

# My fucking head hurts. This ain't fucking Cryptos

June 26, 2018 | 1071 upvotes | by [Rian\\_Stone](#)

---

This sub is a laboratory, a locker room. The *take a penny, leave a penny* dish for men. Help a fallen chad when he's down, help a Guy get up, guide a poor kid out of his self imposed hell of dry-dicks [chinese](#) [have a lot of hells](#)

So I say this as my penny into the dish.

## Get out of your fucking head

It's been a problem all the way back to the Mystery days on BBS networks. Mental Masturbation they called it, a nod to the idea of a guy jerking off because he isn't getting laid. You do it, yes you, the guy who is getting mad, or has all kinds of justifications why it's required. I'm specifically talking to you. Get out of your fucking head. I'll bet you think you have some grand plan, and just that one piece of the puzzle and everything will fall into your lap, right?

I was that guy, when I was 10. We would till a field every few years, turn the soil. Brought up a lot of rocks, so I spent many summers picking rocks out of hundreds of acres of fields. I had some great plan to efficiently move as little as possible and move rocks. It was convoluted, and I could speak at length to my cleverness.

I remember my stefather grabbing me by the scruff of the neck one day and giving me a shake. And you know what? I get it,

I wasn't clever, I was lazy. I noticed in all these wise plans, the one commonality was, it involved some reason I wasn't needing to pick up a rock and put it in the bucket of the tractor.

You're not picking up rocks, you're coming up with reasons not to. Know why you're so convinced that you need to reduce risk when gaming chicks? Because you're weak. I don't mean mentally, I mean physically. I'm convinced that testosterone increases your ability to accept and enjoy risk. the reason you don't, is because you have too little of it. the more you want to 'monk mode' MGTOW, sex doll, or 'observe the human condition' the more you're bullshitting yourself into avoiding risk.

so a quick solution, lift, eat, and lift some more. I'm serious. You need to beat that woman-like risk aversion out of your body. I'm talking about lifting until you're sore all day. Lift until that walk back to your car makes you dread.

Know who doesn't sweat the small stuff? A guy who is too sore to move. Know who doesn't stress about a cold approach? A guy who is on the way to the gym/mountain and has no time to care.

this sub cannot quash it in you, there's too many chodes who want to jerk each other off, so you'll always find friends. There's too many to ban, and they keep coming back anyways. It's all on you.

If you're worried about fucking up, don't. you will fuck up, you'll fuck up a lot. You'll come off as creepy on occasion, you'll have a shitty workout program, you're 1rm numbers will be embarrassing.

Not caring isn't meant to be a coping strategy, it's meant to avoid sweating the small details.

[This shit?](#)

[This shit?](#)

[This shit?](#)

[This shit?](#)

Fuck off, seriously. Quit wasting everyone's time. And if your first thought is to comment on my writing about it without 100% apathy (seriously bro, why you so emotional, why care? Why so angry?) then you can fuck off too. Go waste away somewhere else.

This is as easy as you want to make it.

1. Lift heavy stuff as often as you can
2. eat good food, as much (or little) as you can so you aren't a skinny/fat fuck
3. talk to women as often as it comes up. expect nothing, take every opportunity.
4. **After you fuck up**, I repeat **After you fuck up...** then do the navel gazing and sort out why you did, and how to stop doing it.
5. Stop bullshitting yourself

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

Staunch\_Moderate • 233 points • 26 June, 2018 03:36 PM

Experience is king. You can read all the reddit posts and books in the world without learning a single thing. I thought i knew the game. I thought i was RP. I was just an idiot. I let one girl turn my world upside down before I realized what was happening. Because I didn't have experience. I could recite every rule in this place, but frame must be built. It takes time. You have to fuck up and learn from your mistakes. You have to earn it.

mallardcove • 78 points • 26 June, 2018 04:35 PM

+1

This needs to be blasted to every monk moder out there and those sitting on the sidelines. Monk mode might be beneficial for a short period of time, but only to get your mind aligned properly. In the end it doesn't matter how much you memorize TRP and everything it stands for, it doesn't matter how much you have the concepts of TRP nailed down. None of that means jack shit. All it does is give you a starting point.

Because even if you have TRP memorized and a firm grasp on all the concepts and teachings, you still don't have a frame. A frame is not something that is built by reading/memorizing TRP or being able to grasp its concepts. Frame is ONLY built by experience. You can read on HOW to have a solid frame and what to do to maintain a solid frame, but even then your frame is about as solid as a house of cards until you actually get the fuck out there and gain experience and fail.

[deleted] • 9 points • 27 June, 2018 03:53 AM

Getting rid of social anxiety and building frame takes long term practise and many failures.

majaka1234 • 11 points • 27 June, 2018 04:53 AM

And uncomfortable situations.

When you feel your frame is awesome you should mind fuck yourself by going to a foreign country and trying to pick up girls who don't speak any English.

Goodbye any shred of ego you thought you had.

phibetared • 2 points • 27 June, 2018 10:58 AM

My secret in that situation? Carry a BIG bag of M&Ms in the open so it can be seen. Works in every language, every time. :)

LeavingHumanityBehin 1 points 27 June, 2018 04:15 PM\* **[recovered]**

M&Ms? People respond to those? WTF?

phibetared • 2 points • 27 June, 2018 05:14 PM

Sure. Women love chocolate. So, a cute foreign guy with chocolate? The M&Ms give them an excuse to "talk" to you. I just just blabbering away and we pretend we understand each other. Dance floor or coffee at a cafe is the next stop. Then proceed accordingly . ( close at hotel or set up next meet somewhere that night if it's a daytime original meet)

1z1z2x2x3c3c4v4v • 8 points • 27 June, 2018 11:09 AM

getting rid of social anxiety and building frame takes long term practice and many failures.

Good points but it doesn't take as long as you might expect. Put yourself in a learning situation, if only once per day, and in 1-2 months, your life will be different. A commitment to once per day and the resolve to see it through is not so hard. Also consider the fact that rejection is not failure. You only fail when you don't act or don't learn from your mistakes.

[deleted] • 1 point • 27 June, 2018 11:51 PM

I have noticed significant change in the last two months, but the foundations of that began 2 years ago. It was 4 years ago TRM blog pulled me out of depression, but it took 2 years for me to start applying shit. I was lazy, though.

redpillschool • 3 points • 27 June, 2018 05:28 PM

Monk mode would never work for me.

I don't get satisfaction unless I'm making progress.

Convincing yourself that no progress is satisfying is bad.

Even if it's to "get in shape." I say go out and approach even when you're fat, it's good practice.

mallardcove • 6 points • 27 June, 2018 06:29 PM\*

I wrote this earlier on AskTRP but I only think Monk Mode is useful if you are on a bender and just need to step away from it all to regroup.

Kind of like a gambler at a casino who is down a lot of money and thinks he can fix it by staying at the tables and win it all back. No. You're just going to make things worse. The best thing you can do is walk away from the tables and stay away.

I can see monk mode being helpful to someone who is on a cold streak with women and out of frustration begins to do stupid shit that will make things even worse. Instead withdraw for a bit, get your bearings right and get your mind right. THEN GO BACK OUT THERE. Too many use it as an excuse to be a hermit.

anabolic92 • 4 points • 26 June, 2018 08:24 PM

I cannot agree more with that. I think I have said it a lot around the forums a well.

Like I could have read x100 threads about female *'brutal'* nature when they find a new branch, wasn't until I lived it that it actually really hurt and learnt.

