

10 things to stop doing so you can start realizing your potential

September 27, 2016 | 678 upvotes | by [\[deleted\]](#)

"The key to immortality is living a life worth remembering." - Bruce Lee

The man was brilliant on so many levels it's not even funny. Being a practitioner of JKD and Kajukembo, the philosophical side of martial arts is every bit as important as the physical. I've applied that into my day to day life, and I'm legitimately the happiest I've ever been. Here is a list of 10 things I've compiled to remove from your mental existence so that you can finally start establishing your true worth in this world.

1. Be whoever you want to be in front of the whole world, it doesn't matter. But, stop lying to YOURSELF.

At the end of the day, you have to live with yourself and your actions. So why lie to yourself that what you're doing is working for you if it isn't? How can you express yourself honestly and truly if you're living a life you're not proud of? STOP doing that. If you're an introvert, own up to it. If you're socially awkward, admit it. If you're an asshole, be an asshole. Never compromise who you are at your core to be someone you want the world to accept.

2. Happiness is PRICELESS so... stop trying to buy it.

We are not defined by the material aspects of life. When we die, that car, nice apartment, collection of high end watches and harem of women at your beckon call will be meaningless. To love, laugh and live, we never have to pay anything and thus, all our desires are gifted to us for free, we can't buy them. Similarly, we can't buy happiness - we have to somehow find it, it may be hidden right around the corner. True happiness is organic. Your worth as a man isn't in your bank account, it's in the IMPACT you leave on every soul you meet in your journey in the mortal plain.

3. Stop looking for happiness exclusively in others.

Falls into the same place as above. If you're not happy within and with yourself, any happiness you find in others is meaningless. You can't exist truly if you despise what you are so much that you have to lie to the world. You have to find happiness in yourself first, only then can you share that happiness with someone else, someone new. You have to be content with what you are and what you have as an INDIVIDUAL. Stand tall and the world with bask in your shade.

4. Stop being afraid of trying new things just because you're afraid of making a mistake.

We've all been there: "The complacent zone." Stuck in the routine so much that the very idea of doing something new sparks dread in our hearts. Ditch that mentality...it's holding you back. The only way to continue evolving is to experience new things. The moment you stop learning, you stop living. To become a master of anything, you must make mistakes. So master your world and yourself. Get out there and do something new. If it fails, do it again...but with a new approach. The only truth in failure is believing it to be absolute.

5. Stop stooping down to other people's levels even if they force you to.

This society thrives on tearing down people. Be it celebrities, politicians, or even every day people. You will be tested and challenged by those who live in misery, and they will take joy in making you miserable to validate their own meaningless lives. NEVER allow this to happen. If you have to stand alone in this world as an island, hard as it will be...do it. In time, you'll find yourself surrounded by people who aspire to be on your level, rather than those who look to bring you down to theirs.

6. Stop forcing yourself to get into a relationship.

This is a big one. One that the principals of TRP is founded on. As a man, a TRUE man...being with a woman should not EVER define you. She is not your reason for existence, she is a PART of your

existence. Relationships are beautiful, it's a fact. Finding a woman who adds to your life is an awesome feat, but finding a relationship to get through a bad phase, or even worse...a relationship that saps your energy just for the sake of not being alone is wrong. Get into a relationship when it's meant to be, not when you want it to be. If you're mind, body and soul are not complete...you're wasting both of your time.

7. Stop finding flaws in the new experiences because of a horrible past experiences.

This kind of self-destructive behavior holds so many of us back because man guys do this completely subconsciously. Be it a relationship, tasks at work...anything. You can't quantify the worth of every experience you have on the memory of the bad ones. ALL of your experiences are what builds you into who and what you are. Embrace the positive ones, reflect on the negative ones...and LEARN FROM ALL OF THEM.

8. Stop missing out on the beauty of small moments.

In this day and age where everyone is looking for what benefits them individually, it's easy to overlook those small moments that bring you joy. A stupid joke from a friend. A glance from a beautiful woman. The smile of a child when you do something that blows their mind and inspires them. These moments happen all the time, everyday. Cherish them. These are the things that help leave your mark on this world.

9. STOP WORRYING SO MUCH.

There are some things that are out of your control. No matter how much you strive to reach them, you can't. This ties into the being afraid of new experiences. Part of that fear stems from not having control of the outcome. Well guess what? You'll never know if you're capable of succeeding or failing if all you stress about is failing. Nothing has come to anyone of worth who sits on the sidelines and worries about if they fail, or what others will think of them if they do. YOU are the one who matters.

