

You don't usually see "The Shift" while it's happening

December 19, 2018 | 51 upvotes | by [Zech4riah](#)

Improving yourself according to TRP principles may be frustrating because sometimes the improvement is difficult to measure or judge.

So you have read the sidebar, internalized many of the TRP principles, taken action and improved yourself in every aspect which increases your SMV. You may remember your first cold approach lays which were a clear milestone in the process of becoming high SMV man but now you are not sure where you are at and you start to think about where am I actually.

Then you realize things like:

- Last 10 lays happened effortlessly with girls who most men would consider at least “cute”.
- When you get girl to a 1on1 date, you are very likely to close latest at day 2 or 3. You don't even feel like you are “gaming” her. And because you are not actively doing anything, you have nothing to achieve and closing doesn't feel like “achievement” anymore – the fact which makes lays seem effortless and further hides the fact that the shift is happening.
- Girls start to chase after the 1on1 dates regardless if there was or wasn't close
- The girls who don't contact you after first dates don't necessarily contact you again first – not because they aren't interested but because they thought you are unattainable.
- You are actively dropping plates to refresh your roster with hotter/better quality ones and you have refreshed your whole roster in 2-3 months after most/all your plates happened to drop in the short period of time
- Your tolerance for (girls) bullshit is low. You next girls somewhat effortlessly
- You don't keep your schedule open and especially don't re-arrange your schedule because of a girl. They arrange their schedule to meet you.
- New people you meet respect you right off the bat and listen to you when you open your mouth
- You joined 800lbs club

The Shift has happened and you didn't even notice it at first. Enjoy the feeling for awhile, thank yourself and then get back to work.

Swallowing the pill is never-ending process for most of the guys. You swallow the pill, sometimes halfway and sometimes as a whole, but you keep vomiting it back up and then you start swallowing again. “The Shift”, as I labeled it in this post, is just another although a significant milestone in the progress – the other way expressing this is the analogy of 5 stages of grief. When you realize have have done the shift, you most likely moved to travel between depression and acceptance stages.

What would you expect next? In my experience – sort of a crossroad. You realize that now you want the hottest girls now, but thanks to newly acquired true abundance with girls, the feeling of the importance of the mission really raises it's head. The choice is yours; take a step towards mastering the game and banging the hottest girls which means going home mostly empty handed for the and hitting “the plateau” gamewise in the following months or enjoy your sevens, eights and occasional nines and focus on your

mission. The options don't necessarily exclude each other but only the mentally toughest guys can handle both at the same time and there isn't many who can deal with it.

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Comments

[deleted] • 8 points • 19 December, 2018 09:54 PM

800 lb club? What happened to 1k?

[deleted] • 9 points • 19 December, 2018 10:08 PM

Still there, stepping stones brother.

Educational_Exercise • 5 points • 20 December, 2018 08:03 AM

800lbs club? To clarify that's your bench, squat, deadlift total?

Zech4riah[S] • 7 points • 20 December, 2018 08:19 AM

Yes, that means bench, squat and deadlift combined and no, I lift a lot more but 800lbs club is a good milestone. When you hit that you are clearly above the average dude.

ExaltedR3V3NG3 • 2 points • 20 December, 2018 11:11 AM

The average, yet that's not enough (the target is AT LEAST 20%). You can do that training for a year. 700kg/1500lbs? That's another story.

And I barely reach 900lbs

Zech4riah[S] • 4 points • 20 December, 2018 03:03 PM

In a year? Sure, if you have background with moderate level of physical activity and you lift 5 times a week.

Id say that 800lbs club is pretty much on the edge of 20% but that wasnt my point. My point was that you will reach 800 club without even noticing it. Its just a milestone that you are improving. End game is a different story.

kril89 • 0 points • 20 December, 2018 08:16 PM

I think a 5x your total body weight is a pretty good measure of total strength. If you weigh 135lbs and have 675 total that is pretty good. And if you weight 300lbs and have a 1500lb total you are also pretty fucking strong.

Proto_Sigma • 2 points • 22 December, 2018 05:21 AM

655... I need to get my shit together.

