talk to again, all for the purpose of maybe shooting some baby juice out of my dick in her direction and hoping she's impressed.

I'm so frustrated. Frustrated that over the past several years, I've given too much focus to fucking and barely enough to anything else. I should be growing as a person, as a man. I should be getting over Iraq. I should be better than this.

Fucking might always be our driving motive, our primary pursuit, but we should strive to be better than that. Yes, we're animals, but I don't want my epitaph to be "He spent all his time trying to fuck and sometimes it worked out."

But here I am, again, stuck in this grind.

Fuck. Oh well. I guess there's always tomorrow.

rickmickman • 19 points • 13 June, 2018 11:31 AM

I should be growing as a person, as a man. I should be getting over Iraq. I should be better than this.

I read this book, *Acid Test* by Tom Shroder. There's a veteran in there who found MDMA-assisted talk therapy to be very helpful when nothing else eased his PTSD symptoms.

I mention that because he described a helpful state of mind, where you might realize some fundamental thing that connects the quoted sentiments.

In any case, I encourage you to persist, even if the immediate future seems like a "never ending grind". If you rise to the challenge, it may turn out better than you thought possible :)

yakilladakilla • 16 points • 13 June, 2018 02:29 PM

embrace the suck man. you aint in Iraq no more and it aint what makes or breaks you. ive been there too. now im sober. now im coming back to the reality that life is what i make of it. fuck Iraq. dont be a statistic man. 2 weeks ago another man from the deployment i was on offed himself over a chick. what a waste

apskidb • 13 points • 13 June, 2018 01:22 PM

"He spent all his time trying to fuck and sometimes it worked out."

this hit home. it's a hygiene factor. once you know how to get laid, focus on something bigger.

LightSkinKen • 9 points • 13 June, 2018 02:48 PM

Same shit bruh. Ok I fucked some new bitches, here's a cookie. But what did I do for me?

BoogieorBust • 4 points • 13 June, 2018 12:29 PM

Check out soldiers of the vine It's a doc. On vets using ayahuasca to help them deal. It's available on YouTube

send_it_for_the_boys • 8 points • 13 June, 2018 09:51 AM

You should look up "Gary Vee" on instagram or YouTube. Watch some of his videos and read some of his stuff. I think you'll find some of it helpful for your situation.

trancedj • 3 points • 13 June, 2018 07:17 PM

Vet here. PM me anytime bro. I fucking feel you.

BoogieorBust • 2 points • 13 June, 2018 01:01 PM

Check out soldiers of the vine It's a doc. On vets using ayahuasca to help them deal. It's available on YouTube

monsieurhire2 • 2 points • 13 June, 2018 08:42 PM

You know what the worst part is, probably? Had you taken her out to coffee and gotten to know her, and actually decided you liked her, you would be a "nice guy" and therefore friendzoned. So you are stuck grinding it out picking up bar sloots.

[deleted] • 1 point • 13 June, 2018 08:18 PM

Have you tried looking at the maslows heirarchy to see what you might be desiring?

Trenned_out • 1 point • 14 June, 2018 02:09 AM

Damn does this ring true lol. Some of the saddest times of my life has been when I've been getting laid like crazy. Obviously that isn't what made me sad, but it's almost like self medicating. I remember when I was mentally a wreck form the one serious LTR of my life and I smashed 4 girls in a week. I was really sad but basically staying busy to block those emotions off.

Heizenbrg • 1 point • 14 June, 2018 08:20 AM

Pick up a challenge dude. I was in a bad place in life and am learning software engineering, it's *fucking hard* but so rewarding. I feel alive finally instead of fucking some hoe or partying or sputtering bullshit like I did at my old sales job.

CarthaginianSalt • 17 points • 13 June, 2018 10:49 AM*

I used to be like that. I spent 2 years addicted to video games my every moment just trying to forget my life and how far I had fallen. Its painfull to look at your life when you've fallen down like I had. You have every reason to stay down and yet if you don't get back up you will ALWAYS stay down. Perhaps you think your too much of a pathetic beta and shouldn't even bother. Well to that I say one must imagine Sisiphius is happy. Some of us may never become alpha males but we can enjoy striving after it nonetheless. Stay strong brothers!

