

You are not a woman. (Mindset, Environment & Frame)

October 9, 2020 | 926 upvotes | by [InnerMir](#)

If you are in your 20s, your life is just starting. Chill.

This is something that I suffered from for years and that I wish I had someone tell me much earlier. I've only realized it in this year, and while some would think it is a very late revelation, I like to think that it is a blessing I found this out at the age of 26 rather than at 50. I'd like to mostly blame the media for telling me how much youth is important, and partially myself for believing that dumb shit & feeling an insurmountable amount of dread from losing my youth to bullshit that was not in my control.

As a man, your early life, while being somewhat important, doesn't matter as much as when you get to adulthood; and by adulthood I mean early to mid 20s. Early years are the name of the FEMALE GAME: they get pretty, bloom, grow up, become highly desirable, cock carousel, do all the shit they wanna do and then marry in their mid to late 20s. Men, however, are different. They work in the other direction. Most of them are not that desirable when they're young but, as they grow up, they lift, they learn, they get talent and riches and experience that matters. This goes double for teenagers here: your time will come.

Youth Importance is bullshit media pushing that only applies to women, and has absolutely fucked up so many men mentally because they don't work the same. Women's prime is in their late teens to mid 20s, and they have options that men don't; which is why men who focus on youth get depressed. Men's prime is dependent on their success and age which is, on average, in their mid 20s to late 30s; with some men never losing their prime. Never forget that.

Lifting is very fucking important. Do not use bullshit examples of Pretty Model Boys to cope.

This is something I've recently seen when it comes to modern men, and I blame Instagram / Twitter Culture for it. They start saying how they're too short to lift, or how only looks matter and lifting is ass, or how "gymcel is coping and you only lift weights and eat chicken to hopelessly find someone to love you". If you think that, that's great and all but you don't know shit so maybe stop talking out your ass and find out where your mouth is.

Men tell men to lift because it works. Lifting is masculine, and looking good can be one of the biggest confidence boosters you will ever have. I had a shitty upbringing where I was a fat, weak loser and I would like to thank lifting for getting me to where I am right now. I thank it for being able to walk without suffering, I thank it for being able to have women turn their heads and see me as attractive, I thank it for the pain that I don't have & that my father does at his weight, and I thank it for letting me get through COVID with no less than a bit of a fever and some sweating.

Having muscles on and looking good is important, and any man who says otherwise is naive or doesn't mean you well. Francisco Lachowski once said: "Why lift weights when it is all about your face?". Francisco Lachowski is now in the gym working out and punching bags because his looks are fading. Aging pretty boys often look like dog shit when they stay lanky and their skin turns to ballsacks because they decided that being a feminine boy is more important than being a masculine Alpha. There's a reason why Nature is a MOTHER and Time is a FATHER. It will smack you; hard.

There are numerous reasons why lifting is a must. This is because:

a) Some men will pick on softies. Most men will leave you alone but some men will try to shit on you if they think you're not a threat. I've seen a video where a guy picked up a skinny guy from a bar and carried him like a child to take his place. He would have not tried that if the man was built strong. By lifting and looking tough, you aren't being a target. AMOGing starts on the first glance, and a man who is lanky is 99/100 times not doing the AMOG. You will get respect from men which equals social proof. Men respect men who lift, and don't usually fuck with guys who they think are tough.

b) Women just love muscles. I'm a man so I'm not gonna beat around the bush like a woman saying I'm putting on lipstick and making my boobs bigger and my ass tighter for oThEr WoMeN. I lift for the women, too, because I wanna look good and have her touching my muscles while I'm pounding her pussy; and to be good looking at the club. Lifting is an ego boost, so Deal With It. I know a lot of you will say that "lifting for women is beta" but I don't care and I know most of you lift so women would drool over your Adonis like body so stop fronting.

c) Being healthy & fit is just nice, and being able to eat more food without worrying like a Victoria's Secret model is a bonus. I put health last because, to tell you the truth, I like it but don't really give that much of a shit about it. It's nice to stay out of the hospital but I also lift so I could eat and drink more shit which is sometimes unhealthy. Some of you say that health is #1, and then shoot T in your assholes and do a bunch of unhealthy shit. I'm direct and forward, and I don't try to dance around it. I'm not about to trade my youth for being a healthy 60 year old loser.

So lift, because it works and it is good for you. Lifting is a core thing that helps keep you in your prime, but..

You still need to approach women. Lifting without approaching is like winning a lottery ticket and never cashing it in.

There's a trope that exists with men who lift, and it says that men expect women to be all over them when they get buff but often have just men telling them "nice muscles bro". This happens because men lift to look good but fail to use that shit to their advantage and hook up with women. You have to go out and get yourself out there. Lifting simply makes it easier and makes you more confident. If you don't use it, you are wasting it. Feminism might exist and women might talk shit about equality, but they ALL want to be approached by a fit looking tough man because a) it makes them feel desirable & b) approaching is risky, shitty and can hurt your ego; ergo put your man pants on.