Women like to be treated like shit? The girl who chased me the most I used to flake on her, ignore her all day long. She would buy me alcohol, cigarettes, cook for me, and do all kind of shit.

Couldn't read more about shit test until got some of them and actually failed some and passed some. Same with frame.

TheTrenTrannyTrain • 3 points • 26 June, 2018 10:44 PM

It only took 1 oneitits to flip my BP switch. Totally worth it as it showed me my weakness.

mallardcove • 201 points • 26 June, 2018 03:37 PM

As I read this post I was thinking of that shitpost yesterday about how you need to make fitness easy in my head the entire time, and then you linked it. I don't know what made me shake my head more, the post itself, or the conga line of comments agreeing with it and shaming anyone who dared chime in to say lift hard.

It's shit like that, that gives me pause about respecting the rank and file members of this community. Respect is

earned, and until proven otherwise I'm going to assume everyone posting here is simply a coping incel who doesn't lift. I'm glad you're here, and I'm glad your trying to get better, but there are just too many guys who have no idea what they are talking about.

I was guilty of this when I first came here and started applying TRP, and I made a post about - TRP isn't a shortcut, its not a cheat code, it doesn't guarantee success. I blame the idiots here who post about how easy it is once you apply TRP. Yes, some aspects become easier, but thats because of expanded knowledge and a changed mindset which allows you to make decisions differently, not because its actually easy. All TRP is, is a blueprint, and you still have to put in a shit ton of work, effort and even have a little bit of luck on your side at times to truly get results. Failure is just as much a part of this as success. I would even argue that you won't succeed until you have failed, failed, and failed again. The guys who post field reports here like they are some kind of Super Chad who never fails, are just as big of faggots as the softies trying to find the easy way out in everything.

TLDR, too many people coming here trying to sugarcoat this shit. There is nothing sugarcoated about it. You aren't going to monk mode or MGTOW or "sit on the sidelines" to success.

Staunch\_Moderate • 88 points • 26 June, 2018 04:49 PM

There have been too many times I've started reading something this past week and seen "I'm 18 and a senior in high school. Let me tell you what the world is really like" or some shit and I just stop reading.

I don't usually judge a statement on the person saying it.  $2+2=4$  no matter who is saying it. A true statement is just true. But get the fuck out if you're 18 and think you have real grasp on what's going on. There's some shit that just takes time. I'm glad these kids are putting in the effort, but they aren't in any position to give advice.

mallardcove • 56 points • 26 June, 2018 05:13 PM

"I'm 18 and a senior in high school. Let me tell you what the world is really like"

It gets annoying. How many posts must we see that say "Hey I'm 16 and in high school, everything you say is totally true, you guys" and then they ramble off some field report about how some girl(that they are probably orbiting, lets be honest) is actually sluttier than she appears. Hah, someone thinking they have seen it all by the time they are 16. Then you pry the kid some more and you learn he doesn't lift, doesn't even play sports(I can't think of anything more beneficial for a high school male then to play a sport, if you are reading this, in high school and you aren't playing a sport, you're a moron) and doesn't really have his shit together. Yes, TRP truths can be unearthed in high school, but shit, you ain't seen nothing yet. High school represents a small fraction of the shit you'll encounter going forward.

Then you have my least favorite type of field report. "Hey TRP, I just started coming here two weeks ago, I read the sidebar a few times, went out and applied TRP knowledge for the first time, and went up to this HB85 and passed her shit test I got her number. TRP works!" Did you fuck her? Did you even make out? Even if you did fuck her, great, it worked one time. Maybe it was beginner's luck. You haven't truly succeeded at TRP until you've failed and then bounced back. Don't tell me or anyone else TRP works until you've used TRP, failed, multiple times, *stuck with it anyway* and *then* experienced success. I remember the first time I failed after TRP. I thought TRP was a guarantee of success, and thought about saying "fuck this". But I stuck with it.

willowhawk • 21 points • 26 June, 2018 05:35 PM

You know what fucks me off? The fact that if you go on cunts like that 16 year olds account you can see them replying to other Redpillers and giving out advice.

Bitch you haven't got advice to give.

mallardcove • 18 points • 26 June, 2018 06:05 PM

The validation seekers giving advice is even worse.

You know who they are. CaptainCringeworthy was an example of one. Someone who is clearly an incel and has very limited, if any, success, who is desperately trying to earn and win over validation from the TRP community because they have no other source of identity or anything to hang their hat on.

MilkMoney111 • 12 points • 26 June, 2018 09:18 PM

Is he the dude who talks about someone's wife rimming his asshole while he browses reddit? I'll take shit that never happens for 500, Alex.

And then he's upvoted by all the 16 and 18 year olds...

Shaney96 • 4 points • 27 June, 2018 12:52 AM

The latter part regarding identity must strike hard for many on here, I believe.

I've almost become subject to this temptation... Why..? Because it's the easy way out. It's much easier to (most probably) exaggerate an encounter and turn it into a glamorous infield and get upvoted by other crabs, than it is to take consistent, reflected-upon action and keeping your mouth shut about it.

It's why I respect those with great status/success (whether in this sub or not) who are so humble; humility really is virtuous.

Agni\_Forma 1 points 26 June, 2018 09:21 PM **[recovered]**

I took a quick look at your profile I don't think that you mind. You are a videogamer, I find videogames a waste of time, if a man wanted to take the most out of his time everyday would a gamer's or a nongamer's advice be more valuable to him? You have made a post about tinder so without reading it I suppose that you do online dating I never did and I never will because both of my ideologies and the fact that I don't need to, if a man wanted advice on online dating he should ask you but if he wanted advice on how to be attractive enough to not need an app to get laid, he should ask me. If you excel in something and I excel in some other thing our age has nothing to do with our advice

LiveAFTSOV • 5 points • 27 June, 2018 05:33 AM

wanted advice on how to be attractive enough to not need an app to get laid

LMFAO!

You realize it's TEN TIMES HARDER to get laid from tinder / POF / Bumble than it is by warm approach / social circle game, right?

LuvBeer • 6 points • 27 June, 2018 07:04 AM

TEN TIMES HARDER for you maybe, not for everyone. Different people/markets are different.

LiveAFTSOV • 5 points • 27 June, 2018 07:16 AM

No. Online is based on 90% looks.

Real life, looks is like 40%.

So yeah, the markets are different. Online market is more strict and demanding.

In person market is easier to close.

gbdoragnic • 2 points • 27 June, 2018 12:36 PM

I always found tinder and pof easy mode, social circle game has gotten me laid but usually by fat chics (Says a lot of about me right), but on tinder I can get 8s consistently, I even found a guy to let me bang his wife(Something I wouldn't dare do in my social circle)

[deleted] • 1 point • 27 June, 2018 09:55 AM

Although you are someone I value and respect a ton because you recently made an amazing thread I read,gained from it and gave you praise for it,and the last thing I want is to argue with someone who made me a little bit better,I kindly disagree with what you say. Of course you got more experience on online dating and I got none but I don't believe that it's harder to get laid from online apps than irl because first of all you got a bigger pool,women who are there solely for ONS (and some times a beta bux),you just have to type things from the comfort of your bed.

What I meant with my comment is that high value men can get laid without apps,if you are someone who turns heads wherever you go you don't need apps,romeo beckham wouldn't need apps to get laid all day. I am not saying that high value men don't do online dating,OmLaLa did it,you do it but I am saying that they don't need to,a high value male can get laid easily IRL.

