

# Are most women aware of alphas and betas?

June 15, 2020 | 76 upvotes | by [bumbandit999](#)

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How aware are women of alphas/betas? It seems like they are very aware and know exactly how it works. More than us. They are naturally redpilled. I've had women call me their alpha and give other indirect hints on what they are looking for. One girl even said certain guys are for relationships and others are for fun (referring to me).

So the question I guess is are women consciously looking for alpha men? Most who have experience definitely do in my opinion while others who are younger might believe they want a beta who brings them flowers everyday.

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## Comments

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glowing\_dolphins • 252 points • 15 June, 2020 11:44 AM

Women know redpill in the same way that footballs know gravity.

They adhere to it, but they don't get it.

If you want advice on gravity, you don't ask the football, you ask the physicist or the footballer.

Pyrrhus272 • 58 points • 15 June, 2020 01:54 PM

I would argue that they're more like the footballer, they're aware it's there to some level but could not tell you why it exists, how it works etc

glowing\_dolphins • 30 points • 15 June, 2020 02:14 PM

My angle with that was... women are the object, and then some people study the game, some people play the game.

Adapt the metaphor as you see fit.

wtfdoiasfor1 • 5 points • 15 June, 2020 05:15 PM

Some people really do miss the ~~forest for the trees~~ football players for the football in here.

alphabachelor • 7 points • 15 June, 2020 04:10 PM

I've always explained it as the basketball player versus a physicist.

A basketball player uses intuition to calculate his successful shot. The physicist uses math to achieve the same result.

failingtheturingtest • 1 point • 16 June, 2020 03:22 AM

I don't like that analogy. The basketballer actually makes the shot. The physicist talks about it but probably can't hit the shot 19 times out of 20

Which admittedly is still pretty accurate for TRP. Those that get out there and practice hit more shots.

Lousycabbage • 11 points • 15 June, 2020 01:53 PM

Stealing that analogy

glowing\_dolphins • 16 points • 15 June, 2020 02:15 PM

You are more than welcome to both the words, and the thought behind it.

For more on delicious analogies, check out Orwell's essay "Politics and the English Language".

xxx69harambe69xxx • 1 point • 15 June, 2020 05:18 PM

wow, i wasn't prepared for this eloquence

MonxtahDramux • 52 points • 15 June, 2020 01:32 PM

This made me laugh.

Like every animal that walks this planet, women can sense weakness. They may not use "alpha-beta" descriptions but they know when your ass is fucking weak.

Unlike men, they can even sense it from miles away...and are ready to use it against you. They feel your energy bro. □

OttoVonBismark71 • 6 points • 15 June, 2020 08:22 PM

they can even sense it from miles away

how so

LSDparade • 3 points • 16 June, 2020 12:20 AM

Your masculine energy has a certain weight to it, a presence. The proof of work you put into yourself comes out in the way you act, and that's the energy bitches read.

OttoVonBismark71 • 2 points • 16 June, 2020 01:10 PM

It is really interesting how they can sense it so acutely. A lot of it are subconscious cues like the way you move.

bayfarm • 3 points • 15 June, 2020 10:30 PM

Subconsciously I think they know but they aren't like omg that guy is alpha or beta.

MonxtahDramux • 1 point • 15 June, 2020 10:50 PM

Yeah!

yummygivesome • 1 point • 16 June, 2020 12:14 PM

Exactly, and it's very situationally dependent. A girl may simply feel more attraction when the guy is exhibiting alpha behavior and less attraction during beta behavior. But she won't necessarily think to herself "omg I'm attracted bc he's being an alpha." Instead, she'll be thinking "wow that's so hot how he doesn't seem to give any fucks."

[deleted] • 26 points • 15 June, 2020 10:33 AM

I believe it's just the way they are. They definitely know when you point it out in an explicit non-judgemental manner but I don't think they realize it consciously.

It's just how they are made. We guys give other guys shit too... doesn't mean I went to plan it out all day to give him shit. It's cause I am trying to see if he is congruent who he says he is.

[deleted] 15 June, 2020 02:41 PM

[deleted]

drv12021 • 12 points • 15 June, 2020 07:16 PM

They want a natural alpha not a reformed beta boy.

KilluminatiGotti2 • 4 points • 15 June, 2020 08:45 PM

True, reformed blue/purple pillers are their worst nightmare. There are so many examples of "natural alpha men", who are naive as hell and get baited into hazard. The sissy tough guy types. Someone who was beta before and learned to understand the game is totally transcended.

drv12021 • 2 points • 15 June, 2020 10:51 PM

What is better - to be born good, or to overcome your evil nature through great effort?" - Paarthurnax,

Skyrim. After all, we are transcending for ourselves not for women.