10. Stop competing against everyone.

The worth of you as a man is not quantified by your worldly possessions, despite what society has forced down your throat since you came out of the womb. Should you aspire to be better than you are now? Absolutely. But do so for the sake of making yourself stronger individually, not because you want to seem like you're worth more in this materialistic society we live in. A man who knows his cultural, spiritual and mental worth is more valuable than anything. Be the best within your means. In the grand scheme of things, we are on this world for but a fleeting moment. If you spend so much of your time trying to compete with what media says you should be doing, rather than doing what you as a man KNOW you should be doing to make your life and the lives of those around you better, you're wasting time and defeating your purpose on this world.

Break free of the construct society and media has labeled as "being a man". It's a lie built to keep free thinking men shackled to old ideals. Be stronger. Be better. Be smarter.

"Be water, my friends."

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Comments

vengefully_yours • 36 points • 27 September, 2016 07:36 PM

This guy gets it. However is up to each one of you to implement what he says.

I have something to add, about buying happiness. Many of you know I'm into cars, and have some rather valuable vintage muscle. It's not so much the car that makes me happy, but the accomplishments required to build them gives me a satisfaction I've only had in the military after doing the impossible.

I don't buy them already finished, most haven't run in years or decades, and they're rusty as fuck. I get them cheap in that condition, and dump time and sweat into building exactly what I want. Then I drive the hell out of them. The satisfaction stems from doing the work, then having it work flawlessly for thousands of miles, making lots of power, and being incredibly reliable despite the tech involved is 40 years old.

Achieving a reliable and beautiful car from a rusty rolling hulk that anyone else would scrap, means I am not only capable, but very knowledgeable. I don't need external validation, I can see it for myself in every mile I drive, every race I win, every day I get up and see that fleet of cool cars I built.

Anyone can write a check. Few of us can build our dreams. Writing a check doesn't give you the lasting satisfaction that doing it yourself does.

I build them for me, the way I want them, and if you don't like it, I don't fucking care. It's not about you or anyone else, it's my vision, my skill, my knowledge.

dr_warlock • 3 points • 28 September, 2016 12:34 AM

It's not the money. It's not the status.

It's the stimulation. It's *the pride*.

silentlyfurious • 2 points • 28 September, 2016 07:21 AM

Honestly I don't think I even experienced this consciously until recently. Now whenever I put my time/energy into making myself better each day I can feel this getting stronger. It's such a positive emotion to grow and yet it's so demonised in today's society. If more men could reach within themselves use this emotion there would be a helluva lot more happiness around.

silentlyfurious • 1 point • 28 September, 2016 12:07 PM

Thinking about this actually makes it sound like not such a good idea. *If more men could reach within themselves use this emotion there would be a helluva lot more happiness around.* Pride can be as damaging as any emotion if it is left unchecked. Don't fall prey to your own ego, I certainly did when I wrote this. This reminds me to keep aware.

vengefully_yours • 1 point • 28 September, 2016 06:44 PM

Pride is a good thing when it comes from the right place. Hubris is when you think you're superior to everyone. Pride without accomplishment is just as hollow and futile as confidence without the same.

WhyIsYosarionNaked • 3 points • 27 September, 2016 10:17 PM

I don't think that this idea conflicts with OP's post. It would conflict if you bought a Lamborghini and expect to feel complete. You get that feeling of fulfillment from building, not from buying.

vengefully_yours • 2 points • 27 September, 2016 10:35 PM

It doesn't conflict, I'm expounding on that particular part of his post. The difference between buying and building. Putting yourself into it vs paying to have it done. It's earning what you have on a deeper level than simply going into debt to get it.

WhyIsYosarionNaked • 2 points • 28 September, 2016 12:23 AM

Valid point, and I fully agree with the spirit of your post.

Oz70NYC • 2 points • 28 September, 2016 04:29 AM*

I agree. From your description, you're not buying happiness, you're investing in a hobby. That's completely ok. Hell, I've spent tens of thousands on weapons. Firearms, swords, Knives...etc. Martial Arts is my passion. The philosophy of it. The physical demand. The mental fortitude it builds. Me spending my hard earned money on cultivating my passion is an investment in myself. Me buying something shiny for the sake of showing it off as a symbol of status...isn't.