Also since I found you here,if you have the time take a look at my asktrp comment history and tell me if my answers are solid,those faggots tell me that because of my age I can't give proper advice on things I know like training/language learning and shit,I never gave advice on a middle-aged man on how to start a family I give advice on things I do know of

LiveAFTSOV • 1 point • 27 June, 2018 10:13 PM

Oh yeah I agree with you - High value men DO get laid outside of tinder. It's true. Real life is more forgiving.

I can be rich, or famous, or be cool, have game, etc. I have a million ways to get laid in real life.

On Tinder, it's 80-90% looks, and the rest is game/chance.

Id rather do it in real life - online dating is supposed to be a supplement, in addition to real life pussy hunting.

So yeah it's way harder to do it on tinder. You can't really convey "high value" through pictures. All you can do is take good pictures, look good, and hope for the best. (I guess you could take pictures in private jets or w/e... nuances.)

Anyways, thanks, glad you were able to improve your life from one of the essays I wrote. The only thing I saw on your profile is greek letters.

Agni\_Forma 1 points 26 June, 2018 09:04 PM **[recovered]**

I was reading Nietzsche when I was 13 practicing my German (second language) skills and studying philosophy at the same time. I learned English on my own when I was 15,I started studying Mandarin when I was 17,I am a native Greek speaker. Who are you to say that I have no real grasp on what's

going on just because I am some months shy of 20? What did you do when you were 13,15,17,20? What are you doing even now that makes my achievements worthless?

The\_Noble\_Lie • 13 points • 26 June, 2018 09:20 PM

Just because you can read some dense philosophical words and speak multiple languages means nothing with regards to what this thread is about.

It's about something outside your mind; experience, and varied, plethora of it, with the opposite sex. At least primarily, that. Also the girls you deal with at age 13 or whatever until high school ends have a certain air of stupidity/immaturity compared to an adult. The experience doesn't necessarily map to adults, for that reason.

Agni\_Forma 1 points 26 June, 2018 09:32 PM\* **[recovered]**

My answer was not only on what the EC said but also on what the other person said and it wasn't just about dating. I was talking about achievements, hardships in general. If I have done some good shit in my life I can give good advice on it, I can give good advice on someone that wants to learn another language.

On the dating part, although I didn't want to talk specifically about it so I wouldn't come off as Gronk [look up Whisper's thread named 'Gronk'], I am someone who started having sexual relationships at 15 when I first found TRP, redpill literally created what I am. I was a little bit chubby and I had gay long hair, TRP told me to lift and get a fucking haircut I did it and when I came back the same women who used to make fun of my appearance literally begged me for attention, I used TRP's advice on frame and I managed to have open relationships and ONS.

You are a bluepilled person who says 'girls are immature at that age' I tell you **AWALT**, girls will always be girls and right now at almost 20 **AWALT** has almost NEVER been wrong for any age of women, at least those that I would consider fuckable (18yo-55yo). Women will always be unethical if they can get away with it for top 20% men of any age group, even for little kids (look up on what women say about Romeo Beckham, you can bet your house that this guy will have a bigger N-count than you have before he becomes 16)

Agni\_Forma 1 points 26 June, 2018 09:55 PM **[recovered]**

You are a conspiracy theorist and based on statistics that means that you are a basement dweller (I will accept any penalty I will get by mods for saying this, I am gonna deserve it) so you are a fucking loser I don't expect you to fathom how someone can do great things at a young age as you probably erased your manhood on your hands throughout your teens before you whipped them with tissues but whatever the fuck would I be able to say to a retard who doesn't even understand **AWALT** that would change his idiotic mind?

phoenix\_nz • 8 points • 27 June, 2018 01:22 AM

Your SJW-level triggered attitude speaks volumes about you as a person. Multiple responses in a short period of time. You're immature, and by responding in this way detracts from your ability to argue for your point of view. Stop virtue signaling like a little girl.

one\_more\_iteration • 7 points • 26 June, 2018 09:02 PM

The thing that struck me about TRP is that it's the realization of so many subconscious truths that have been brewing for so long-- to feel them coalesce in one place and to know there are a large group of guys

who feel the same way is, to quote Colonel Kurtz, is like "being shot with a diamond bullet".

What most guys here don't seem to grasp is that the \*deconditioning\* part is like turning an oil tanker around in a lake. Most of what we read here is just stories from the realization stage. The guys actually playing the part aren't even here. I've got my share of cringelord bluepill stories from back in the day (or even recently) but no one wants to read that shit. Lamenting on what I did wrong isn't interesting to anyone. Getting laid and reading TRP backwards into the situation isn't interesting either.

Sometimes I feel like I'm crazy but I'd much rather see more philosophy around the foundation for what all this \*means\*, but what gets upvoted and what doesn't speaks for itself.

AlmightyPerun 1 points 26 June, 2018 09:46 PM\* [recovered]

You see, you get it. Agni\_Forma doesn't. The fucking snowflake can't shut up how great he is and how inexperienced 19 year old social retards can be just as good at giving advice as a 30, 40 or 50 year old man who has got his life figured out. Learn from that, and respect your elders and superiors.

Agni\_Forma 1 points 26 June, 2018 11:03 PM [recovered]

IF I HAVE WORKED SINCE I WAS A KID FOR A POSITION IN OLYMPIA, A CHANCE TO BECOME AN OLYMPIC MEDALIST BOXER FOR MY COUNTRY WHO KNOWS MORE ABOUT SPORTS ME 20YO OR YOU 30YO STARTING STRENGTH? FROM WHOM SHOULD SOMEONE GET ADVICE ABOUT BOXING YOU BASHMENT DWELLER, ME OR YOU?

i\_forget\_my\_userids • 7 points • 26 June, 2018 11:20 PM

You would know that your trainer knows more than you do. How is it possible that you are so fucking butthurt right now

Agni\_Forma 1 points 26 June, 2018 11:24 PM [recovered]

Trainers know a lot more than the athletes they train, especially if they were themselves athletes when they were younger but my trainer is not on TRP and what I am saying is that I can be 10 years younger than this guy and have a lot more experience and good advice to give to someone and he can be 10 years older than me and be a noob who can't even squat properly that can actually use my advice, I am saying that there are people younger than me that have achieved greater things than I have (and probably ever will) like that kid that climbed everest at 13yo. I respect and admire those people I am not trying to AMOG them like that puto

i\_forget\_my\_userids • 3 points • 26 June, 2018 11:27 PM

Any 30 year old who hasn't been comatose or in a cult has more life experience than any 20 year old, full stop.

phoenix\_nz • 3 points • 27 June, 2018 01:28 AM

I'm convinced he's a Bloopie who is a troll account. The amount of virtue signalling this triggered kid is giving off is too damn high

Agni\_Forma 1 points 27 June, 2018 09:46 AM\* [recovered]

For sure a 30 years old person knows some things better than a 20 years old person. First of all he knows a lot more about how it is to be 30 years old, I know nothing about it and that's why I have never answered on asktrp's questions on

marriage,family and things like that. Actually,a parent that asked how to raise his daughter based on trp ideas I told him 'bro an online forum is not the place to get advice on how to raise your kid'.