Evnl5 • 5 points • 13 June, 2018 05:01 PM

upvote for the Calmus reference

dresdonbogart • 47 points • 13 June, 2018 11:45 AM

I know it's a cliché, overused quote, but it has a lot of truth to it.

Nothing that is worth having in life comes easy.

Seriously, you need to learn to love the struggle. Lift or do cardio until you reach the point where you **actually feel alive**. At least once a month, I will push myself to run nine miles or more because at that point, you feel like a monster. You enjoy the pain, you feel like a primal killer hunting its prey.

We are men in this world. Constantly getting the short end of the stick, knowing to expect nothing in life, but what makes us men is the ability to continue and **take what is ours** through sheer effort.

It's harder to start, but once you start seeing things that you've **earned**, there's no better feeling in the world. Not even pussy.

lurkinglimabean • 1 point • 14 June, 2018 06:44 AM

Not to mention runners high

apskidb • 14 points • 13 June, 2018 01:21 PM

there is always somebody out there who's had it easier than you.

putting themselves through the painful conveyor belt that churns boys into men.

here's the rub. you're also the one doing the churning. it's your job to push yourself through the line and do put the pieces together. you think the iphone factory workers have it bad.

on your journey, a McDonald's binge can be good comfort while you recharge and take the reigns again the next day. growth doesn't have to be gruelling punishment everyday. be kind to yourself.

which helps us realize pussy is fun but not everything, then we find more important pursuits and begin to enjoy pussy as a pass time.

so much this.

I believe it comes from a man watching his slow descent into the pits of bottom 10% SMV, whilst doing nothing to stop it - then, when he hits rock bottom, he decides he isn't worth the climb back up.

you can be pretty high SMV and be knocked off your perch deciding not to climb back up. RIP our man Anthony Bourdain.

rumour has it that word of his newest girlfriend's infidelity sparked his spiral towards suicide.

always keep it real and don't fall for a comfort a woman gives you.

If you quit on yourself, you lose! You're the only motherfucker who is really on team [insert name here].

bravo.

shinolas • 14 points • 13 June, 2018 01:18 PM

The tryhard insult.

Got stoned the other day and noticed some improvements in my physique. I don't smoke often but when I do it's cathartic. I see the world, my actions, and myself in ways I don't often sober, or won't let myself. Often, it's an anxiety inducing, "what the fuck are you doing," type experience and I come out the other end with noted changes in behavior I need to make.

Anyways, I noticed the results, as I have been putting in consistent gym time and diet discipline, and for a bit actually thought "you're trying too hard."

As much as I don't think I let blue pill conditioning get to me, sometimes it takes sparking a bowl to see it.

rcsob • 7 points • 13 June, 2018 03:08 PM

I hate that feeling. It only happens while high though. I think weed just causes anxiety or imposter syndrome.

AwkwardEmpath • 3 points • 13 June, 2018 04:34 PM

I get the same way when I smoke every now and then. Seeing things that way always motivates me. I try to write down the viewpoints so I can reflect on them sober and implement them into my life.

FJHUI • 11 points • 13 June, 2018 05:34 PM

It's posts like these that make me think, "why all the hate for red pill? All they are trying to do is help out in a difficult time by explaining harsh truths of life."

kurdishpower01 • 3 points • 14 June, 2018 05:38 AM

Those are blind people not willing to accept our ways.

notyourfathersfather • 8 points • 13 June, 2018 01:09 PM

If it could upvote this a thousand times I would. This hit me like a ton of bricks. That last bit about not giving up on yourself is the kind of shit all young men need to hear. Fuck man. I have no words.

Narcopath • 6 points • 13 June, 2018 01:41 PM

Those last sentences messed me up, dude. Well, shit. Good post. Good post.

187oddfuture • 7 points • 13 June, 2018 02:17 PM

It's All For The Sake of Victory AFTSOV. However inconsequential, every bang is a victory, a reaffirmation that you've got the skills to pay the bills. Look for more career or hobby progress if you've got the woman thing down. If you build it, they will come.

it_takes_the_redpill • 5 points • 13 June, 2018 03:56 PM

Since I took personal responsibility for my life and stopped blaming shit on the conditions around me, things have been better.