For me, mastering the heft and weight of a sword, or the recoil of a gun is the same kind of extension. It's a skill. Skill is a part of your core being. It's not the material object that defines the experience, the experience of mastery over it does.

What branch were you in BTW? USMC 0-2 here.

vengefully_yours • 1 point • 28 September, 2016 06:32 PM

USAF, long time ending in 04. I have multiple firearms, and marksmanship practice is one of my passions. Both short and long distance. It takes not only skills, but experience to do it well. A specific mindset is required, the ability to focus and shut out all distraction in fractions of a second. I'm building a 400yd range on my land, because I have the room for it, and because it's good to have the ability to effectively hit targets from a distance reliably.

RedPimpin • 1 point • 27 September, 2016 08:25 PM

are there pictures of your collection somewhere?

vengefully_yours • 3 points • 27 September, 2016 10:39 PM

Yeah, but they are linked to my entire life, so they aren't going to be posted here. I photo document every part of each build. The only reason I am concerned about being outed is my family. They have lots of things to lose, whereas I'm nearly untouchable. I'm not even friends with my family on social media, because of the sjw problem.

NirmohiAham • 1 point • 28 September, 2016 02:30 AM

Can you explain what you mean by being untouchable ? and how to go about getting there ?

vengefully_yours • 2 points • 28 September, 2016 06:40 PM

My income is not dependent on others. Everyone who knows me personally knows exactly how I think and that I'll say whatever I want to anyone. Being outspoken and unrepentant about who I am had that effect. I'm good being alone and shaming me doesn't work. I live far from any pizza delivery, so they can't do shit like that.

So if someone wants to tell my family or friends how much I hate girls, they'll laugh at them. They'd say, something along the lines of "Yeah, and?" I can't get fired. I've done nothing illegal. Going after me achieves nothing. One brother could stand to have the world fuck with him, the

other one doesn't deserve it. One sister is like me, the fuck you whatever type. The other I don't care, but she would have no idea why people are fucking with her if they dislike me. I'd find it amusing if the sjw crowd went after her.

How do you get here? Always be red, and build your life in a way nobody can take it from you. I learned how to do the latter after two divorces. Good fucking luck bitches.

-contrarian- • 225 points • 27 September, 2016 02:34 PM

1. Stop wasting your life on Reddit.

sd4c • 152 points • 27 September, 2016 04:21 PM

I don't find Reddit wasteful. I stick to TRP and AskTRP. It's damned hard to find enough Red-Pilled friends. These discussions are a great supplement.

Also if you are battling Oneitis or depression, no one in real life wants to hear about that shit. They don't care. We care. This is essentially highly-focused group therapy. Focused, because we realize part of the problem was being fucking lied to about women, and the nature of relationships, from childhood.

Fuck Disney, fuck single moms (including mine), and fuck the mainstream media for programming us to serve women. More than anything, fuck action movies for teaching us that by outworking and outsmarting the bad guy, we get the girl back that he "stole".

Bullshit. In real life, witches are often beautiful. In real life, she went to him BECAUSE he's the bad guy.

t_mat • 25 points • 27 September, 2016 04:38 PM

This is one of the best posts I have ever read. This proves, to me, that Reddit and TRP are nothing but useful! Amazing words man... I have been wanting to study Bruce Lee for a while, this made me go for it.

Oz70NYC • 26 points • 27 September, 2016 05:05 PM

One of the oldest philosophies in warrior culture is "the greatest foe you will ever face is the enemy within." We are truly our own worst enemy, and the lies we've been fed since we were children have fortified that. The emasculation of the human male is the greatest crime in the history of our species, and it's one that otherwise goes unnoticed.

ITSMEDICKHEAD • 4 points • 27 September, 2016 05:56 PM

TRP is awesome and I can't believe I'm just finding about it almost a year after creating my Reddit account!

StraightGlueWater • 10 points • 27 September, 2016 10:30 PM

It's hidden away purposefully.

We don't advertise it, and Reddit Admins would prefer we didn't exist.

It's only ever mentioned in AskReddit threads that ask "What's the most disgusting community on the planet?"

Frietjeman • 7 points • 28 September, 2016 02:02 AM

Wouldn't want to have it any other way.

StraightGlueWater • 1 point • 1 October, 2016 12:16 AM

It's the best advertising imaginable. It's how I got here.

-contrarian- • 8 points • 27 September, 2016 05:18 PM

Yeah, OK, but sooner or later you need to get away from the monitor and go outside. TRP can only help so much, you need to go apply it out there in the real world.