There are some things that I know better than some people and there are some people that know those things better than me. GLO knows a shit ton more than me about fitness but I know more about fitness than this AlmyPeru (or how his name is called) guy,I COULD give him proper advice to him and my age doesn't matter here. When GayLubeOil was a student he worked as a personal trainer,should his clients say 'you are younger than me fuck off' NO because he knew his shit,that's what I am saying. I have said to a person that I am not the guy to ask for fashion and hairstyles that there are people that know more about those things than me,I have declined to give advice of things I don't know about,I am not being cocky thinking I know everything but of those things I know I will give my advice to anyone who needs it and people saying that my advice is shit because of my age are shit themselves.

Take a look at my asktrp comment history,find me one of my comments that isn't solid (except the obvious jokes on thread's already answered). If you want to start boxing and you are 25 and I am a boxer why is my advice not valuable? Why can't you not judge the idea and not the person giving it? I would happily get chess advice from 13 years old Magnus Carlsen because he was talented and managed to drive Kasparov to a draw I wouldn't try to AMOG him because of his age

Angu\_jungle\_poo • 1 point • 27 June, 2018 11:12 AM

gtfo with your caps it's only the internet

NormalAndy • 3 points • 27 June, 2018 06:43 AM

With the title it has, it's no surprise this place attracts 18 year olds who want to get laid. And it's no surprise that the tips they get work so quickly and effectively that they want to come back and share the flavour. You reap what you sow there.

I am a bit surprised though: Surely this whole sub is about getting through the hardship and becoming a man. If that isn't a metaphor for wading through sex obsessed teenage musings then I don't know what is....

But yes, the above post is a point which needs repeating- and it always will. The price of freedom is still eternal vigilance. Perhaps it's sad to say but, pointing spotty youngsters in the direction of the gym is probably the single most valuable service this sub provides. Like most kids they are a pain in the ass and need to grow up- that will never change. Just treat it as a shit test, continue to hold frame and play along. It's no great hardship to hit the back button when you read 'high school' or 'freshman'.

Agni\_Forma 1 points 26 June, 2018 08:53 PM **[recovered]**

For example,you asked about how to learn to play piano. If I was a gifted pianist who started playing when he was 10 and I am right now 20 would you throw my advice away because I am young? If you wanted to learn a specific language and I was a quadrilingual who had mastered THIS specific language would my advice be shit just because I am 20? If you wanted to visit Poland and I knew everything about Poland because I have families or friends and have lived there would my advice be shit because of my age?

turtlings • 8 points • 27 June, 2018 06:40 AM

Okay get the sand out of your vagina, all of that was mundane. This isn't your blog and I am certain everyone just skipped through your comments.

[deleted] • 3 points • 27 June, 2018 02:18 AM

Okay so I messed up my title there. I exaggerated my post. Effortless is certainly not a thing. But enjoying the effort and having fun with your exercise routine is certainly a thing.

[deleted] • 5 points • 26 June, 2018 06:31 PM

I don't see why you would consider that post a shitpost. I don't think you should make fitness easy, but I think what he was trying to say is that it shouldn't be looked at as a chore. Going to the gym should be something you look forward to (I certainly do), not something you have to force yourself to do. Because if its something you force yourself to do, and you don't enjoy it you'll end up getting discouraged and either quit or not make progress.

Rian\_Stone[S] • 13 points • 26 June, 2018 07:48 PM

Simple does not mean Easy.

Intensity is the single biggest factor in lifting success

Killing\_\_Time\_ • 3 points • 26 June, 2018 10:07 PM

Joe Rogan's Podcast with Firas Zahavi has opened my mind to the concept of intensity so much. Some things you know, until you really understand it after playing around for a while.

EdmondDaunts • 3 points • 27 June, 2018 09:17 AM

I adopted what he said instantly. It only required a tweak to my intensity and better periodisation. The effect is noticeable. Think consistency and long term goals rather than beating yourself up. The whole Louis Simmons thing: 70% and speed is also similar to average intensity with Sheiko. Go hard once a week.

Brilliant stuff.

Killing\_\_Time\_ • 1 point • 27 June, 2018 10:20 AM

I'm thinking about incorporating it into BJJ. Roll light every time and more frequently and once every four weeks roll hard and then back off for three. This way, I can rack up mat hours without affecting my goals of getting jacked.

I wonder how far one can apply this philosophy. I guess this is the only aspect in which I will have to disagree with OP. You can train hard and smart and not be sore the next day, so that you can put in consistent effort in other endeavours.

gbdoragnic • 3 points • 27 June, 2018 12:49 PM

But he didn't say focus on none intensity workouts, his post was obvious about his subconscious mind, he wants to enjoy working out rather than push himself to the gym. He wants to enjoy benching 300 pounds, rather than saying "Oh, I got to go to the gym"

For me the most important thing is consistency, lifting 50 pounds every day for a year is better than lifting 200 pounds every day for 1 month.

Rian\_Stone[S] • 1 point • 27 June, 2018 01:07 PM

If we only do things we enjoy life would rain pussy from the sky

said no one ever. you learn to enjoy it, you don't enjoy day 1

gbdoragnic • 2 points • 27 June, 2018 01:30 PM

said no one ever. you learn to enjoy it, you don't enjoy day 1

I Agree 100%, no one is saying that, not even me

The first part of getting fit is starting small. You have to make this a lifestyle, and to do that, you can't overwhelm yourself.

That is what he said, not this rain pussy from the sky strawman, I'm genuinely confused as to why you are taking such a strong stance against him, your post was 100% correct, the other post you called out had a good consistent reason.

Rian\_Stone[S] • 3 points • 27 June, 2018 01:37 PM

Call me out....

Dude, that post isn't a coping mechanism for some failure on my part. My shits tight, as are the other flaired guys. We discuss peoples shit in here all the time, and it's getting to the point that they are getting fed up. People taking everything literally, ignoring the messages being given, constantly building excuses, and treating this as some equal discussion of ideas between those who produce, and those who consume.

the purpose is to get your faggots out of your own heads, lest you end up like Turd Flinging Monkey (Redman podcast #19 by the way) with your fucking real doll waifu that you talk to like a real human being, or some other 4chan retard.

If you were in that room, some of you would understand this as a work, but feed off the energy of the message anyway, welcome the coach's cursing at you, "this guy is awesome!"; while some of you would take it personally, this guy is a jerk, you have no right to talk to me like that, or-- the standard maneuver when narcissism is confronted with a greater power-- quietly seethe and fantasize about finding information that will out him as a hypocrite. So satisfying.

As for why I'm commenting here and not elsewhere? no real reason, was going to comment somewhere, and you both drew the short straw.

gbdoragnic • 2 points • 27 June, 2018 01:59 PM

and it's getting to the point that they are getting fed up.

I guess I would have to be a flaired guy or a mod to see things from your perspective, I been looking this sub for 3 years before I finally decided to start posting

People taking everything literally, ignoring the messages being given, constantly building excuses, and treating this as some equal discussion of ideas between those who produce, and those who consume.

When you put it like that, I can see the point you're trying to make

U-94 • 2 points • 26 June, 2018 08:48 PM

I thought my fitness advice was adequate. I've been working out uninterrupted for 17 years thanks to heavy metal. Seriously, scrolling through my FB feed history, I am in the same physical shape for 17 years.

gbdoragnic • 2 points • 27 June, 2018 12:34 PM

As I read this post I was thinking of that shitpost yesterday about how you need to make fitness easy in my head the entire time

I believe his post was about enjoying your work out rather than just fighting against yourself. If I can enjoy looking a screen moving a fake character all day than why can't my I enjoy something useful, After about 3 months of consistency I tend to start enjoying working out

I find I stick to a workout plan when I have competition, a workout buddy or playing a sport.

