

Frame as Mental Robustness

May 12, 2016 | 34 upvotes | by [AFPJ](#)

Despite [/u/Whisper](#)'s excellent post on the subject 8 months ago, there's a lack of understanding about what frame is and why it is important. **Frame is the resilience of the signal of your consciousness.** It's what prevents external interference - arbitrary or intentional - from disrupting your intended method of internal operation. For tanks and CAS planes, it's armor. For satellites and coaxial cables, it's EMG shielding. **For us, it's mental discipline:** a learned skill.

If you have enlisted, your training is designed to endow your frame with resistance to overtly hostile environments to ensure you can operate internally as intended & carry out your task regardless of your current external circumstances.

As a civvie, you never got any training designed to endow your frame with resistance to covertly hostile environments & this ensures you won't operate as intended/carry out your purpose. Unless you had a father who did his job, that is.

Tanks, planes & satellites are complex systems that work because at some point all external factors are sterilized from the meaningful input so that the system is in a known state, where it can function properly - for us, this is the process of [sensory gating](#) and unfortunately it only covers [limbic functions](#): your job is to develop a higher order version of it.

Develop it as a habit. When surrounded by mental poison so insidious that we don't notice it's gotten inside until we begin to exhibit painful symptoms of its final stages, focusing on noticing symptoms as early as possible by practicing self-awareness is futile. The habit you develop will precede self-awareness - train to catch things as they try to get in.

Prevention & resilience are the essence of frame. Nine times out of ten, know beforehand to not be navigated into a social faux pas, to not respond to a false presupposition, to not react, to ignore bratty attitude, to not forgo proper sleep/nutrition/exercise, to not be diverted from the things that benefit your future in favor of instant gratification.

The tenth time, look at the "pros" handling prevention lapses: socialites pretend their faux pas didn't occur, athletes train even if they didn't sleep well, conversationalists strike back on a different front - this is resilience. Possessing it within to triumph over covert mental interference in the form of Machiavellian tactics & strike back is equally crucial.

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Comments

[deleted] • 12 points • 12 May, 2016 07:26 PM

Appreciate the post. The more information I get on frame, and the more my understanding grows, the more I realize how much of my life has been spent operating in the frame of others.

Not only that, but part of BP conditioning IS allowing your frame to be constantly taken down. In other words, the lie that holding frame as a man is bad.

As soon as your frame is solid you'll hear from a woman:

"Hey, what's wrong?" "Is everything alright?" "Are you okay?" "Tell me your emotions?" "What's wrong?"

Now, we know Amused Mastery is the end goal. But at first frame is built on proper distance.

Without this insidious interference that tell us frame is "wrong" or "too distant" I'm sure plenty of men would naturally adapt one without their mothers, or sisters, or girl "friends" nagging.

[deleted] • 9 points • 12 May, 2016 07:45 PM

Frame is inner state of being, which is level of consciousness, tone, and action/attitude. Higher states are degrees of confidence, lower states are degrees of fear.

[deleted] • 5 points • 12 May, 2016 09:51 PM

Great post, like the different perspective on. Its difficult to hold frame sometimes when you realize human beings were evolved to react to their environment. Therefore, filtering out stimuli becomes key and requires astute mental discipline. Mental poison is right, the wrong stimuli can enter your mind and reek havoc on your existing framework (BP ideology, unicorns, and fairy tales). You need to have an acute awareness of your thinking patterns and how you process the world.

But I'd like to point out that even tanks, planes and satellites receive interference from electronics and natural events. Thus its habit, the consist plying of your task, that will inevitably get you to your destination even when obstructions and hazards get in your way.

0_fox_are_given • 3 points • 13 May, 2016 12:13 PM

If you have enlisted, your training is designed to endow your frame with resistance to overtly hostile environments to ensure you can operate internally as intended & carry out your task regardless of your current external circumstances.

Remain calm amongst chaos.

Tanks, planes & satellites are complex systems that work because at some point all external factors are sterilized from the meaningful input so that the system is in a known state, where it can function properly - for us, this is the process of sensory gating and unfortunately it only covers limbic functions: your job is to develop a higher order version of it.

You probably weren't trained to hold frame, so start training yourself and seek a mentor if possible.

Example: Your parents correcting you and telling you what the 'right' thing is. Essentially they were drawing you into their frame. Which means you've been trained to break frame, rather than hold it.

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forgo proper sleep/nutrition/exercise, to not be diverted from the things that benefit your future in favor of instant gratification.

Your routines and habits are part of frame. Engage in long-term gratification, and persevere.

The tenth time, look at the "pros" handling prevention lapses: socialites pretend their faux pas didn't occur, athletes train even if they didn't sleep well, conversationalists strike back on a different front - this is resilience. Possessing it within to triumph over covert mental interference in the form of Machiavellian tactics & strike back is equally crucial.

If you *fuck up*, get back up and reset. Don't use weakness as an excuse.

Great post thanks. I summed each one up so I can re-read every now and then.

[deleted] • 2 points • 13 May, 2016 02:06 AM

I had to read this twice but man..you nailed the elusive concept of frame. No wonder so few men get it and so many women crave it

Jax77789 • 2 points • 13 May, 2016 08:33 AM

I think playing some shooter video game can train you to ignore external distractors in a stressful environment.

[deleted] • 2 points • 13 May, 2016 04:23 PM

Does anybody have any links or further resources to read on frame and how to build and maintain it?

nooomaam • 3 points • 13 May, 2016 01:29 AM

My buddy outs it like this: don't let it fuck with your chi. If it's fucking with your chi, it's gotta go.

scissor_me_timbers00 • 3 points • 13 May, 2016 07:46 AM

Good to hear someone using the chi concept. Although chi is a bit different than frame. But still, chi is a great concept. Don't know why this was down voted.

whenfoom • 1 point • 13 May, 2016 10:48 PM

I love talking about frame. And once we accept that truth has no bearing on human social value, and all that matters is frame mgmt, a lot becomes clear. One thing I was thinking about today - lawyers are armor for frame. The person is trying to impose their will in whatever way. The social frame senses an incompatibility. The lawyer's job is to either invalidate the threat (ex throwing out the evidence) or convince the judge the behavior was in society's frame. That's why oftentimes the argument doesn't matter, and if the judge sees you're endorsed by a frame-endorsed attorney, then you're consider accepted by the social frame.

Kingofmyworld909 • 1 point • 13 May, 2016 11:48 PM

I appreciate this post. It helps me better understand the concept without using words like game etc. Instead it appeals to that which I'm studying or along the same lines, which is information systems.

Now I don't know if anyone's posted anything about this, but I've come to understand that there are different frames one puts themselves in, or at least there are adaptations that need to be made in order to secure the frame one has, depending on the setting I.e. job, female, family, stranger, etc. I personally am viewing the world through different frames at the moment. This means needing the ability to maintain all frames one is portrayed in (I have no trouble putting up with the bosses shit, and even with parents after so many years of lacking the stones to stand in my own picture). I think that's why some are deemed to be the biggest, baddest redpill

motherfuckers by one cohort and end up diving the big one in an aspect of his life that is shocking. Why one seems to "revert" to bluepill ideologies, when in some instances it's just that the ability one holds, in maintaining whatever frame is in question, was/is lacking.

And there can be frames within a frame, depending on the scope of one's observation.