KilluminatiGotti2 • 4 points • 16 June, 2020 12:18 AM

Everything is always about women in a way. even ignoring them and going our own way presupposed that's there is something to go away from, which is the norm of being subservient to female hypergamy.

Women always have the upper hand of sexual selection, but men always have the means of provision. And this is the dichotomy between men and women.

We want pussy, and they want stuff. We don't wanna give stuff without getting pussy (unless you're a simp), and they don't wanna give pussy without gaining provision (unless they're a whore). And we have a push and pull dichotomy of deceit and baiting into hazard

absolutelynp • 1 point • 15 June, 2020 07:43 PM

To quote Eric Cartman "Conniving snakes in the grass. All of them."

SlayOfCourage • 1 point • 15 June, 2020 08:38 PM

Just watched the whole thing. Only read his first book so I didn't know the depth of the hormone implications. Thank you op.

alphakari • 22 points • 15 June, 2020 02:20 PM

A girl typically shit tests because she wants to have fun. That's the conscious side of that. She's poking your frame to see if it breaks, and doing that is a good time. When you start to fail is when she does it consciously to break you if she's a cunt. If she isn't a cunt she'll just give you the cold shoulder/treat you like a toddler or invalid.

The unconscious side of this shit test is your reaction says a lot about your place in the social hierarchy, and bitches are sensitive to that stuff. They feel it when you're the bitch in your friend circle. Percieved high SMV in relation to her reduces this because it makes it feel less likely to her that your frame will budge.

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**Don't get it twisted. Bitches who don't test are either sluts or virgins. IE: Either no one could get in those pants, or everyone could. Either way, no need to test.** You'll note that girls with boyfriends who don't shit test are usually the ones who don't cheat. It's the ones with boyfriends constantly shit testing other men that are suspect.

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There's another kind of shit test that doesn't come at the beginning. It comes later when she starts picking at your masculinity.

This is different. The conscious side of this is she's just feeling bitchy at first. If you start failing is when it becomes conscious malevolence. That's the only surface thing they know about it.

The unconscious side is this is the alpha widow defense system. When a woman gets in a relationship, she pursues one of two options. Either she chains you down, or she bitches you up so that she can leave you without regretting it. She gets anxious because she's attracted + afraid of how beholden she is to you. This becomes bitchiness which in effect may expose the bitch in you if you take her frame.

The get out of jail free card for her is if she finds a better man to branch swing, but generally women don't assume they can do better than the best they've found.

wtfdoiaskfor1 • 11 points • 15 June, 2020 05:17 PM

You'll note that girls with boyfriends who don't shit test are usually the ones who don't cheat. It's the ones with boyfriends constantly shit testing other men that are suspect

So much this. I was baffled to discover it.

LukeVTruth • 4 points • 15 June, 2020 06:31 PM

It makes sense if you really think about it. She only shit tests if she (consciously or subconsciously) wants to know your potential value as a mate. If a girl who already has a mate isn't shit testing then she likely isn't interested in finding a new one at all.

[deleted] 15 June, 2020 06:57 PM

[deleted]

LukeVTruth • 7 points • 15 June, 2020 07:23 PM

Yes. If she's not shit testing other guys while in a relationship its probably because she's very happy with the man she currently has. Also I think regardless of how "Alpha" she perceives you to be, she'll always shit test in some way simply because its "fun" like someone else in this thread mentioned. Shit testing is part of how women flirt. She might make small jabs or poke at you every now and again because it's all apart of the dance. Which is why if she does this with other guys while in a relationship, its a signal she's trying to dance with someone else.

jasonbrodyn • 1 point • 16 June, 2020 11:15 AM

Do you think the only way to deal with these 'Shit tests' is to ignore them ?

alphakari • 1 point • 16 June, 2020 07:18 PM

No.

jasonbrodyn • 1 point • 17 June, 2020 05:24 AM

Then what do you suggest we do instead ?

alphakari • 1 point • 17 June, 2020 02:14 PM

Read the sidebar.

NinjaKettlebell • 34 points • 15 June, 2020 12:12 PM

It's in their DNA...most of it is unconscious.

ChadBreeder1 • 37 points • 15 June, 2020 12:49 PM\*

\*subconscious

NinjaKettlebell • 14 points • 15 June, 2020 12:55 PM

Right...thanks..

red\_\_Man • 0 points • 15 June, 2020 03:45 PM\*

\*subconscious

Edit: he misspelled it at first, and then he edited it.