All TRP is, is a blueprint

There are a lot of blue prints in life, I always thought TRP was about truth and reality, what you choose to do with this truth should go without saying, if I know fire is hot , I will stop burning and hurting myself. Isn't this the reason for the red pill metaphor

KanDeMan2 • 21 points • 26 June, 2018 10:36 PM

This is one of the best posts I've read on here...thank you.

And for all of you guys with complaints about 16 year olds.....Take this advice from a 45 year old recovering blue bill....

The only thing....THE ONLY THING.....I did right for 20 years, was lift my ass off.....And I tell you that it was damn near enough. Even though I was blue to the core, Men showed me respect, and women submitted on the rare occasion that I sacked up.

Since I found the redpill.....and stoicism before that.....Shit has compounded. I know it is a damn stereotype not appreciated around these parts, but at times I feel like King Kong beating on his chest....

Anyway.....Lift my brothers.....Lift.

jonpe87 • 18 points • 26 June, 2018 07:03 PM

"Lift heavy stuff as often as you can eat good food, as much (or little) as you can so you aren't a skinny/fat fuck talk to women as often as it comes up. expect nothing, take every opportunity. After you fuck up, I repeat After you fuck up... then do the navel gazing and sort out why you did, and how to stop doing it. Stop bullshitting yourself"

I feel like I don't even need to come back here anymore, great resume.

th3\_connoisseur • 30 points • 26 June, 2018 03:32 PM

Thank you for this. People overthink it too much like some science experiment.

Don't contemplate, just do.

PIQAS • 23 points • 26 June, 2018 04:29 PM

it's one of life's traps. see, you can see addiction to nicotine, you can see addiction for tv, addiction for sugar and so on. but addiction for information, more and more and more.... that kind of addiction is hardly noticed by the person. addicted to more information without manifesting it into the real plane of existence.. too much debating, too many bookmarks, turning an advice into science...

observe the observer is key. practice that, and it will set you free.

DirtieHarry • 12 points • 26 June, 2018 07:21 PM

>Know who doesn't sweat the small stuff? A guy who is too sore to move. Know who doesn't stress about a cold approach? A guy who is on the way to the gym/mountain and has no time to care.

Whether you're trying to get laid or not, this is grade A,100% solid advice.

HelloMyLegends10928 • 12 points • 26 June, 2018 08:59 PM

Redpill has lost its charm after these dumb kids started invading and basically imagined what the real world is like. Every post here sounds like someones wet dream and they give shit advice or shit out the same advice from years ago.

Hell, i remember a time where i read that people preached that we love women but hate their attitudes. Now it seems like everyone is a dumb incel who wants to attack women because "muh redpill friendz say so".

I dont even believe people read the sidebar anymore. They just read the top post of all time and use that as their guide. I don't even fucking believe that most people here LIFT. Thats all i see. "Lift like your life depends on it"

Really? Is lifting all you do or are you just repeating what everyone says? Face it. You are a fat lonely kid who hasn't lifted in his life. You are just pretending to be one of the "cool" dudes by saying you lift and get super hot chicks.

GayLubeOil • 37 points • 26 June, 2018 04:56 PM

Your optimism is believing our spergies *just* made a few wrong turns on their path to alpha fucks. It's far far worse than that. Our spergies know exactly what they need to do but they don't want to! So in order to never do the thing they invent unnecessary steps. Masculinity postponed.... indefinitely...but I'm working on it.... eventually.

At the level of outward concious thought they'll never admit it. They'll even agree with you. However at the subconscious level there's a resistance to change. That's why if you look at how Spergs construct their sentences (syntax is constructed via the subconscious mind) u'll see the hesitation.

### **100 things to memorize before you talk to women!**

Rian\_Stone[S] • 25 points • 26 June, 2018 05:17 PM

It's not optimism, but a narcissistic injury. They have this plan, this narrative.

Im calling bullshit on it, everyone knows it, and now it's in the open for others wondering if everyone else sees it.

The emperor has no clothes, and doesn't lift at all.

Those unneeded steps, that's their frame, not mine. My frame is a bare minimum of effort, or I dunk your head in a toilet, like bullies used to be before they became illegal.

GayLubeOil • 12 points • 26 June, 2018 05:29 PM

They'll agree with you adopt your plan and purposefully fuck up at it because deep down their betas afraid of succses.

Rian\_Stone[S] • 9 points • 26 June, 2018 05:33 PM

I don't disagree. And like any dog owner, I don't mind rubbing their noses in that shit they left on the floor.

GayLubeOil • 7 points • 26 June, 2018 05:40 PM

Yea but you gotta rub their faces in their shit while it's still warm otherwise they'll forget whose shit it is and miss the connection.

TheRedPike • 13 points • 26 June, 2018 07:20 PM

There is no shortage of fresh shit.

My patience on the other hand...

[deleted] • 9 points • 26 June, 2018 03:32 PM

Good post, sometimes you have to slap yourself across the face

vandaalen • 8 points • 26 June, 2018 09:35 PM

Preach my brother.

I swear that every fucking time I am contemplating bathing in gasoline and lighting a match, before ever visiting this sub again, one of my brother turns up and brightens my day (or rather my evening) with a piece like this.

Rian\_Stone[S] • 2 points • 27 June, 2018 12:39 PM

God knows you guys have done it for me plenty of times.

Some of these guys... How do you spell it, Schwul?

monadyne • 11 points • 26 June, 2018 08:44 PM

If the goals of TRP were identical with those of PUA, then this post would be right on the money. It's basically saying, "Stop reading the crap posts here, go lift, eat right, and then go out and talk to bitches until you're steadily banging. There you go!"

It's my understanding that TRP goes far beyond that. Infinitely far beyond that. Lifting, eating clean, learning to overcome the challenges of successfully bedding women are all first steps, mere components of a grander system wherein men learn self-mastery. Even self-mastery is a step itself, a mere component of what's needed to move toward the even higher goal of learning to live a life of virtue, value and meaning. Information is actually the mental equivalent of the weights we lift to develop physical strength: we need to take on ideas beyond what we currently know, beyond our current intellectual limits. The mechanisms for that are reading, discussions and listening. And that's part of the reason for the more informative posts here.

There doesn't need to be an either/or, liberal/conservative, Yankees/Red Sox, Gibson/Fender, boxers/briefs, rift here. To say, "Stop reading the posts here and go lift!" is as limiting as the rejoinder, "Fuck that! You don't need to lift-- you need psychological skillz at Game, and you learn them from posts here!" I think it would be far more helpful to say, "Information you learn here and from the side bar is valuable, and can open your mind to possibilities you never dreamed of before in your Beta days... but don't get stuck in your head! Balance what you're learning by going out and \*doing shit\* --lifting, running, eating clean foods, and throwing yourself into harm's way by taking risks. Take a few lumps! You'll learn it not only doesn't kill you, it makes you stronger, more resilient, more alive."

Think of the goals men have set for themselves and achieved: digging the Panama Canal, building the Taj Mahal, putting a man on the moon, for fuck's sake! There's a lot more to be accomplished in a virtuous life than meeting some 8/10 at a bar and fucking her.

Rian\_Stone[S] • 4 points • 27 June, 2018 12:40 PM

As much as I hate to say it, this is a "clean your room" post.

Forget about the canal, most here wouldn't like a hard day's work, let alone building a great wonder

360NoSnooper • 4 points • 26 June, 2018 07:44 PM

Seriously what the fuck happened to quality posts. Or better, what the fuck is happening with all those shitposters?