Like I said, lifting is important. It's only half of the puzzle, though. Looks are important but average looks & good game beats nice looks & no game. That is why..

GAME is the name of the game. Experience matters.

Game is why men have a late prime and women have an early prime. Female game is LOOKS and ATTITUDE. They don't need game, they sit there looking pretty, acting sweet, and men come for an "interview". Male game is EXPERIENCE and STRENGTH. If you have lifting covered, you have the strength part covered. Experience is something that is invaluable and incredibly important. Observe any girl who likes a man older than them by half a decade (the vast majority of them) and they will all show you that they like them for their experience and what they are able to do.

And this is the absolute major key to success and something that most men don't want to hear because it

implies responsibility. I don't care how shitty you look, I will tell you what women want to hear and what makes them fucking tingle: when a man says **"I can do that"**. Those four words are top of the shelf. There's a reason why women LOVE fixer uppers; because they're guys who know how to do shit and that shit is manly and attractive. Lizard Brain fires up when a man just KNOWS. "I can do that" is one of the biggest turn ons that you can display to a woman: you can fix shit around the house, you can make her laugh, you can fight, you can do this and that etc. If you are a man who can do ANYTHING, you are incredibly valuable to women AND men, and this is incredibly important because it is something that you can work on and that is in your ability to do so. Also, I'd like to say that if a man comes at me saying "oh I can do so many things and yet no one wants me", he should expect a reply saying "you can't attract a woman, therefore you can't do something, so don't overestimate yourself".

Now, let me say that looks will impact the way you get shit testing responses & how much; this is true. At the end of the day, all you have to do is pass that shit because..

Shit Testing is good and natural. If it pisses you off, you have a feminine mindset.

There are only two kinds of programming languages: the ones people complain about and the ones nobody uses.

The vast majority of men that women like get shit tested to some degree. The only people I can think of that don't get shit tested are very famous people who women have already assessed that they wanna fuck and get attention + riches from, and shit testing could fuck it up. Ask the Chad that bangs women and gets pussy, and he will tell you that he gets some level of a shit test: women implying they're being taken advantage of, calling them a fuckboy, saying other snarky shit, asking if they're the only girl they're talking to etc. Really, just ask any experienced TRP man what women say moments before they're bent over. They do this to see how the man reacts.

If you take it personally, you fucked up and you should change your mindset. Hot guys get shit tested some, and average guys get shit tested plenty. 90% of men who bitch about women giving them shit got shit tested and failed; and the other 10% met a BPD hoe. Shit Testing is biological and merely a way for women to challenge men and see if they're able to do what they look like they could. Again, mindset. You're not jumping through hoops and passing tests like a monkey, you're showing a silly bitch who wants to test you what's what. The only other people besides famous dudes who don't get shit tested are the ones who aren't desirable. Candidates who don't get invited to an interview don't even get the chance to get the job. When a woman doesn't like you, she will stay away from you; and she will tell other women to do the same. Which is why..

More women equals more women. Gossiping works in your favour.

Gossip is a man's single greatest double-edged sword. This is how a guy ends up fucking a girl and her girl friends: because she can't help telling them how great you've been (this isn't for you, they're bragging and showing you off because women) and now, women being women, want to have a taste of your dick. If they don't pursue you while you're together, they will pursue you when you break up. She will tell them all the details and all the intricacies. Especially if you've given them pleasure: women getting pleasure from a man is often very fucking rare. Even if you have an average / smaller dick, a woman will want

what most men can't provide: tingles. This also works in reverse: they will talk shit about you and you will suffer. Therefore, if you're coming for the king, you best not miss.. but even if you do, it's no skin off your back because..

Abundance Mentality is something you NEED to have. Hooking up with women isn't a competition: it is a dance.

Relationships are like a dance, and good "dancers" get attention. What do I mean by this? I mean that if you got rejected by a woman or a group of women, don't stress it. And don't wait for them to take you back. Waiting for someone to reaccept your offer makes you look thirsty and desperate. Just go somewhere else, flirt, have fun, show that you're actually fun and 9/10 times those SAME WOMEN will later on try and get you because "oh shit he is actually fun and interesting". Abundance Mentality exists by default in a mind of every single woman because they know that so many men want them. If you apply the same thing to yourself and show it to be true, you will get a lot of success because abundance = options = desirability (when it comes to men). Again, gossip works in your favour, and men don't work like this. If a man sees a woman dancing with another man, he will probably move on to another woman. If a woman sees it, she will wait her turn because "who the fuck is she to have fun and not me with the cool man? thats not fair, I want to have fun too. Me me, I want fun me yes fun me fun".

