

Plugged-In : Average Frustrated Chump - Rollo

April 23, 2016 | 40 upvotes | by [redpillschool](#)

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The AFC – average frustrated chump – was coined almost a decade ago with Mystery method. It's seen a lot of modification over the years, becoming almost synonymous the use of the term Beta (beta male) or Herb (herbivorous male). In fact, although I use it often, I rarely read AFC in PUA blogs, forums or the 'community' at large. Regardless of the terminology, the concept is really the crux of the term. Most AFCs, most guys looking in from the outside, can relate to the idea of what an average frustrated chump is – they can identify with it. Once they begin unplugging, the AFC idea comes into better focus and, usually with some discomfort, they realize how that term applies to themselves:

Qualities of an AFC

- ONEitis – First and foremost.
- Subscribes to feminine idealizations.
- Supplication is supportive. To comply with gender equalism she must increase, so he must decrease, regardless of how subtly this is realized.
- The Savior Schema –reciprocity of intimacy for problems solved.
- The Martyr Schema – the more you sacrifice the more it shows devotion.
- The 'Friends' Debt – LJBF and the pseudo-friendship as a means to prospective intimacy.
- Primarily relies on dating and social skills (or lack thereof) developed during adolescence and early adulthood
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563967325 • 3 points • 23 April, 2016 05:58 PM

How long do betas usually wait until checking out their LJBF relationships if they don't end up fucking?

unicorn-carousel • 1 point • 24 April, 2016 02:06 AM

I once waited 8 years, ultimatum'd her post-TRP but before digesting it, like within a week of rage anger reading. I was convinced it wasn't about sex anyway. It's not now that she's pushing 30, when she got in touch with me after about a year of no contact because she was visiting my new tourist destination city--family in the area, so didn't really NEED a place to crash... but she took it. Funny that we only hooked up after I stopped giving a fuck--TRP confirmation experience, though I'd had a few prior by that point because of NGAF. I was AFC alright...

LuckyLuke23 • 1 point • 25 April, 2016 06:38 AM

8-10 years it's mostly where it's at.

though for me, and the end of it all. I HAD my cake and ate it too (I fucked my oneitis girl)

CoupDeGrace22 • 4 points • 23 April, 2016 09:19 PM

One of the predominantly shared traits of an AFC is also the victim mentality.

Boys and men who would rather rot away on their ass whining to their other AFC friends about all of their problems, how life is unfair, how their boss and coworkers are a bunch of assholes, the girl they desire is a high stuck bitch, the list goes on and on and on.... without actually taking any considerate action whatsoever. Amalgams of negativity and misery.

kazaul • 1 point • 25 April, 2016 12:23 PM

Very true.

One thing I've noticed: we all whine. I whine too. I have to; get it out once and let it be. Usually I announce it as such (I have to rant, don't listen if you don't want to).

The issue is getting stuck in this. My life has been 'unfair'. All our lives have been 'unfair' somehow. It doesn't fucking matter because NO ONE cares. This is the thing people don't want to understand.

I listen to people whine (within limits) to boost my own ego, not because I give a shit about them. Everyone else is exactly the same. We do. Not. Care.

Taking action or not is more a matter of 'is it worth it'? But people get stuck up in this insane mentality that they are worth something and 'deserve' better. Bull. Shit. You gotta make yourself important or you are worth nothing. Simple as that. Not that most people can be bothered with that magnitude of effort. Makes me sick sometimes.

unicorn-carousel • 2 points • 24 April, 2016 03:09 AM

Thanks for the repost(s)... this makes much more experience now days.

Scarcity Mentality The “Take What I Can Get and Be Glad I Got It”

I was raised to *value* this thinking. I took it as "make the best of it"... still valuable, but doesn't apply to everything. The thinking is of course damaging for things you have control over, like attractiveness.

Leagues “wow is she out of my league I would just get shot down because I would need to possess A, B & C to be her social status equal for her to even be interested”. Ergo, the idea of Leagues is a useful rationalization buffer against rejection.

Never realized that was a thing, but I'm so so guilty... not that Idealize them above me, but I think there's no way they'd want what I'm selling. Then I complain that people judge me by how I dress at the office (think I'm square when I think I'm cool).