Crixusgannicus • -3 points • 15 June, 2020 03:10 PM

Same thing. Doesn't matter. Both are other than conscious. I prefer unconscious since it isn't "below" anything and that's what the greatest of pros call it as well.

RabbidMan • 4 points • 15 June, 2020 04:56 PM

It really isnt though.

Crixusgannicus • 0 points • 15 June, 2020 05:09 PM

That's right....

bayfarm • 2 points • 15 June, 2020 10:31 PM

Ya none of them are actually thinking omg that guys alpha or beta.

mysteryspoN • 4 points • 15 June, 2020 01:55 PM

Unconscious ??? Looooool

IBETITALL420 • 22 points • 15 June, 2020 01:07 PM

**That's all they fucking see.**

MattyAnon • 6 points • 15 June, 2020 05:36 PM

Are most women aware of alphas and betas?

They certainly react to the behaviours and their feelings are in line with that, so at some level yes.

But they have a layer of social conditioning that means their phrasing (and likely thought processes) don't align with that in the least. So they'll insist that beta men provide for them while also insisting that men shouldn't fuck around. Even though they'll fuck men who fuck around.

What I'm getting at is that hypergamy and social appearances dictate much of her thinking and her language.

Aware? Yes, sort of. But they use different words. Calling men "beta" doesn't get him to do stuff for her. Saying "I really like nice guys who are considerate" makes betas feel special and do more for her. This duality goes to the core of her soul.

Another question is do women bitch test consciously?

It's instinctive.

swear it feels like some bitch spends the whole day thinking how to fuck with me and plans this shit ahead.

Nah.... she's got a simple playbook and just picks something from the top 5 that she's seen or learned. You can deal with all of it by ignoring it.

Seems strangely logical for women to do this. "He appears alpha, I am going to test him with the x test to see if he is insecure, if he is not he must be alpha and I will fuck him".

It seems to be "He's alpha or beta, I'll behave in a way that gets me either sex, money or both".

yOussefsham • 8 points • 15 June, 2020 04:01 PM

I feel like men know how to naturally as well, but due to the brainwashing done by TV and porn, men become submissive. Hollywood makes it seem like treating a girl as your queen and simping 24/7 will make her like you and chase you. This gets embedded into the man's head. Let's not forget the fact that it's encouraged by society

nowadays. It's almost like a virus.

KidBrody77 • 15 points • 15 June, 2020 01:37 PM

You're trying to apply male logic to female behavior which never works. Of course they don't consciously plan out shit tests in advance. They're not even aware they're shit testing you when they do it let alone plan jt. And while yes on a surface level she may know the basic differences between Alphas and Betas and that she is attracted more to Alphas, she will never bother to put much effort into finding out WHY she likes Alphas more which makes her understanding of Alphas and Betas all but meaningless.

When it comes to relationships and sex women operate solely off of their feelings and emotions. All she knows, and all she cares about, is how she FEELS in a given moment. If she FEELS insecure, unsure, vulnerable, etc you're gonna get a shit test. And because women have A LOT of feelings and emotions, especially when they're with men, you're going to get a A LOT of shit tests.

And for her it's automatic. They evolved with this programming built in. It's completely automatic and natural to her. Again, she's not even aware she's doing it. That said, you should welcome shit tests. Because the the good news is the more shit test you're given the more automatic you become in your responses to them to where it becomes second nature to you as well and you don't even have to think about them. And the more shit tests she gives you, and the more you pass, the more you increase her sexual attraction for you. Don't get mad at shit tests. Look at them as opportunities to increase her sexual attraction for you.

i-am-the-prize • 10 points • 15 June, 2020 02:02 PM

I believe that tampons come with shit-test cheat sheets. Like the Prizes in CrackerJack boxes.

Now, Tampax's hidden treasure is that month's set of shit-tests so they can read up when they're on the shitter dealing with their menses.

swear to gawd...

TheProfitMotive • 3 points • 15 June, 2020 04:46 PM

Weeding out the alpha from the beta is the definition of female nature.

goingredwithabang • 3 points • 15 June, 2020 11:54 PM

My LTR has asked me whether I knew about alpha/beta. I shrug it off by saying a real man should focus on his life not adjectives. She said: That's what a real alpha would say heehee.

Some months prior to this she once asked me if I were an alpha. I hadn't respond. She then said nah you're a beta. Some 5 minutes of making out later, nah you are pretty alpha lmao again.