MacBadoo • 1 point • 27 September, 2016 11:10 PM

Is there a way to block sites but allow some exceptions. Example, blocking reddit altogether but then have exceptions like TRP, getdisciplined, meditation, etc.

golgynat0r • 3 points • 28 September, 2016 12:00 AM

unsubscribe from other subreddits and leave those you aspire to.

icecow • 1 point • 27 September, 2016 11:20 PM

More than anything, fuck action movies for teaching us that by outworking and outsmarting the bad guy, we get the girl back that he "stole".

Needs to be said more. Movies come in two flavors now: Women being selfish and acting psycho and it's good and normal. Men acting like shit thugs to win entitlement of a woman.

Urbantacomani • -12 points • 27 September, 2016 07:05 PM

Or maybe Cuz you're a pussy

sd4c • 11 points • 27 September, 2016 08:25 PM

Yes. I'm a pussy compared to some, but compared to my former self I am improving every single day. At the end of every day I am stronger, richer, wiser, and more at peace. A day older, perhaps, but I like to think that by enhancing my habits I'm extending my life to above average length, or at least, quality. Knowledge of the Red Pill alone, puts us head and shoulders above the average guy

psyEDk • 2 points • 28 September, 2016 03:10 AM

We're all gonna make it bro.

vengefully_yours • 10 points • 27 September, 2016 07:22 PM

Some things are a waste, others an investment. Reading funny memes and looking at validation craving naked sluts is not an investment. Reading and *implementing* basic principles that make you a better man, is an investment. Spending hours a day mentally masturbating about anything is not useful, what you want to do should be implemented, not just fantasizing about it.

questionthis • 13 points • 27 September, 2016 05:11 PM

2.) Don't write clickbait posts

good_guy_submitter • 10 points • 28 September, 2016 05:11 AM*

3.) Write something a little more useful and specific. This was broader than Amy Schumer's sexual history.

I was expecting something like:

1. Stop watching TV and movies. It's just programming/brainwashing and a waste of time at that. The exception is if you are in the film industry.
2. Quit toxic habits. Smoking, drugs, getting drunk, whatever. Another big one: Video games. I'll get shit for this from a lot of fake redpillers who are actually just teenage boys, but that shit is a huge waste of time. The exception is if you are a steamer or something in the industry making money.
3. Pick up every book from the redpill reading list and read it, then don't stop there, keep reading. Videos work too. Sharpen your mind with philosophy. Everyone is crazy, I'm crazy, you're crazy. None of us are as rational as we like to believe we are. Accept this and learn to control yourself through awareness education.
4. Learn how to build a house, learn to build a car, learn to speak more languages, learn the guitar, learn something fucking awesome that you like and enjoy. This is called a hobby. Props if these hobbies are something you can use to increase your SMV in social circumstances, but the point is to do them for yourself not others.
5. Write shit down or find a confidant. Don't let your problems and anxiety bottle up inside you. Prayer does this, I'm an atheist that prays for this reason. If you get good enough writing about your shitty problems, maybe you can use your newfound writing skills to start helping others deal with theirs. Write a book or blog or something (this can help you with point 7). Be safe and don't put your personal info where people can reach it if it can be used against you. Some people keep a video log.
6. Travel. You don't have to go around the world. But get out of places you know. Go hiking. Go biking. Take a walk and meet some people. If you can afford it jump on a plane and get away in a regular basis and explore. If you live in the US start driving around, because it's super easy to and the place is massive and safe. If you want adventure go to South America or some of the more both beautiful and dangerous places.
7. Learn to earn a passive income. Jobs are shitty. Nobody likes their job. Nobody. "Do what you love" is shit advice because you'll grow to hate it if you are forced to do it everyday under some crap manager. If you plan on doing anything that requires money, you're gonna need it. There are thousands of ways to get to the point where your money earns money for you. The point of this is not so you can sit on your ass, but to become financially independent. You don't need a job, so you either do something you really do love, or you work with the option of leaving whenever you get sick of it.
8. Fail often and forgive yourself immediately for each failure. Run from your comfort zone. Go start a business. Go make friends with a random person. Trying new things, you will fail. You will. Accept it, become one with it, and embrace failure. Embrace calculated risks to try to minimize failure, but when you do fail it just as much to be celebrated as success, because you fucking tried. America is very anti failure, and it's a toxic mindset, because America is also very very fond of comeback stories and underdog stories, but you can't have either without first having massive failures.
9. Always be approaching. Talk to everyone. Old granny? Young hot female? Fat bearded dude? Talk to them all when you encounter them. Learn to be comfortable with every person you can. Adding on here, start seeking out people that you want to be like. Try to spend time with them, if they aren't reciprocal then move on. E.g. I wanted to get into local politics so I went to town council meetings and now hang out with the mayor from time to time.