If all else fails, listen: chubby chicks need love, too. Why? Because women see that shit, they see the chubby girl having a fun with an Alpha, they see her giggling, they see you having a good ass time and they get self conscious and want a piece of the cake. Now, you can stick with the girl and tell the Stacy to beat it if she comes to try and claim you; in fact that is exactly what you should do at first and I mean DO NOT give up on the chubby girl. The flurry of shit is entertaining, and Stacy's lizard brain will like that you just didn't give up on the chubby girl as soon as she came back for you to scratch her ego. You can always flirt with her later. Just realize this: **women want what women have**. If you can't dance with the prom queen then dance with the grenade and better will eventually come. Being an interesting, fun person is worth like diamonds because..

Being funny, and I mean actually FUNNY, is a skill that most men don't have.

There's something you need to know about women: **they're both bored and boring as fuck**. The #1 thing women say most of the time every single day before they're about to do some shit, want you to do some shit or just wanna notify you that they don't like you (rare) is "im bored lol". They want to have fun, they want to feel something, they want to be entertained and there is no shame in that. Guys have adopted this shitty mentality where they cope by saying "oh im not your monkey" and while this does apply to women on Tinder and shit, if I'm trying to be funny I am doing it for me and she is simply a part of me entertaining myself. That is, at least, how I see it.

There's a reason why Alphas tell you to lift and why Boomers tell you that being funny is important: because it is fuckin' true. This is how shitty looking men get good looking women, and how guys get social proof. Being funny works on women AND men. Alphas are fine and all, but men who know how to keep shit entertaining always have one of the highest social proofs in a group and is one of the greatest skills you can have. Being chill, knowing how to crack jokes and being able to take them and shoot back is very important and attractive.

Now, being funny is not that easy. To be funny: you need wit, quick response time, you can't get offended, gotta know what to say, when to say and how to say it with unapologetic confidence; and you'd need to do it in real time and not over text where you have time to think up a ""clever"" mile long response. As you can see, it isn't easy. Your name puns, Star Wars quotes and geeky shit doesn't push the button of most women and it is not impressive. Being funny, in real time, to women who you're talking to is impressive; and it can be done to great success.

And finally: just work on yourself and never stop. The goal of life is to put Nihilism in its place and never quit.

To leave it off with some little wisdom, it is this: follow what I've said above and you will live a very nice, happy and interesting life. However, you have to do it, you gotta keep doing it, and you can't stop doing it. **Ever.** Humans & animals in general are predisposed to rest on their laurels and stagnate. That is why pets, when given an access to buncha food, eat themselves to fucking death until they're not able to move. It is why Americans put themselves fucking disabled with fatness when given the option. This doesn't happen in the wild because it doesn't support it, but it shows the very nature of living beings when given multiple options.

Putting it simply, we are fucking confused after living for thousands of years as clothed apes, women AND men are dominated by lizard cavemen brains, and for the past hundred years we have entered modern life which promotes decay. Even at my young age, I've noticed something important. The default of modern life isn't progression: it is pure, raw NIHILISM. It is why women get fat when they have kids and don't care, or why already fat women give up on themselves and stay obese. It is why incels Lay Down and Rot, and stop trying. It is why Alphas turn to Betas and get fat and lazy across the years. People get too happy, or not happy enough, and they stop caring and give up.

Finally, brace for a punch in the guts because this is something every man must realize: you can lose everything and you **MUST** be prepared to do so. Everything in life is not permanent. Your house. Your friends. Your social proof. Your fit body. The girls that like you and the girls you're dating. It can all be gone tomorrow, and you **MUST** be prepared to move on and carry on, or to defend it to the best of your ability, and rebuild. The goal of life is to work against you wanting to just fucking quit, constantly, without ever stopping. Father Time will beat the fucking shit out of you and everyone else. Everyone dies, and everyone gets their shit kicked in by Father Time. That is why people who were once attractive or successful turn into wrecks across the years. The real winners are those who take Father Time's punches, kicks, beatings and lashes.. but go through years, run out the clock, don't let themselves get knocked out and leave a fucking legacy to be proud of.

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Comments

AutoModerator[M] [score hidden] 9 October, 2020 04:09 PM stickied comment

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InnerMir[S] • 136 points • 9 October, 2020 04:29 PM*

Thought to make a post for any lurking man that thinks women have it better. I keep seeing posts how dudes wanna genderbend because the lack of intimacy drives them nuts. Guys, you don't want it. Trust me. I am grateful for my maleness, and you should be, too. Don't think like a woman. Your time will come, provided you work on yourself. Stuff that I've said above will take you far. It is difficult, yes, but we are men. We are born to do the difficult. Go forth.

And if you're short, never trust women. It is all a huge shit test.

ispaidermaen • 19 points • 9 October, 2020 07:11 PM

Can you give tips on how to be funny? Its just a really difficult skill to develop. I always find that my jokes bomb and no one laughs at it.