After initial improvement in college, I have moderate success with women, but I know it could be much better. I have great genetics/natural looks, but have treated my body like shit. As such, I get women below what I believe I could pull.

At the same time, I never let myself slide to the point where I couldn't get ONS sex with a 5-6 within a couple days effort on tinder. But I'm not satisfied with that, and I can't plate the type of girls I'm really interested in at the moment.

With that and other situations in my life (job I hate, lack of masculine skills taught due to lack of father figure) I've never given up, but I have procrastinated to the point where it's going to be 4x as hard to build myself up physically now than it would have been 4 years ago.

My experience with the last oneitis led to discovering TRP, which led to the motivation to stop procrastinating before it's too late, like you describe.

I feel legitimately sorry for the guys who let it go to the point where it's too daunting to face the challenge anymore and gunmetal begins to look appetizing.

one_more_iteration • 2 points • 15 June, 2018 07:06 PM

Are you me?

It's funny, whenever I talk to people about my LTR that wrecked me and left me with nothing, they hurl the usual trite stuff that's supposed to make me feel better. "Fuck her!" "She's a bitch anyway" "you're better off without her". My mind now immediately jumps to, "Why was I sleepwalking all that time? Why didn't I work on myself first? How did I let this happen? How can I be better?"

If I ever say those things, the response is usually, "don't blame yourself.". This is the world we live in, where personal responsibility means almost nothing at all.

it_takes_the_redpill • 1 point • 15 June, 2018 07:38 PM

"Fuck her!" "She's a bitch anyway" "you're better off without her".

There's something to be said about their part in things, too, but most people are just going to repeat

platitudes to make you feel better. It takes maturity to introspect and discover what part *you* played.

This is the world we live in, where personal responsibility means almost nothing at all.

Sad but true. It's depressing that I can't see the true victims through the pervasive victim mentality.

Count_Giggles • 6 points • 13 June, 2018 12:37 PM

Play to win - or not at all

same goes for addiction. Being sober is like being alive - either you are, or you are not.

Good post. I really like the mindset of my body being my best friend.

Martysteiner • 6 points • 13 June, 2018 12:50 PM

I've found out that gym is the answer for everything.

I put my earphones on, open any song I want and just workout in my home. It's so much fun and relaxing, almost better than sex.

[deleted] • 5 points • 13 June, 2018 03:47 PM

If you don't quit, you can't lose.

If you're struggling, you're growing.

If you want it, you can have it - the only question is, how badly do you really want it?

Redpillpaint • 5 points • 13 June, 2018 06:18 PM

I hear ya man. It's harder to be masculine man in our society especially in the west. I grew up in India where never been insecure about my height or appearance. I moved to Canada, I released how hard it to be here. I was on a path of life with a lot of struggles. People looked on me because of my race, height or looks. But gladly I found redpill two years ago. I started improving smv lifting, improving accent and being stylish. Still I am not there yet but I can affirm it's all return of investment. People have it worst and some are oblivious what's going around them.

There is no easy way out. You lift, work hard and do whatever takes to be best version of yourself. One day we will make it brother.

WalkRH • 4 points • 13 June, 2018 10:19 AM

Quality post brotha, truly inspiring!

turtlings • 5 points • 13 June, 2018 11:37 AM

Thank you for this post. I'm in the gym now and am going through a bout of lower back pain for deadlifts. Cheers mate!

Hmaximus • 1 point • 13 June, 2018 08:22 PM

Kettlebell swings and this video helped me get over two herniated discs. Back to deadlifting Foundation training by Eric goodman <https://youtu.be/4BOTvaRaDjI>

turtlings • 1 point • 14 June, 2018 06:59 AM

Did you return to deadlifting in the end?

empatheticapathetic • 1 point • 25 June, 2018 04:32 AM

Foundation got me back to reality and normal lifting again. Seriously underrated.