10. Get out there and actually do this shit, right now. Like, open your fucking calendar and plan this shit out right now. Fill up the god damn calendar with at least 10 dates for shit you want to do that is different from your normal routine. Try to fill your calendar do this on a biweekly or monthly basis. You should never ever fucking say "I'm bored right now." If you do, well fuck you, you lazy piece of shit. There are 1000 things you could be doing and learning. Remove the word combination "I can't" from your your vocabulary. It stops thinking, it says you're loser who doesn't have self realization. Say "I won't" and admit its because you're lazy and stupid, or say "How can I?" and get your brain working to solve the problems and obstacles you have in front of you preventing you from getting what you want.

Get off the internet and go do something. Every book you read is a helpful notch on your belt. Every friend you make is a beautiful benefit to your life, manage them well. Every thing you build and mountain or lake you see is another memory that builds your future self.

RationalKing • 1 point • 28 September, 2016 07:58 AM

This are great points, I would like tou see you write some posts on the near future.

[deleted] • 1 point • 29 September, 2016 10:34 PM

This is hypocritical as hell. You say to do things for your own enjoyment over chasing SMV then bash playing video games? It's a hobby. So is playing guitar. One is not inherently better than the other. Do things in moderation. Also.. trying to squash any retorts in defence of video games by claiming only 'fake' redpillers and teens would do so makes you sound silly.

wanderer779 • 2 points • 27 September, 2016 08:15 PM

Yeah this is a huge one. It probably deserves its own post so we can delve into it deeper.

Seriously, I have wasted a ton of time on the internet but my aimless wandering has occasionally led me to some cool spots like TRP. It just has to be kept within reasonable time limits.

cs_throwawayyy • 10 points • 27 September, 2016 06:57 PM

Society tries to bring out the worse in you by make you feel inadequate, this leads to anger and pissed off at your life.

Solution: Be grateful, everyone has something to be grateful for. If you have access to a internet, and have food to eat, you're better off than lot of people.

I consider every feeling society throws at me as a shit test, if you get pissed off, angry, or violent, you fail. Whenever I feel like my anger or worrying is building up, I quickly remember what I have going for in me. And I do have something special to be grateful about, just remembering this wipes away all the inadequacy and worrying and replaces it with a zen smile.

AfatHippo • 11 points • 27 September, 2016 09:15 PM

This sort of post is what attracted me to TRP in the first place, and what changed my life entirely. None of this power-talk, how to recognize shit tests BS. This perspective is what freed me from depression a couple years ago.

Hakametal • 19 points • 27 September, 2016 04:45 PM

Stop looking for happiness exclusively in others

This is what the Red Pill was founded on.

harmonicpinch • 5 points • 27 September, 2016 06:36 PM

I agree. I think this post is great because it removes all of the poisonous points that have become RP gospel for whatever reason. Yes, ruthlessly optimize your life and goals to some point and become "better". But realize that you are a human, you will fail sometimes, and the present moment is all you have and will ever have. Remove the worrying and negative, trying to be some sort of fake alpha, and just go live and express your vital energy outward in the purest way.

MattyAnon • 29 points • 27 September, 2016 04:53 PM

Good points... but I do quibble this:

Finding a woman who truly completes you is one of the most precious things we can achieve in life

You are complete in and of yourself. Requiring a woman to be complete is a fool's errand, because women always take more than they give. Do you feel better at the end of a relationship than at the start? No, you feel worse. Because something that you grew to need has been taken from you. Requiring that you keep a significant other happy, knowing you'll be less if she leaves is no way to live your life.

Oz70NYC • 21 points • 27 September, 2016 05:43 PM

What's meant by that statement is a woman who doesn't drain from your internal energy, but adds to it. Maybe I should have worded it better. I'll fix that momentarily.

CasualCocaine • 9 points • 27 September, 2016 06:26 PM

I know the structure of the words may be interpreted as needing a women for fulfillment, but when I read it I understood it as gaining an added facet to life, kind of like having a child. Its just another milestone in life. You shouldn't rush it, but let it come naturally if it is meant to be. If anyone thinks that getting married is purely for suckers, then they will likely become old men filled with regret (around 60), when they have no one to pass their legacy on to. When you get married do it right, aka not like 60%+ of people who do it within hookup culture.