InnerMir[S] • 35 points • 9 October, 2020 07:40 PM

IMO, humour is very much so in the way you say something. You need to be excited about it. A boring voice can make a funny joke boring and a funny voice can make something boring look funny. The delivery is incredibly important, which is why most stuff I listed falls under it.

<https://youtu.be/UW6k4ZITWhI>

This video is probably the greatest example on how much tonality makes a difference. He is literally repeating what the other guy is saying yet sounds better. Have a listen.

AgreeableHelicopter2 • 6 points • 10 October, 2020 08:26 PM

Remember bro funny gets you “haha” but PLAYFUL gets you laid

Fakercel • 1 point • 13 October, 2020 11:20 PM

I agree since playfulness involves others whereas funny can just be them laughing at your jokes.

Any examples of how to be more playful?

AgreeableHelicopter2 • 4 points • 14 October, 2020 04:30 AM

To be playful bro all you have to do is smile and joke. Don't take her or yourself too seriously.

For example:

You: *Goes for a kiss*

Her: *Smiles* and turns her head away shyly

You: *Smile as well* “Oh you're not ready yet? Ok I'll try again in five minutes. Anyways (change

topic)

That's an example of being playful

Laughing_in_the_road • 17 points • 9 October, 2020 11:23 PM

Can you give tips on how to be funny?

Whenever I try to be funny in front of a group and it bombs ... I will use some variation of owning it and saying 'well that didn't go over very well'

One time .. I cannot remember the details ... but I made a joke ... bombed... followed up with another bomb ... everybody looking at me. But I just stated " whew , saved it with that last one " this made everybody crack up laughing

ebaymasochist • 1 point • 9 November, 2020 12:05 AM

One time .. I cannot remember the details ... but I made a joke ... bombed... followed up with another bomb ... everybody looking at me. But I just stated " whew , saved it with that last one " this made everybody crack up laughing

I've been watching these hilarious roasts on YouTube and the one guy bombs at least once an episode. He kicks himself out and it's funny as hell.

Sultmaker_9000 • 4 points • 10 October, 2020 02:20 PM

Humour doesn't get a woman anywhere near as wet as having a solid masculine non humorous frame.

Truthfuldude1 • 6 points • 13 October, 2020 04:30 AM

Lots of ways to grease a monkey. As long as it's greased who gives a fuck.

[deleted] • 7 points • 9 October, 2020 09:49 PM

I always find that my jokes bomb and no one laughs at it.

And how do you then react to that? Bombing is a given for comedy, what's worse is letting the fear of bombing cause you to half-commit to the joke which *will* guarantee failure. Stop giving a fuck about what people think of your jokes and then you'll be able to commit fully and pull off the real sense of transgressing a norm that a lot of comedy requires.

phibetared • 2 points • 10 October, 2020 04:04 PM

I'd buy the steve north book (how to kill at comedy). Read it and do what it says. Put together 5 minutes - and if you are near a city - go do 5 minutes at an open mic comedy club. It'll be one of the hardest things you'll ever do. But hugely beneficial. I've given speeches to 800 people, but 5 minutes of standup to 25 people at a club is much more difficult.

What will happen in the process is you'll start to hear and learn more. You'll think, "Oh, I can use that in my stand up routine". You'll get quicker with jokes. Meanwhile listen to comedians and practice their cadences and how they say things. Someone already mentioned Norm Macdonald. His cadence and manner of speaking is funny. Then listen to Paul Rodriguez. You've probably never heard of him, but he's the king of Mexican comedy. When he does a routine in SPANISH he makes me laugh, even though I don't understand what he is saying! Also, OLD Chris Rock material. He can say stuff that isn't actually funny - but the way he says it makes it funny.

So spend a week with that book (or another) - and practice a bit. After two weeks you'll be better - and better than many other people.

TheHashLord • 2 points • 9 October, 2020 11:46 PM

Theres different types of funny. I'm not the kind of guy to tell a joke, I'm shit at going through the whole joke and getting towards a punchline.

In any case, when people are telling prepared jokes, I find it lame as shit. That's probably why I'm no good at it, and why I have no interest in comedy stand ups, but more importantly, I'm not bothered about trying to be that guy. It's just not me.

If I find something funny or daft I don't hesitate to laugh and joke about it. For me, it's funnier if it actually happened, and people seem to get a laugh out of it, so that's what I do.

Some guys are funny because they say outrageous stuff.

You figure out what you find amusing and make that work to your advantage.

The other advice I would give, is to get good at whatever it is you do. If you're good at your job or in your studies, and you're good at your hobbies, and you lift, then you develop confidence. You earn respect. Once you have that confidence, it's easier to joke around.

Truthfuldude1 • 1 point • 13 October, 2020 04:28 AM

If you need tips on being funny, give up.

Funny is just in you. Everyone is somewhat funny. You just have to keep saying things then take notice of whenever someone laughs at something you said. Then boom you got it. Keep doing that.