Do that 10 minute video every day you have back pain.

ding3 • 0 points • 13 June, 2018 05:16 PM

Same here lol deadlifts are a bitch without the belt

midnightreider • 4 points • 13 June, 2018 05:01 PM

The things said in this post are why I never understand why men complain about how easy it is to be a woman. Yes they can walk through life more easily than a man can, but isn't the "long term victory" so much sweeter than the "short term pleasure"? Yes women are born and men are made, and that is exactly why I would rather be a man. The fact you have to earn your stake in life is harder, but so much more worth it having the knowledge that you earned it, rather than having it handed to you. The mans journey is harder, but very much worth it the further I go. Thank you for this post.

hchen5041 • 4 points • 13 June, 2018 11:06 PM

Ever since the dawn of man, there has been one essential truth: we are hunters. You can be crippled. You can be stupid. You can be miserable. You can be the fattest couch slob on the market. But you're still a hunter. Biologically, you are still a hunter. Modern day may have become more complicated, but it's still the same. We struggle, suffer, fight, and overcome. We lose, trip, and get back up. So long as there's prey, we will hunt. It doesn't matter what the prey is, big or small. So long as you never give up the hunt, so long as you're still alive, so long as you can still fight, you can carry on to become the man you dream of being. But once you give up the hunt, once you give up struggle and the unending cycle of change, you become turned off from your purpose, hunting. You can always turn the switch back on. Some don't. They are wolves who convince themselves that they are cattle. But at heart, everyone is a wolf, whether they realize it or not. Never not be the wolf.

johnpayne10 • 1 point • 19 June, 2018 06:06 AM

Beautiful comment mate. This comment is worthy of a post in itself. Too many men today believe that they are cows and sheep, despite their inner voice telling them otherwise. Needless to say, society is responsible for this. We are socially conditioned to believe that we are cattle. Men are blinded into being beta schmucks. TRP is a awakening pill that opens your eyes. Inculcating TRP with your self is becoming the hunter you truly are. Never go astray from the truth.

bonusfruit • 5 points • 13 June, 2018 11:58 PM

Being mgtow, posts like this keep me subbed here. I'm not about chasing women anymore, but self improvement and achievement are still important. Men owe it to themselves to aim high

BobbyPeru • 8 points • 13 June, 2018 07:10 AM

then we find more important pursuits and begin to enjoy pussy as a pass time.

Yep, getting pussy becomes a symptom of being awesome

[deleted] • 2 points • 13 June, 2018 09:06 AM

I'm taking this approach, chasing skirts in your 20's as a non-Chad is too much time consuming, reward is just a pussy and a pair of tits.

HeavenlyMystery • -3 points • 13 June, 2018 10:54 AM

The reward is pussy and a pair of tits, when in the meanwhile, I want the first and also a capable intellectual woman. Women aren't just for the body, they also have value, yet some think it's only pussy and tits.

ich_bin_doch_geil • 8 points • 13 June, 2018 01:01 PM

Women are for the body. Find other men to stimulate your mind. Dont confuse the two or youll end up just another beta bitch.

HeavenlyMystery • 0 points • 13 June, 2018 01:07 PM

I will not take women for the body. That's a fucked Mindset.

ich_bin_doch_geil • 3 points • 13 June, 2018 01:11 PM

You need to actually swallow the red pill. This comment is a clear as fucking day example that you are still very much blue pillled.

Sidebar, lift, let it sink in. Its a bitter pill to swallow, and it takes time to fully digest it, but keep at it and youll look back at this comment in shame.

You're welcome, faggot.

TheRedPike[M] • 1 point • 14 June, 2018 04:40 AM

Enough dick sizing you two.

HeavenlyMystery • 1 points • 13 June, 2018 01:12 PM **[recovered]**

Nah. Since you downvoted me I downvoted you too. Clearly a sign of toxic Red Pill calling me a faggot. You're not better than the Red Pilled people that I know.

ich_bin_doch_geil • 1 points • 13 June, 2018 01:16 PM **[recovered]**

I never said I was better.

This looks like your hamster talking. Getting defensive, lashing out, calling names etc Are you a woman? Because you are acting like one.

Grow a pair. Take criticism as an opportunity for growth. You need to sidebar more.

HeavenlyMystery • 1 points • 13 June, 2018 01:17 PM **[recovered]**

Don't cry. I don't give a fuck about you.

Atheist_Utopia • 1 point • 14 June, 2018 06:37 AM

Keep on swallowing red-colored rounded rectangles.