Sorry for rambling, I just wanted to say you have a nice post, and that Bruce Lee is a Boss. Be water my friend.

Trodjinn • 3 points • 27 September, 2016 05:16 PM

Although you are more of an authority on here than I am, I believe it's fair to say that nobody can ever be complete, but we can and should be satisfied with ourselves and strive to make ourselves as complete as possible. Greatness, however, cannot be accomplished alone and finding someone that complements one's weaknesses is a beautiful partnership.

HaagenDazs • 2 points • 27 September, 2016 10:27 PM

This is not true, not always. At least in my case, my wife definitely contributes a lot more to the cause.

MattyAnon • 1 point • 28 September, 2016 04:23 AM

At least in my case, my wife definitely contributes a lot more to the cause.

1. this is extremely rare
2. are you factoring future alimony costs into your "who contributes most" calculations?

JohnnyGameGuy • 10 points • 27 September, 2016 10:18 PM

Can I give a suggestion to your writing? Don't rely on negative words like "Stop". It is a proven fact that the subconscious mind does not realize the difference between "stop being lazy" and "be lazy".

For example make "Stop missing out on the beauty of small moments" into "appreciate the beauty of small moments".

wildmvm • 3 points • 27 September, 2016 09:37 PM

Title tells me I'll learn ten things. Preface tells me I'll learn thirty.

Oz70NYC • 3 points • 28 September, 2016 11:37 AM

I have no idea why the post was removed. But I have it saved for posterity. So if anyone happens to want to give it a read again, just drop me a message and I'll give you the link. The post still exists, it just seems you can only reach it through a direct link.

Weird.

anabolic92 • 2 points • 28 September, 2016 08:41 AM

Hello, how comes it was removed? Did anyone save it?

Docbear64 • 1 point • 27 September, 2016 10:45 PM

Great post, I just started a new gig and on day 2 I see some old resentments and insecurities screwing with my perception of what is the best career opportunity I've received so far. This was timely, I left my past situations to start clean and I'd be robbing myself if I didn't step into this with all the excitement and enthusiasm I can muster. I've been through shit but I'm no longer stuck in shit so no need to keep holding onto it.

FlowingKing • 1 point • 28 September, 2016 12:23 AM

Yup, enjoying the small moments in life are great. Having fun with my boys playing cards, doing retarded things like climbing on roofs of gyms for fun are all things that I cherish.

Taking away other people as well, enjoying a fall day just shooting around at a local park is very fulfilling after I get my work done.

redgrin_grumble • 1 point • 28 September, 2016 12:53 AM

I liked 5 and 7. You wrote "man guys" on 7 tho

[deleted] • 1 point • 28 September, 2016 12:54 AM

I like 10. because it demonstrates the important distinction between competing against others to beat them and competing against yourself to be your best. I feel like the most successful athletes, for example, aren't winning because they try so hard to beat everyone else (although the joy of winning against others is a secondary benefit from competing) but they are winning because they are consistently beating themselves, becoming better and better and better.

ThienPro123 • 1 points • 28 September, 2016 04:14 AM **[recovered]**

"It's not the daily increase but daily decrease. Hack away at the unessential." - Bruce Lee

Lee is a legend. This not applies to martial arts but to daily life in general. Train yourself to stop worrying so much, to stop caring so much about what others think, to stop wasting time, to stop fear and anxiety and all these things.

Less is more. And maybe nothing is everything.

Oz70NYC • 2 points • 28 September, 2016 04:19 AM

His philosophy was ahead of it's time, and resonates with like minded men to this very day. I'm sure you know of his life away from film, and the adversity he faced being a free thinking, pioneering man trying to carve a niche in a world and profession that stacked everything against him. But despite all he face, he kept going. If ever there was a definitive example of an alpha...Bruce Lee was...and IS that example.

AshyBoneVR4 • 1 point • 28 September, 2016 05:59 AM

Stop looking for happiness exclusively in others.

If women did this I'd be married by now.

alvlear • 1 point • 28 September, 2016 06:17 AM

One needs to be very cautious about bizarre mental states such as happiness. They can be clinically induced.