Nobb_at_nite • 1 point • 15 October, 2020 10:10 PM

Don't try if it doesn't come naturally. It presupposes a talent for métaphor, analogy and seeing connections others don't see. The only way to you could conceivably improve it is by reading good fiction and poetry that uses these.

ispaidermaen • 1 point • 16 October, 2020 01:50 AM

I don't think spending months reading books hoping that my brain will pick up on those things and flip the switch is a good idea. I'd rather treat it as a skill and break it down into actionable skills and improve that way

Nobb_at_nite • 1 point • 16 October, 2020 10:14 AM

I just broke wit/humour into its component skills. Good luck being more creative with language and metaphore without solid models though. The quality of your observations, wit and jokes is a reflection of the quality of your mind, no collection of brainless recipes for repetitive skills or techniques will change that. You'll look like the humour equivalent of those cringe pick up artists in YouTube mouthing words/mechanically using technique, thinking that's all there is to it.

There's no shortcut

ebaymasochist • 1 point • 9 November, 2020 12:03 AM

Can you give tips on how to be funny? Its just a really difficult skill to develop. I always find that my jokes bomb and no one laughs at it.

Honestly you're probably better off to just stop trying to be something you're not and work on your

strengths instead. I know that's like counter to everything else on trp as far as making changes and growth, but some people are just not funny and that's alright. Or you have a different sense of humor from those around you and they don't get it.

I've been both before. I have made people cry from laughing just having a fucking blast because we were on the same wave length or something. And I've also tried to be funny to get someone and failed miserably because it was forced.

I guess if you still want to be funny, find shit that makes you laugh and then copy it. If you're excited and laughing while you're repeating it to someone else, it's going to have more impact than trying to improvise something on the spot and throwing it out there.

Like I have a great appreciation for stand up comedy and also a great verbal memory, so I have no problem telling a girl "oh I just saw so and so, kind of reminds me of that. He has this joke " retell the joke" and they laugh and no one really cares that it's not your material. You also get to say something more controversial and not take the fallout as if it were your own. If it's someone like Anthony Jesselnik who tells jokes about terrible shit that's probably better than trying to say something similar without her knowing you very well.

ispaidermaen • 1 point • 9 November, 2020 12:23 AM

Thanks. Those last two paragraphs - that's exactly what i am going to do. At least for now.

fischbrot • -2 points • 9 October, 2020 09:43 PM

Don't be funny and most importantly don't try to be.

Makes you a clown

rad_dynamic • 6 points • 10 October, 2020 08:29 AM

Yea I actually agree so much.

I personally find it easy to make people laugh and it's annoying when you want to be taken seriously.

Learning how to speak in your masculine voice really helps

Palembomen • 6 points • 9 October, 2020 05:53 PM

Thanks bud. I was struggling to get off my couch and get my day started, the nihilism bites deep and I struggle with it, as do most of the men around me. I'm highly educated at 28 and have a lot going for me, even still I get trapped in the do-nothing swamp almost every day. I have dreams but most days I see them as pointless and not worth investing in. Worse still is that I don't take them seriously, like they are just flights of fancy, not serious life goals.

You're right about it all being a mindset thing, something I've been wrestling with from day one. My single mom imparted me with Big Girl Brain and it's a great excuse for my shortcomings and laziness. Having to turn it around from where I was originally going (super incel-nerd to be exploited by the system) has taken a lot of my effort and will require more to get where I'm going. I won't give up.

wildtimes3 • 8 points • 10 October, 2020 10:21 AM

Have your ever gotten super fit?

Also, re: Nihilism

Years ago I struggled with nihilism. There's a simple answer to the nihilistic mindset.

Do you know that feeling you get when you hug someone you love? Or you kiss someone? Or a puppy

licks your face? That feeling in your chest?

That feeling alone is proof that what we do matters.

Spreading that feeling of bliss and enjoying it is the whole point of this crazy place.

Palembomen • 4 points • 11 October, 2020 02:07 AM

I'm already pretty jacked. I have a lot going for me I just have guilt and shame issues around enjoying certain things in life, like sex and intimacy.

That's a good anti-nihilism pill though, thanks.

Fakercel • 1 point • 13 October, 2020 11:24 PM

Similar situation as you man but I'm a little younger. I feel that shame around intimacy as well, kind of feels like I'm emotionally stunted in that area.

Even when I can excel at most other parts of the social game.

avenger369_trp • 1 point • 10 October, 2020 11:03 AM

Great post and this comment just tied it all together with that one special word - Gratefulness.

You could lose everything. But if you remain grateful (and mindful) you will be alright. Suffering is in the mind and when you build up a positive mental space, the worst shit could happen to you - divorce rape, false accusation whatever - and you'll still be ok.