[deleted] • 2 points • 13 June, 2018 11:26 AM

Yeah that would be LTR material, but i don't wanna get cheated upon or have my time consumed (relationships take time). Besides i don't wanna be dad, i'd be awful. That alone takes way more time...

AceMav21 • 3 points • 13 June, 2018 02:07 PM

I like that absolute 0 fucks to give

Ezaar • 3 points • 13 June, 2018 05:19 PM

Rankine levels of not giving a fuck is absolutely not giving a fuck.

You make interesting points and provide a great perspective on masculinity.

TheCr00k • 3 points • 14 June, 2018 03:49 AM

Take my god damn upvote. This shit got me fired up

AwkwardEmpath • 2 points • 13 June, 2018 04:26 PM

This post hits home for me. Been trying and failing to get over my problems and bad habits for the last few years. I'm just going to keep trying regardless. Great post man.

fartingaround • 2 points • 13 June, 2018 05:42 PM

This was actually a wholesome and inspiring read. It didnt have the vindictive and prententious undertones that so many on this sub generally do

thotvermin • 2 points • 13 June, 2018 06:15 PM

My favourite post on this thread. I really needed this.

sametskayam • 2 points • 13 June, 2018 06:20 PM

Very powerful writing. More power to you!

KznRob • 2 points • 13 June, 2018 09:01 PM

Becoming the fat, triple chinned reject we all see as the antagonist - because let's face it, the only way you can reach that level of degeneracy is by reaching -459.67°F tg (fucks to give).

How many Big Macs in one week would one have to eat to acquire this fabled triple chin?

Alpha_Jedi • 2 points • 14 June, 2018 10:06 PM

The hardest part is the grind, but if you can find joy in that process, you will be unstoppable. Cheers.

dayday47 • 2 points • 19 June, 2018 05:35 AM

Thank you, this is exactly what I needed to take a look at myself and realize change is necessary.

Stabiel • 1 point • 13 June, 2018 10:14 PM

This is anime levels of inspiration for resolve.

AlfalfaMail • 1 point • 13 June, 2018 10:47 PM

I read this post as a rap song, and although it's not my favorite genre, it speaks volumes as to the feelings we see in bits and pieces we see in posts everyday. I have, however, been turned on to a newer rapper named Tobe Nwigwe; I would recommend anyone on this forum to check his videos on Youtube from his "Originals" album. This is a quality post, and in my singular opinion, should be sidebar material to reference when: you dont want to go to the gym, you dont want to approach, you dont want to confront or you just want to give up. This is TRP through and through.

tranquil_af • 1 point • 14 June, 2018 03:34 AM

Those who say it isn't about the pussy are dishonest - it's all about the pussy, but it's through the journey of

TRP that one realizes, it isn't everything.

Amen brother. A-fucking-men.

JuicyAustin • 1 point • 14 June, 2018 04:26 AM

i let myself fall off but hated myself so much i started climbing up

togetherforyou • 1 point • 14 June, 2018 09:38 AM

Finally a quality post on red pill.

Zech4riah • 1 point • 14 June, 2018 11:25 AM

Most of the time people call you tryhard if your ego exceeds your current level of competence. If you are humble, you will rarely be called tryhard. If you get called tryhard often, you should take a hint and self-reflect a bit.

MiracleMagnet • 1 point • 16 June, 2018 12:23 AM

Wow! Those words about your body and spirit being separate entities and friends was powerful!

You sir, need to write a book as I loved every word you spoke. Thank you. SAVED BITCHES!!

RudeAmbassador • 1 point • 16 June, 2018 06:03 AM

This is some pussy motivation shit

NeverLace • 1 point • 16 June, 2018 01:01 PM

Treat yourself like someone you're responsible of helping.

[deleted] • 1 point • 18 June, 2018 10:44 PM

How do you not give up on yourself? I have pretty much lost all hope that any attractive woman wants me. I have a good job, money, a house. I may not be the most attractive but I don't look like boogie2988. What is the point? I feel like I could try TRP but then I would never be happy. But on the other hand, I do nothing and I just end up in the spot I'm in. Idk I'm going Luke Skywalker and just walking away from it all, become celibate.