CptFizz • 1 point • 28 September, 2016 07:20 AM

1. Understand the difference between happiness and pleasure (happiness = having an nice slim body, pleasure = eating a chocolate cake)

SidSolis • 1 point • 30 September, 2016 01:14 AM

OMFG, What did you remove the OP? I was thinking about tattooing the first one!

[deleted] • 1 points • 30 September, 2016 02:52 AM

[permanently deleted]

Oz70NYC • 1 point • 2 October, 2016 12:25 PM

For everyone who PM'ed me asking why the post was removed, I looked into it and a mod informed me that one of the bots auto-removed it because the title seemed "click-baity". He's restored the post though.

PantsonFire1234 • 1 point • 2 October, 2016 05:34 PM

Every point is valid and correct except for this one

1. Stop competing against everyone.

Current society hasn't instilled competition at all. The only competition that the western word instills upon you is the competition of whos the better slave.

No, to be a man means to compete with *everyone*, *eternally*. The goal should not only be winning, but competition itself. To bring out the best in each other. *Competition is a mans virtue*.

Personally I compete all the time, every day, small things or big things. Everything can be turned into a competition and I revel in the opportunity to do so. I've been like that for a long time, as have my brothers and friends. It's natural for men to do. Anyone that lacks this mindset has already lost against me. Be it with women or on a personal level. If you aren't doing this you are constantly losing to guys like me.

Oz70NYC • 2 points • 2 October, 2016 11:31 PM

I beg to differ, because I live my life NOT in competition with anyone. I view life not as a contest, but a

journey. Learning from all aspects to better myself, and in turn better those around me. I don't need to compete against another man because in my mind...there is no competition. Your journey is different from mine, so why should I worry about "matching" what you have when it doesn't apply to me, my life or my purpose? There is none. But to each their own. Best of luck with it either way.

PantsonFire1234 • 1 point • 2 October, 2016 11:53 PM

I don't need to compete against another man because in my mind...there is no competition.

That's pretty arrogant to believe, supposedly an alpha mind set and it will definitely get you the basics of what you want. But still, make sure you don't believe this without backing it up.

Your journey is different from mine, so why should I worry about "matching" what you have when it doesn't apply to me, my life or my purpose? There is none.

Half true, I don't believe you should compete among things that are not your goal. But if you have certain qualities, talents and goals then it will reward you if you compete with 'these things' against your peers.

Everyone has their lifestyle and I know friends who are not competitive at all and still are stand up Alpha guys with a good life, a hot bitch and golden future.

All I'm saying is that if they'd ever face a situation where they'd want something I also want. They would simply lose because they haven't been hardened by constant competition.

For me personally it's a drilled in army mentality. It's the first thing you are taught as a kid coming from a military family. You will see that these qualities are pretty much mandatory in certain combat roles or high ranking functions. Operators for example- and I've always believed that these individuals embody the core of what it means to be A-type.

Then again, I come from a long military background. Like you said, to each their own. And we definitely pay the price. But it's also kind of fun. Competition that is.

Oz70NYC • 1 point • 3 October, 2016 02:52 PM

4th generation Marine myself. Guess the mindset is different. There's more brotherhood than competition. Not saying we don't...that's a bold faced lie. But we compete to make the whole of us better, not to gain more than the next guy. "Your platoon is as strong as it's weakest link." So bet your ass I pushed every Marine under my command to be the best version of himself he could be. But that's a discussion for another topic.

If I may ask, what is/was your rank? You still active duty or inactive? I can imagine there's quite a few of us Armed Forces boys floating around TRP.

PantsonFire1234 • 1 point • 3 October, 2016 04:03 PM

Over here it's both, remember that competition shouldn't hardly ever be taken personal or considered hateful. It's like athletes on the field wanting to win from the other team. Usually even rivalries are not hateful (atleast among players).

But we compete to make the whole of us better, not to gain more than the next guy.

That should be the idea yeah. Though everyone has to carry their load. If one doesn't he quickly falls of. That's just how this works.

If I may ask, what is/was your rank? You still active duty or inactive? I can imagine there's quite a few of us Armed Forces boys floating around TRP.

I'm from Europe, so not part of your military. Since I'm guessing you're from the states. Generally we're told to refrain from talking about our function/rank. Though I will say that I was AMB and since been allowed for a different position.

Wouldn't be surprised if there were allot of us since we seem to attract a special kind of slut. Although most guys from my regiment stay plugged in no matter how many times they breakup/divorce.