Thanks for good content from your side.

Rian\_Stone[S] • 3 points • 27 June, 2018 12:40 PM

Like you, too many consumers with demands, not enough producers.

[deleted] • 4 points • 26 June, 2018 08:32 PM

This sub always has a way of reigning me back to right where I need to be, right when I need it. Thank you, sir

red-sfpplus • 3 points • 26 June, 2018 04:31 PM

It is the EXACT same as cryptos brother...

Buy high, sell low.

/s

Rian\_Stone[S] • 2 points • 26 June, 2018 07:50 PM

cryptos

Kryptos. good catch on the typeO

Petronius\_deArbiter • 3 points • 26 June, 2018 06:16 PM

The thing I love about TRP is stumbling across these no-nonsense posts just when I'm starting to doubt myself and my mission.

Improvements hurt and sometimes a good reminder is all you need to lean in a bit harder.

[deleted] • 3 points • 26 June, 2018 07:01 PM

I pop into this sub every once in a while and I can't upvote this enough.

You can fuck it up for years like I did or you can get off your ass and start improving.

There is no middle ground.

drpeppersucks • 3 points • 26 June, 2018 09:07 PM

I had some similar thoughts last night. I've read the books on game... The Mystery Method, etc... While there are nuggets of good wisdom in these books, they also make me overly self-aware. I have found that I have even more approach anxiety after reading some of these books.

monadyne • 3 points • 26 June, 2018 09:29 PM

I don't know if the PUA books address this skill but if you're anxious upon approaching women then you need to learn IDGAF. "Hey, will this chick go for me or will she reject me? ...Hmmm... Actually, I Don't Give A Fuck what she does! All that matters is what **I** do, how **i** think, how **I** feel. The purpose of my life is to make **me** feel fulfilled and stimulated, not her! I don't give a fuck about her."

This is often learned as a "fake it til you make it" kinda deal. You act like you don't give a fuck, because that has a certain effect upon women (or anybody.) After awhile, you actually don't give a fuck!

If you make your goal, "I'm going to talk to three women tonight" instead of "I'm going to get laid tonight" it makes it a lot easier to approach the creatures. So the first one shoots you down-- who gives a fuck?! You satisfied your mission of talking to the bitch. Okay, which one is next? Let's see what happens this time!

Rian\_Stone[S] • 2 points • 27 June, 2018 12:41 PM

Even mystery? It gamified dating for me, which made it fun.

[deleted] • 4 points • 26 June, 2018 03:50 PM

I'm hanging that last part on my fucking fridge.

ebaymasochist • 4 points • 26 June, 2018 08:47 PM

I read the links you posted and there's definitely some mental masturbation there.. however. Too many people don't know how to lift properly and just lifting heavy things as much as possible will probably lead to a short term or long term injury- which is something the "make exercise fun" guy did address- working out after an injury. I think the idea of having one "leg day" where you do everything leg related to the point of not being able to walk is not really optimal, when just the upper leg alone is 7 different muscles.. If any workout is almost crippling you for 4 days or a week, it's definitely not the best thing to do on a regular basis. I'm not walking around at 40% all week just to add 10 pounds to my squat next month

[deleted] • 2 points • 27 June, 2018 12:27 AM

You're right, I need to just go for it instead of thinking it over a million times. I just started a gym membership and I'm gonna go every day I can. Even if I don't go one day I'll work out at home or some shit. You inspired me man, cheers.

crabshaped • 2 points • 27 June, 2018 01:08 AM

You're not wrong, but where would humanity be without "navel gazers" like Socrates, Da Vinci, Shakespeare, etc.?

The Red Pill has always been about more than merely lifting and fucking, don't pretend that it's not. Some people here aspire to be more than an "alpha" fuckboy groomed for Tinder.

Rian\_Stone[S] • 4 points • 27 June, 2018 12:41 PM

No one here will Ever be a Socrates. This isn't your identity Clubhouse, we arent your brothers, and if you died tomorrow, no one here would give a shit.

There, problem solved

LiveAFTSOV • 3 points • 27 June, 2018 05:23 PM

Top tier comment.

Saved, gonna be quoting this one forever.

Fulp\_Piction • 2 points • 27 June, 2018 02:11 PM

A1. I noticed the confidence start to come back with running, not lifting. When you start to be better than your peers in football/soccer/rugby because you're fitter AND stronger than them it's golden.

Also, be fucking competitive, there's a load of buddhist/Alan Watts esque shit that sounds pretty and might soothe your anxiety slightly, but you're probably anxious because you're not competing at the top. Go get mad, use that anger to make yourself better than the pack. See how anxious you are running <20min 5ks and benching

2 plates.

complex\_density2000 • 2 points • 28 June, 2018 06:19 PM

The thing is... What if I just don't want to participate in this kind of thing. Now don't get me. Wrong I lift and lift hard, I try and improve every day both physically and mentally. I don't chose to avoid what I fear, I embrace what I don't know because there's always something to know about the unknown. The fact is that I just don't want to deal with women other than a professional matter. If I go mgtow that's my choice. There is no choice but dammit there's my choice and mine alone.

panconquesofrito • 3 points • 26 June, 2018 06:44 PM

So lol the testosterone thing. I had completely stopped talking to the womens for years, and one day father mentioned it to me, and recommended I go see an endocrinologist. Well turns out my testosterone was below normal range for my age or whatever. I was overweight, and had not been to a gym in years. Got back to the gym, lose weight, and got a testosterone medication for sometime. Holy crap testosterone is crazy s\*. My body, not me approached this super sexy girl at Whole Foods. When I get to the girl I turn myself away in total shock. WTF was that? Testosterone that is what it was!

ArthurTheAstronaut • 2 points • 26 June, 2018 06:41 PM

Saved.

Great fucking post. Thanks OP

dude\_305 1 points 26 June, 2018 06:13 PM\* **[recovered]**

Yo, this was actually motivational.

You nailed it, at least in my case.

Rian\_Stone[S] • 20 points • 26 June, 2018 07:50 PM

Motivation is fleeting, it'll be gone by dinner time

valvadi • 3 points • 27 June, 2018 12:55 AM

Cultivate discipline. It actually has a lasting effect on your life. Motivation is fleeting.

therumhammer • 1 point • 26 June, 2018 06:00 PM

As I read this post I realized I was on theredpill and not btcmarkets and was so confused prior to that moment ha

Rian\_Stone[S] • 2 points • 26 June, 2018 07:53 PM

Kryptos, not cryptos. the cryptography statue

ahackercalled4chan • 1 point • 26 June, 2018 06:28 PM

Stop bullshitting yourself

thanks. i needed to hear that.

hulk\_hogans\_alt • 1 point • 26 June, 2018 09:42 PM

Fucking agree. Stop being a pussy and LIFT. Nothing boosts T more.

Joriko13 • 1 point • 26 June, 2018 09:57 PM

Im just under a year into my TRP journey, very much aware of how much I have yet to accomplish, and very aware that this TRP journey I've set out on is about the long term, not short term.

"TRP is a toolbox" is the best attitude to have, but we all know that guy who has a tool box and uses it sparingly. If you really care about this knowledge and what it represents, I don't think posts like this need to be made.....but I'm also glad that someone is making them.