Warrior_King02 • 4 points • 20 December, 2018 09:04 AM

"You swallow the pill, sometimes halfway and sometimes as a whole, but you keep vomiting it back up and then you start swallowing again" I feel like that's what's happening to me right now after I read a lot of things about marriage. After finding out that literally everyone in a marriage is miserable it makes me somewhat melancholy since now the fantasy of "Having a girl you can trust and depend on" is now gone.

What have you done which made you stop seeking validation from others? how do you get to a point where you just depend on yourself and don't need anyone to make you happy? cause once you reach that state, you no longer need a women to make you satisfied. I have slowly been reaching that goal but need some advice on what has worked for others for me to see if the same approach shall work for me or not.

Zech4riah[S] • 3 points • 20 December, 2018 06:43 PM*

"Having a girl you can trust and depend on" is now gone.

Yes, this is one of the toughest things to realize. I've been TRP aware only around 2 years and I still haven't internalize that yet so that I don't feel bad about it. Until now, abundance with girls haven't helped with that. They feel like empty shells until you accept the fact they can't offer you blue pill love and you start enjoying them as they are while it's your turn.

I still haven't stopped seeking validation from others. It still happens from time to time. I'd say - maybe even against TRP - principles that you will always want to be wanted and validated to some level. Those are basic human needs which makes us a social animal. No matter how important your mission is for you and how passionate you are about it. You can control those needs and reduce them but they won't go away.

There is no shortcuts, work on yourself, keep yourself healthy (both body and mind) keep pushing out from your comfort zone and remind yourself that there is still many good things in women - you just can't have that unconditional love.

Warrior_King02 • 1 point • 21 December, 2018 05:26 AM

I feel like that made it easier to accept things for what it is. Cheers

[deleted] • 3 points • 20 December, 2018 12:54 PM

This reminded me of shakespeare's 7 ages of man, from boy to soldier and adult and you die, etc. Every one has their entrance and exits. Were all just players of the game.

[deleted] • 15 points • 19 December, 2018 05:06 PM

Last 10 days happened effortlessly with girls who other men would consider atleast "cute".

Who cares what other men think, if she meets your own individual standards fuck another man's opinion.

Zech4riah[S] • 7 points • 19 December, 2018 10:18 PM

Yeah, meant to write "most men" just to make it a bit more objective. (fixed it)

Imo you haven't improved your game a lot if you fuck ugly fatties and hamster that they are cute to you.

[deleted] • 3 points • 20 December, 2018 10:42 PM

If you hamster it yes, maybe. But we don't have all the same priorities and taste. It is a bit BP to think you have to chase the same girl as everybody else not because you really want her but because this what other people would do.

Not saying you should fuck "hugly fatties" and rationalize and use excuses, but in the end, only your opinion matter and people have much more different taste than we may assume at the beginning. I'd say there at least 2-3 point difference that down to the individual because we don't have the same criteria.

DafyddBreen6 points 19 December, 2018 06:40 PM **[recovered]**

It's like you were just looking for something to criticise. Bet you're just so much fun at parties.

NotebookAnswer • 14 points • 19 December, 2018 07:11 PM

Nah he has a solid point, it doesn't sound like he was criticising either. It's a good point.

[deleted] • 2 points • 19 December, 2018 07:48 PM

It's a flag that maybe you still don't have your priorities straight, i.e. you.

zyqkvx • 2 points • 20 December, 2018 03:08 AM

Bet you're just so much fun at parties.

That line is so tired and self-involved. Up there with 'What happened?'

AutoModerator[M] [score hidden] 19 December, 2018 02:10 PM stickied comment

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EL_Miore • 1 point • 20 December, 2018 09:28 PM

Really? 800lb is higher than average?

I'm middle 800, and I feel weak compared to most people at my Gym.

[deleted] • 8 points • 21 December, 2018 09:00 PM

Average at the gym is top 10% of the rest of society. Only 1 in 3 American men can even do a single pull up. Chew on that sadness for a minute.

Jfc_Manners • 1 point • 26 December, 2018 01:08 AM

Dang, when you realize that the top 20% is reachable with 2 chinups.

Then again, the notion that the top 20% is what matters is kind of an overly inclusive fantasy. In my experience, they tend to go to the top 5% or so.

surfthroughlife • 1 point • 22 January, 2019 03:48 PM

Shiiiiit man, I didn't know that 800 club was a high marker. Thanks for the Ego boost mother fuckers!