[deleted] • 1 point • 27 September, 2016 05:40 PM

Should you aspire to be better **then** you are now? Absolutely.

Nice write up but OP please don't perpetuate this

[deleted] • 1 point • 27 September, 2016 11:06 PM

1. stop with the dumbass clickbait titles ok god ugh so *annoyingg*

paryschu • 0 points • 27 September, 2016 05:30 PM

New to this subreddit, but as woman I enjoyed reading this and found it useful

[deleted] • 0 points • 27 September, 2016 07:42 PM

Why do you have to point out you're a female? Need to take advantage of that women card even online eh?

paryschu • 5 points • 27 September, 2016 08:47 PM

Not at all,i was just pointing out its usefull for men and women to read

[deleted] • 0 points • 28 September, 2016 02:01 AM

Just curious why do women have to point out that they are female? Is it just some innate thing that they do? You're a female so I was wondering if you can chime in.

offthebeatmeoff • 1 point • 27 September, 2016 06:28 PM

Men are bred to be competitive it's in our nature. It's what we do. It's literally what some of the greatest men in history did. It's what gets our dicks hard. Socrates is arguably one of the greatest philosophers of all time and the man competed in the olympic games. You can say he did it to test himself and see what he was capable of, but he did it by competing against others. Don't get caught up with the media, and dumb shit of course, but it is very healthy for men to be very competitive. It's fun seeing who can lift the most, who can become the most successful, who can fuck the most girls, or pull the highest quality. The way you define success in any of those aspects is up to you, but it's all competition.

I can't argue too much with the other stuff, but happiness and healthy relationships with others go pretty hand in hand. Yeah there are very happy people living alone in the middle of Alaska, but we're social creatures by definition. I bet king Solomon was a pretty happy guy with his 500 wives 1000 concubines and kick ass Jew empire.

PopeJamal • 3 points • 27 September, 2016 10:22 PM

I have NEVER gotten a hard on while competing with some dude over anything....Just saying...

tremolo24 • -5 points • 27 September, 2016 05:06 PM

Really BP post. Life is competition, it's all about getting in the 10%, which will certainly make you happy because of respect and attention from girls. Accepting yourself is not enough, you must become better.

CasualCocaine • 6 points • 27 September, 2016 06:29 PM

I disagree. Accepting your self truly is the first step / foundation to a full life. If you can't accept who you are then you are lost. You are just a fake persona/a fake mask floating around in the societal construct humans have built over the ages. Find your self first, then improve your self, for your self, not for others.

refusewool • 2 points • 27 September, 2016 06:56 PM

What if your natural self is a total blue pill beta bitch? What if your natural self is a boring, moaning nice guy? "Just be/accept your self" is absolutely terrible advice. "Be the best version of your self" is the winner.

CasualCocaine • 1 point • 28 September, 2016 02:49 AM

once you accept your self you can look at your self without a filter to see what you really are. If there are things that you don't like and want to change then do something about it. The only thing that is blue pill is keeping your eyes shut and ignoring the truth.

PopeJamal • 1 point • 27 September, 2016 10:21 PM

The only reason a man would be a whiney bitch is because he DOESN'T accept himself. If he accepted himself and wasn't trying to please everyone, he would no longer have anything to whine about. See how it's all interrelated? Think of it like this:

I'm a skinny nerd boy who likes anime and collecting stamps. I wish people liked me because I don't feel complete without the validation of others.

Compared to:

I'm a skinny nerd boy who likes anime and collecting stamps and anybody who doesn't like it can suck the D.

Being a blue pill beta bitch has nothing to do with "lifting bro" and everything to do with not being ok being yourself.

returnofthemackX • -5 points • 27 September, 2016 05:05 PM **[recovered]**

Seriously, what's up with these clickbait titles

PaleBlueEye • -11 points • 27 September, 2016 06:02 PM

And I'd take life advice from a 20 something year old redditor because....?

You guys were onto some useful psychology here, but you went to the douchebag side of the force. Stop the he-man, woman-hating bullshit. Stick to what works and keep your asshat ideologies out of it.

[deleted] • 4 points • 27 September, 2016 06:21 PM

Your comment is neither constructive nor informative. If you're legitimately concerned about this community, you could put a little more effort into adding to the conversation. If you're just here to troll, surely you could find better ways to spend your time?

Oz70NYC • 11 points • 27 September, 2016 06:06 PM

20 something? I was 20 something 16 years ago. But you're entitled to your opinion. See entry 5, and have a

good day.