Anyone who wants to counter this post or argue with it....just don't. Prove your worth through your actions and come back with a post worth sharing 2, 3, 5 years from now.

yesjustoh • 1 point • 26 June, 2018 10:22 PM

Agreed 100%. Read the sidebar and some posts, but reading didn't give me the balls to talk to this cute girl at the gym. Fuck, after changes upon changes I am more or less the same.

Embrace the suck.

VillagersUnite • 1 point • 26 June, 2018 11:38 PM

You know I thought this went without saying but some people need to hear it. Can't get anywhere if you don't put in the work. Simple. Lift. Learn from your mistakes, and lift some more. I was beginning to wonder what the hell was going on with those posts. Good to see a good post.

drty\_pr • 1 point • 27 June, 2018 12:50 AM

I always thought you beat your step dad up for being hard on you. Now I know it's cause he made you sift rocks. I hate sifting rocks.

Rian\_Stone[S] • 2 points • 27 June, 2018 12:45 PM

Ha, don't kid yourself. In that fight, the only reason he didn't stomp me into a puddle was because he chose not to.

I wasn't walking into that fight for a win.

Bad\_nuggets69 • 1 point • 27 June, 2018 12:54 AM

Spot on. This is what I tried to drill into a subordinate's head at work. He's from a fatherless home and is lazy, so I wanted to lend him a helping hand. But the kids ego is too much so I can't help someone who won't help themselves.

Again spot on.

ProgressiveAlpha • 1 point • 27 June, 2018 02:43 AM

Just so we're clear, you listed a post about reflecting as being something that can guys can "Fuck off" about, but then in your own enumerated list, number four is... You guessed it, reflection.

*slow clap*

Rian\_Stone[S] • 2 points • 27 June, 2018 12:47 PM

That word **after** is important.

If you were in that room, some of you would understand this as a work, but feed off the energy of the message anyway, welcome the coach's cursing at you, "this guy is awesome!"; while some of you would take it personally, this guy is a jerk, you have no right to talk to me like that, or-- the standard maneuver when narcissism is confronted with a greater power-- quietly seethe and fantasize about finding information that will out him as a hypocrite. So satisfying.

PB0034 • 1 point • 27 June, 2018 06:15 AM

Reflect only if you fuck up. And by fuck up he means fuck up big time.

Rian\_Stone[S] • 2 points • 27 June, 2018 12:48 PM

Well, try to keep the fuck up's manageable. No reason to go to prison

Kalepsis • 1 point • 27 June, 2018 04:32 AM

Definitely lift.

If you're just starting out, watch out for rhabdomyolysis. Ease into it the first few weeks to condition your muscles to being broken down and repaired. Drink plenty of water.

PB0034 • 1 point • 27 June, 2018 06:16 AM

What are the symptoms of Rhabdo?

Kalepsis • 1 point • 27 June, 2018 03:54 PM

Really bad muscular exhaustion/soreness (beyond what you'd expect after a workout), pain in the lower abdomen and back, very dark urine, kidney stones.

[deleted] • 1 point • 27 June, 2018 04:34 AM

Sometimes I come on this sub and read something I think I was *meant* to read. Like fate. Thank you man, not just on the women game, but I need to get out of my head in the *life* game.

SILENTSAM69 • 1 point • 27 June, 2018 05:31 AM

I've thought a lot about how people over think these things... lol

True though. Just do, don't over think or procrastinate.

WhiteGhosts • 1 point • 27 June, 2018 08:26 AM

eventually it's all about making a choice. either stay your whole life a little pussy or get out there and experience shit.

Frenetic\_Zetetic • 1 point • 27 June, 2018 08:53 AM

TRP Reddit has become a shit test for true RP-ers.

Much-needed post, OP. Thank you.

BrownGummyBear[ ] • 1 point • 27 June, 2018 06:13 PM

*make fitness fun, easy and effortless* seriously sounds like the slogan for a women only gym... lifting was never meant to be “fun” but a serious test to your character

trickdaley • 1 point • 27 June, 2018 11:17 PM

Amazing advice. Tough love is needed

AlexCarlin • 1 point • 28 June, 2018 04:51 PM

If you came here to fuck a girl here and there then those posts are great. If you're here to become a God then those posts are trash.

You are not 100% right, sadly.

Could try to discuss in more of a general concept, but will go to some specific points quoting you word by word and if you want to keep discussing then will try to defend those points.

I'm convinced that testosterone increases your ability to accept and enjoy risk. the reason you don't, is because you have too little of it.

I can assure you I have x5 or more the levels of Testostrone than the avg male.

Lift until that walk back to your car makes you dread.

Been dieting and lifting as a motherfucker for a few years, I got an over the top (top 10% compared to the avg male I cross on the street, 20% maybe in the gym depending on the day).

You need to beat that woman-like risk aversion out of your body. I'm talking about lifting until you're sore all day.

Sadly, TRP is not always enough to get any female attention some times.

I want to make clear, don't come with the *"just focus on your mission, women will come"*. No man who struggles with women can achieve such a mindset without having experienced at least a little of intimacy to understand that it's over-hyped. It's like a billionaire saying money doesn't matter to a beggar, fuck off.

Now some points to make clear:

I am not saying don't lift and stay home crying. Lift or do some kind of sport which makes you go over your limits and helps you stay in shape.

Don't be angry at women. They are doing what you would do if you could, fuck the best. Sometimes they are just better because genetically gifted, sometimes because they put effort or a combination of both.

Go out there and try to be social, talk to people: men or women.

Now having making clear those points I can't help but also understand all of those men who put the effort, sacrifice and *"risk"* approaching girls by being humiliated or mocked.

I feel like some men, and the number will just increase with time, won't make it (having a fulfilling sexual life, and stating this considering that TRP considers the amount of women in your life a an indicator of everything being in order by its standards) no matter how hard they work.

Life is brutal, as it is supposed to be, and nobody care about them: women or higher value men.

Bad\_nuggets69 • 4 points • 27 June, 2018 01:07 AM

You missing OP's point on sweating. By taking issue with specific points, your making OP's point - also the points you took issue with don't really matter when you look at the post as a whole. The last sentence in your comment also reads as though you are depressed about the current social value fabric.

Your one tiny little fucker in the grand scheme of things. You are not going to change the world. The pragmatic approach would be to exhaust yourself trying to climb up the current social hierarchy. Take it or leave it.

Last - when your uncomfortable, exhausted, in pain - you will find your masculinity, and from that you will find your courage and ability to truly let that which does not matter, slide. Get to a place on complete exhaustion, rinse and repeat and I guarantee you, you will find fulfillment there you wouldn't dream of. That is one of the general lessons trying to be explained here.

Rian\_Stone[S] • 3 points • 27 June, 2018 12:50 PM

Can you fuck and can you fight. Everything else has been automated, or girls can do it about as well anyways.

Its all we got now

Bad\_nuggets69 • 1 point • 27 June, 2018 05:14 PM

I'd say we can also out perform in the technical fields as a supplement to your point.

In my line of work I've found that women can't do it as well because their risk aversion and inability to think outside the box and be creative while staying within the rules.

Also efficiency-wise - women waste time trying to shift blame for others mistakes where men, at least me, take blame for everything because then we can move on and solve the problem.

Rian\_Stone[S] • 5 points • 27 June, 2018 05:18 PM

So your dev job and ability to eat blame is what makes you a man?

Nutritionisawesome • 1 point • 30 June, 2018 02:50 AM

That's a pretty broad statement. I doubt you know any women.

daffy\_duck233 • 2 points • 27 June, 2018 02:45 AM\*

Not sure why you get downvoted (maybe they just looked at that hyperlink and started flipping). Your points are valid and pragmatic as hell.