WoodleyWarrior85 • 70 points • 9 October, 2020 06:59 PM*

Yup, you are basically talking about Rollo's SMV chart. According to that graphic, women hit peak SMV at 23 while men peak at 38.

Guys wrongly expect their teens/college years to be "the time of their life." This fixation on youth culture is promoted by the media, as you point out, because it's true for 1/2 the population (women) and because it justifies young people taking out increasingly large student loans.

In reality, most guys are dependent on their parents during these so-called "best years." They are racking up debt, have no status, and are forced to share space with a bunch of other low-status men in dorms and small apartments. This situation naturally repulses women, who have the option to date up and do so. How are these the "best years?"

Guys actually peak around 40, when they have enough work experience and skills to run their own business, publish a book, run for office, or whatever. These accomplishments help them build a social network, and purchase assets like real estate and stocks, leading to financial freedom. That's your peak. Not going to class in sweatpants and scrolling through facebook.

Howdoiusesync • 15 points • 9 October, 2020 08:07 PM

In reality, most guys are dependent on their parents during these so-called "best years." They are racking up debt, have no status, and are forced to share space with a bunch of other low-status men in dorms and small apartments.

This is what I never understood about those years, in and out of college life was the same in regards to women. I believe those who believe that who are guys really are pre-whipped already.

avenger369_trp • 1 point • 10 October, 2020 11:04 AM

Fantastic comment. Saved, thanks for writing it

MongrelLife • 1 point • 10 October, 2020 01:12 PM

Except there exist guys who did not waste their youth and you're just coping

B-but I'm having more fun hahaa I can only fuck single mothers but it's better guys, men peak at 38

WoodleyWarrior85 • 5 points • 14 October, 2020 03:58 AM*

Except there exist guys who did not waste their youth and you're just coping

Being lower on the SMV totem pole isn't "wasting your youth." Guys enjoy other stuff at this age .. hanging with friends, studying, playing sports, drinking, learning about life ..

My point is guys are objectively not set up to "peak" professionally, sexually, or otherwise during their teens and 20s.

OcamposOK • 4 points • 11 October, 2020 02:36 AM

Do you honestly believe there aren't 35+ men out there fucking 20 something girls? if there is a peak for men it is objectively the thirties, less than that and you are absurdly better than most men.

That being said, do not waste time, because it isn't on your side ever, not at 15s, not at 20s and definitely not at 30s.

Noodlesoupe2 • 11 points • 11 October, 2020 09:52 PM

There are outliers but most young women tend to fuck young attractive men. If you are an ugly awkward guy at twenty you aren't magically going to turn into chad at 40. Your T goes down and it become harder to stay in shape and having a full time job leaves less time to socialize and game. Take advantage of your youth and don't waste it online or wage slaving.

Korrangar • 1 point • 13 October, 2020 11:43 AM

For most of them, they got locked by a girl and stopped making any effort for years. If you add those who got castrated by their girlfriend over the years, you've got 90% of the population

Noodlesoupe2 • 1 point • 13 October, 2020 09:42 PM

That's true but everyone ages and has to work and usually that takes a toll on your free time and energy. Most redpill gurus save for a couple outliers actually end up getting married (lol) bc they don't have the time or energy to chase young poon anymore or party like they did in their 20s.

[deleted] 9 October, 2020 05:10 PM*

[deleted]

InnerMir[S] • 19 points • 9 October, 2020 05:18 PM

Thanks man. I was wondering if using my time to write this post was worth it.

Elnarior • 3 points • 10 October, 2020 05:52 PM

I'm sure you made people wake up and workout/improve themselves, because i sure did, I feel motivated again and im saving this post for the days I feel down and need some kind of motivation. Thanks again mate

[deleted] • 12 points • 9 October, 2020 06:50 PM

I concur. I struggled from age 15 to 25 due to poverty and insecurity but worked my ass off and I'm finally reaping the fruits of my efforts (I'm 31 now). That crucial period of time where the real men that overcome their hardships are separated from the whining soyboys is early adulthood, like you just said. Now, I am more MGTOW than before and don't care so much about women but I crave other types of success now that could make it easier to achieve the real feats in life.

MongrelLife • 3 points • 10 October, 2020 01:13 PM

That crucial period of time where the real men that overcome their hardships are separated from the whining soyboys is early adulthood, like you just said.

It's the time where the genetically viable men are separated from inferior subhumans.

I'd like to see you having this mentality while being a 2/10 incel lmao

avenger369_trp • 3 points • 10 October, 2020 01:56 PM

Even a 2/10 incel and build a 10/10 body. It's his loser mentality that holds him back.

MongrelLife • -2 points • 10 October, 2020 02:06 PM

Do things such as body proportions, muscle insertions, testosterone levels mean anything to you?