They legit know it more than us.

mr\_Tobbor • 2 points • 15 June, 2020 11:25 AM

There realization comes for there engagement with dating recourses, where they can read - view - discuss the philology of human relationships. Their work all the time is about male - female dynamics (for the younger women - girls), so they know about alpha male and how the find AND keep him.

WeddingCrasher91 • 2 points • 15 June, 2020 02:31 PM

Their\*

IXseed • 2 points • 15 June, 2020 04:52 PM

Women know of "alpha/beta" but don't really call it that. Also remember that people aren't alpha/beta but

behaviors are. They're aware of what turns them on but can't put it into words as when they do that, it kinda isn't "alpha" now is it.

Women have a thing in them to control men. So whenever they sense weakness in you as a man they will drill that shit hard. Just like how we drive to dominate women sexually, they in turn try to dominate us psychologically

Snowboard18 • 2 points • 16 June, 2020 01:00 AM

Like most said, I think they can sense it and adhere to what the red pill describes, but they aren't going around calling dudes alpha or beta specifically.

ThenIJizzedInMyPants • 1 point • 15 June, 2020 04:20 PM

Betas are invisible mostly

adam-l • 1 point • 15 June, 2020 08:08 PM

It's bottom up, not top-down. Starts at women's feelings. So:

"I want to fuck him" is what we call Alpha.

"I might get nice things from him. Hell, I might even be willing to fuck a few times if necessary" is what we call Beta.

And "He creeps me out" is Omega etc.

toughenup2016 • 1 point • 15 June, 2020 08:18 PM

Yes .. ofcourse.

snehilposeidon • 1 point • 15 June, 2020 09:30 PM

The shit tests are about if this man knows game or not coz she knows her game very well it's a bitch test about a man who has game and doesn't talk about it that is what she desires.

Psychological\_Radish • 1 point • 16 June, 2020 01:01 AM

Of course it's all subconscious, etc. but I have noticed that terms such as "Alpha" and "beta" are starting to leak into the mainstream consciousness. At the risk of flexing for y'all, one of my ex-plates referred to me directly as Alpha. I've heard my sisters friends refer to her boyfriend as an Alpha. It's not as obscure and confined to TRP as you may think.

jasonbrodyn • 1 point • 16 June, 2020 11:10 AM

Do you think the only way to deal with these 'Shit tests' is to just ignore them ?

Crixusgannicus • 1 point • 15 June, 2020 03:09 PM

What women or anyone for that matter is AWARE of doesn't matter. It's what people RESPOND to that counts. Always.

CareIsMight • 1 point • 15 June, 2020 04:37 PM\*

Yes, I'm sure they realize. I have had some women who perceive themselves to have a SMV higher than me call me "the nice guy" and give me the "you're such a great friend" line. Those are two lines that you don't want to hear if you're looking to get into the bedroom. However, if they were desperate... Then there are women who have a lower SMV and they will view me as alpha because maybe they don't see some my insecurities or they think I'm better than what they think they can secure. If that makes sense. That's if they're judging you personally



and not red vs blue pill theory.

And when women are looking to settle down they look for men who can provide, and many men who use their 20s to build themselves and a career and who are typically considered beta, these can be the type of guys they go for.

As for red pill theory, or the natural reality of male and female sexual dynamics, I think most are programmed to follow this instinct. Some of us simply don't know or understand because we weren't taught the truth or didn't grow up with a strong father, or partial autism (exists on a spectrum) and we simply can't read the cues. Women are more in touch with their social cues and easily pick up on these behavioural cues. As for me I used to be completely oblivious, but with education and experience. E.g. had a girl at work always bumping into me and smiling. Coworker says "you should ask her out, she's really interested in you". You know what I thought? I thought she had bad balance. Turns out she did have a thing for me but I didn't realise until it was too late. Someone wrote here before something interesting which always stuck with me. Im paraphrasing, "women want you to know that they are playing the game, but they don't want to be told they are playing the game".

I find woman shit test to see how strong your frame is and see if they get away with something. If you fail you cede power. They instinctively know this. If you let your girl wear your jumper one night she'll expect to wear it all the time. Yes, it's designed to get power in the relationship and every woman will do this, so far as to try and get you to put their name on your property. That's why men propose marriage. That's the ultimate power surrender IMO.

wyota • -1 points • 15 June, 2020 07:38 PM

This post is literally why I genuinely think women have too many rights and need some taken away ☐. But you need to stop putting up with these sociopathic women who want to fuck with you. I swear half the men on here are looking for ways to deflect shit tests and "beat" women at their own game, rather than just putting an end to it right away and showing them their place, or walking.