I got my testosterone tested since i wanted to get it off my mind. To my surprise, I got 13% higher T than the upper limit of the reference range. Yet I was still a pussy when it comes to approaching women. So I concluded that i'm either just weak mentally or I've been socially conditioned for too long that my high T doesn't have any effect on my mind. I'm very much convinced that frame matters more than physical appearance.

Your observation in the last two paragraphs though is a little iffy. After all, TRP is just a guideline. Whatever happiness/satisfaction is to you, you yourself define it. The "won't make it" therefore is entirely up to each person. Life might be brutal, but as cliché as it might sound, it's the journey that matters. So we all need to unceasingly try and try again.

mallardcove • 2 points • 27 June, 2018 01:36 PM

I saw you linked to my post. My post was not saying that TRP isn't enough to get female attention.

I am saying that sometimes its not enough to get one individual girl. But in general, TRP will absolutely lead to female attention in the macro sense.

turtlings • 1 point • 26 June, 2018 05:33 PM

I remember this one post on red pill not too long ago where the author got his entire inspiration of how to behave pompously in interviews and work scenarios from a TV show(better call Saul) and proceeded to quote anecdotal scenes from the show on how it is substantial.

Better call Saul is a great show, agreed. Now stop whining and get up and go.

PB0034 • 1 point • 27 June, 2018 06:17 AM

If you think that is a good show you should also watch mad men. Starts slow but it picks up soon.

315skwot 1 points 26 June, 2018 05:42 PM [recovered]

Thanks bud. I needed to hear this. I've wanted to get stronger and ive been getting coached and my last workout had me hyperventilating because of how much my trainer was pushing me(if you were thinking burpies, fuck you, it was high volume hatfields) and i have been telling myself "isn't this supposed to be fun" it isn't, at least not now, it comes when you have been pushing yourself so hard that it has to be easy.

This is exactly what i fucking needed and I can't wait to make yesterday me today me's bitch.

Rian\_Stone[S] • 3 points • 26 June, 2018 07:53 PM

when I was deployed, I was constantly stressed and overworked. I worked out 2x a day. Ran wind sprints on the stell flight deck until I got shin splinits, then did it again. I was squating a weight that changes constantly depending on the waves with an EZ curl bar on top of a dip bar handles for support.

I had to, otherwise I was a nervous wreck and couldn't sleep. You learn to enjoy that feeling (though I wouldn't reccomend that kind of intensity, I wouldn't do it again)

Guardian\_of\_Justice • 1 point • 27 June, 2018 04:54 AM

This guy is right. But the fucking anger. Is it anger at himself or at us?

PB0034 • 1 point • 27 June, 2018 06:13 AM

You're doing even more mental masturbation get the message n dip

Rian\_Stone[S] • 1 point • 27 June, 2018 12:44 PM

I used to be an instructor at a naval fleet school.

The secret is at the beginning, at 0:15, where it is revealed that Alec Baldwin doesn't feel any of this, the whole speech is a work. If you were in that room, some of you would understand this as a work, but feed off the energy of the message anyway, welcome the coach's cursing at you, "this guy is awesome!"; while some of you would take it personally, this guy is a jerk, you have no right to talk to me like that, or-- the standard maneuver when narcissism is confronted with a greater power-- quietly seethe and fantasize about finding information that will out him as a hypocrite. So satisfying.

MieSelph • 0 points • 26 June, 2018 09:52 PM

TLDR- 5 useless bumper sticker platitudes cuz dude admit anything moar make him weak brain go hurty.

Rian\_Stone[S] • 1 point • 27 June, 2018 12:51 PM

My posting history has plenty if youre wondering. Pretty much my whole story is on the net for review.

Granted, my first year was under [deleted] so it's harder to find

love-you-long-time 1 points 26 June, 2018 04:17 PM [recovered]

I'm lazy too that's why I use my dumb brain to automate as much as possible.

Rian\_Stone[S] • 1 point • 26 June, 2018 05:18 PM

Keep telling that to yourself.

love-you-long-time 1 points 26 June, 2018 05:33 PM\* [recovered]

I don't need to tell myself anything...doing very well in the game of life.

Rian\_Stone[S] • 3 points • 26 June, 2018 05:38 PM

So you're not the target audience, why comment on it as if you were?

This is specifically written towards guys like 10 year old me, with a great plan to pick rocks, without picking any rocks

AfricanBushDoctor • 0 points • 26 June, 2018 05:15 PM

Thank you for this monsieur

Nonames4U 1 points 26 June, 2018 05:13 PM **[recovered]**

This is the most pretentious post I've seen on here

TheRedPike[M] • 7 points • 26 June, 2018 07:17 PM

It's his last attempt to keep three other mods (which will remain nameless) and me from going on an absolute rampage.

You'll need to stop reading shit so literally.

360NoSnooper • 7 points • 26 June, 2018 07:48 PM

Please, go on fucking rampage already, I was asking myself already what the fuck is going on. Shit got out of hand, every 16 yo can give a fucking life advice now or what. We need quality not quantity.

Nutman-maddog • 3 points • 26 June, 2018 08:16 PM

Yeah I second that. There's normally good posts on here. People need to quit posting just for the sake of it.

Rian\_Stone[S] • 1 point • 27 June, 2018 01:26 PM

it is too big, people keep coming back with new accounts, and the aspies outnumber the normies 3:1.

ThatOneDrunkUncle • 2 points • 26 June, 2018 08:52 PM

What can you do? Its bound to happen as a community such as this grows, fucking shame because the meat and potatoes of this sub is actual gold.

Iwannachokekatie • -28 points • 26 June, 2018 04:10 PM

I'm convinced that testosterone increases your ability to accept and enjoy risk. the reason you don't, is because you have too little of it.

Yeah, no. And my T is way higher than yours.

mallardcove • 25 points • 26 June, 2018 04:21 PM

This is the exact kind of shit the OP was referring to.

So many guys here trying to make a name for themselves and establish dominance by puffing their chest out and trying to neg/talk shit to the respected members here who have a history of quality posts and actual results.

What exactly are you trying to prove? So you are trying to become a dominant alpha amongst an internet community? Wow, that will get you respect in the real world.

That's what ultimately separates the wheat from the chaff in terms of the users on TRP. The users here who

actually succeed and have their shit together in real life, don't need to gloat or brag about it. You can tell through their writings and the context that they succeed. It's implied. Then you have the fake alphas, the ones who don't actually succeed, who care more about validation and internet points "karma" from the TRP community. These losers make a bunch of low hanging fruit posts rehashing basic fundamental level TRP platitudes that have been posted a million times, looking to get pats on the back and circlejerk validation from unsuspecting users.

GayLubeOil • 16 points • 26 June, 2018 04:33 PM

He's expressing his masculinity in the virtual so he doesn't have to express it in Reality. But unfortunately you seem unwilling to cyber...

Rian\_Stone[S] • 6 points • 26 June, 2018 05:21 PM

He can have my alpha card, I don't want it. I'm Happy for the occasional wet dick and my view from home.

Right now, I'm more concerned that my new maid didn't do what I hired her to do, and my dog has a new habit of shitting on the ol ladies side of the bed at night.

Rian\_Stone[S] • 7 points • 26 June, 2018 05:20 PM

So if your T levels aren't why you're a risk averse bitch, then why?

Walk me through your reason for fear of life