An incel will never build an "aesthetic" body, no matter how much steroids he uses

randomnumber • 1 point • 10 October, 2020 03:50 PM

Then just money/statusmaxx

BallinPoint • 35 points • 9 October, 2020 06:05 PM

Finally a good post on TRP. The trash I read the other day about secret society fucking or whatever just made me laugh and miserable at the same time

adam_kazam • 8 points • 9 October, 2020 06:29 PM

Lifting is important, just as important though, is applying your strength to something. Learn how to grapple or strike, learn power lifting techniques. It helps with confidence, you'll learn a skill, and it teaches you to use your hands or leverage your own body weight.

That's the way you connect the mind and the body.

Whiskyrack • 14 points • 9 October, 2020 04:57 PM

Awesome read man, lots of knowledge.

Astrowrld_ • 13 points • 9 October, 2020 05:55 PM

Wish i could award this gem , well said bro , well said.

InnerMir[S] • 38 points • 9 October, 2020 07:49 PM

Award it by following these principles and living a good life.

Astrowrld_ • 5 points • 10 October, 2020 12:32 AM

I won't dissappoint you sir.

1942eugenicist • 11 points • 9 October, 2020 07:24 PM*

That last part on nihilism is really good. It doesn't stop, you just going. Like myth of sisyphus.

Good metaphor with pets and eating with options.

Really good language use. Well done.

Do you think red pill can be a contender on battling nihilism?

I don't think legacy matters, as it's all just a moment.

LtColonelFalcon • 11 points • 9 October, 2020 06:24 PM

Ace write up, sir. TRP and the manosphere is infested with this horde of incels and blackpillers who have had undeserved comforts that sedate them into a hamster wheel of perceived bliss. They are so far detached from the initial teachings of the pick up community, of field testing before you ask another question but make complaints and rants about the futility of their life for not being incarnated as HyperChad himself, for now they apparently will never feel real love, "according to studies".

Fuck 'em if they don't care about themselves enough to go through pain for glory.

Like Odin, through self sacrifice, will only your kingdom appear. And many deaths of self you will endure, before your final form manifests.

MongrelLife • 0 points • 10 October, 2020 01:14 PM

Like Odin, through self sacrifice, will only your kingdom appear. And many deaths of self you will endure, before your final form manifests.

Oof you think a lot about yourself for a guy who goes to the gym 3 times a week

LtColonelFalcon • 2 points • 11 October, 2020 11:54 AM

Thanks. Let me elaborate for your weak mind. You may be able to start thinking that way once you have consistently created some kind of value, without excuses and smacked yourself in the face if you missed two workouts in a row because "you" (the one you were meant to be) deserve better than the piece of shit you (you in the present moment) who will not go through the pain. To get fit. To get educated and go to a top uni or ivy league school. To get your finances right. Get your women right. Get your relationships right. Get your friends right. Your charisma, persuasion and influence right. Quite honestly, I feel it's pretty pathetic that people who self identify as incels like you exist. You have seen behind the curtain. You know what you can become. But something inside you tells you that you don't deserve it. Whatever happened in your childhood, that's for you to figure out, if, like I said earlier, you are able to go through pain for glory. Plato, Nietzsche, Thucydides and the modern masters talk a certain way about the mind because that IS the truth. At a time when the Guttenberg press wasn't out. When there was no fucking internet. These men knew. TRP is only an extension of the wisdom of seeing reality AS IS. Your scorn is pretty disrespectful to the access you have to the information that you do, because if you think about it, not a lot of people come across this information. You don't know how valuable it is because of the access you have to it. Nor do you add any value. In a way, you never deserved it. You never deserved the girl or the job or the money or the fame. The only way to know if you always did is to actually get it. Until you get what you think you deserve, the verdict whether you deserved it is not out, atleast from your "self". Or you die in the process and in that, there is some inherent self respect and the reverence of other men, for that you died trying. But now that I've really talked about the ease of opportunity that one has in this day and age, and if you have had the ability and time to make such a snide remark, in the process forging a self flagellatory cast of incel on your forehead after you've seeing everything, putting one foot in to what can be possible and one foot back into the comfort of your mommy's nipples being stuck at

baseline, the smallest respect for your unwelcome existence that happened to generate this thought flow in me has completely disappeared from my mind because, you didn't even try. But still, amor fati. If you think about it, it's such a brilliantly painful thought that the difference between what you could've been and the finger pointing whining runt that you are now, will flash before your eyes before you die and that will be your last memory. But then again, you will not be what you could've been because I know for a fact that you've taken the decision to be an "incel" or whatever category of loser you self identify as. What a waste of life, of DNA passed down millenia, to end up a passive aggressive bitch. Now go back to your resting abode, the public restroom, pick up a random piece of floating turd and stick it on your face, because that's what you are. Ciao.

Now if you're gonna say that you didn't read the whole thing, I know you lied, because your comments scream that you're looking for a response from daddy because he seemed to have his shit together after he fucked up your genetics.

If you're gonna say that you didn't understand what I wrote, read more real books, throw away your Reddit account so that you don't identify as that persona anymore and reincarnate on Reddit as someone you actually like and respect. Now I know you will make a few more comments on here or TRP in general to "show the world" that you're not hurt and you really are this angry runt incel character because you're invested in the passivity it brings. But after that, let it go. Death of self. Your problem with women is not who you were born as, but your bitterness at the blessings bestowed upon others that you have to work for. This weird energy in you that makes no one want to be around you, not just women. It's just life bro, stop taking shit personally. The cool kids don't and maybe one day you'll get to roll with us. Or maybe not.

Now I didn't go about typing my passing thought at reading your comments on mine and others' on this post into a 2 minute rant because I care about you. I did it as a favor to TRP to discourage you from posting here anymore if you don't have a contributory opinion, that is if you have any self respect left, because your bitter estrogen fueled nagging self defeatist comments are not what this space is about. Now really, ciao.

MongrellLife • 2 points • 11 October, 2020 03:29 PM

The entire premise of your comment is that I don't try - guess what? I go lift few times a week in an air conditioned room, just like you do. No need to compare yourself to plato for that :D

Your entire philosophy falls apart just like that - there are incels who have tried harder than any redpill. Redpillers don't really go shit to improve. You're not even getting surgeries and you say incels don't try lmao

This weird energy in you that makes no one want to be around you

Energy sure lol

It's looks + autism. But keep saying it's something invisible, un-measurable just so you can keep peddling your useless ideology

LtColonelFalcon • 2 points • 11 October, 2020 08:54 PM

No, the entire premise is that you have no self esteem or sense of self worth, evident every single time you make your unwelcome existence known by the attitude in your words. Yes, self esteem is not measurable, but results are. And yes, you are autistic. Atleast we agree that it's over for you.

avenger369_trp • 1 point • 10 October, 2020 01:57 PM

You've been chatting pure shit on this thread. Why?

MongrelLife • 1 point • 10 October, 2020 02:09 PM

You've been commenting pure shit on every single one of my comments. Why?

JedYorks • 3 points • 10 October, 2020 02:02 PM

I'm 30 and never held a hand, Pass me da rope

Ps: lifting for over 11 years, it's worthless when you're a giga manlet

CopiusMaximus • 2 points • 26 October, 2020 01:57 AM

Jfl when did Incel vocabulary go over to TRP?

sowhattwenty20 • 3 points • 10 October, 2020 05:27 AM

Some good points here, but you are only 26. You outline some core red pill ideas, but you still need to get more experience with these concepts in the field. You are speaking about theory, but your writing reveals you still have the necessary growing up to do.

I would argue that lifting is most beneficial to us psychologically, in terms of boosting confidence (as you mention), but also boosting testosterone and providing a sense of control over your life. Appealing to women and intimidating bullies are fringe benefits.

Also, as many of us older dudes have experienced, and I'm pushing 40, many chicks get better at game and smarter at picking up male red flags with time.

When women get into their epiphany phase and beyond without a child, they screen hard knowing their time to lock down the best father for their kids is limited. Their shit tests are more annoying because they know how insecure men act.

If you only want sex, you will have to work hard to present a false front from these post-wall women, such as getting evaluated for your earning potential, etc.

See Rollo's discussion of what prototypical females are seeking by general age range.

ProdigyPizza • 3 points • 10 October, 2020 09:37 AM

That last paragraph was some real stoic wisdom shit I never get tired of hearing. Good read brother.

Memento Mori & Premeditatio Malorum

Predator-S • 3 points • 14 October, 2020 11:08 AM

As someone who is 30 - you need to have a balance of both.

Your teens are the years where you fuck around. Your 20s are the years you learn skills, develop habits, learn about life and build a solid foundation for the rest of your life (if you don't you're going to have a tough time). That doesn't mean go full monk mode. Sure, still go on dates, party on occasion, goof around, try new things. But have a long-term vision. That's what separates the 1% from everyone else. You're thinking 5-10-20 years down the line.

Learn how to deal with problems on your own and accept that being a lone wolf can be a good thing.

I agree about the gym. Combine that with NoFap, cold showers, a positive mindset and self-development. You're

good to go.

jimbibmcgee • 3 points • 20 October, 2020 11:50 AM

I lift for me I like feeling big and powerful and a side boon is that women eyefuck when I walk confident and I love seeing them drop all the hints ,but I don't do shit about it, why? I like the feeling of confusing their ego a lot more than pounding them.

StarchRunner • 4 points • 10 October, 2020 01:32 AM

I put health last because, to tell you the truth, I like it but don't really give that much of a shit about it. It's nice to stay out of the hospital but I also lift so I could eat and drink more shit which is sometimes unhealthy. Some of you say that health is #1, and then shoot T in your assholes and do a bunch of unhealthy shit. I'm direct and forward, and I don't try to dance around it. I'm not about to trade my youth for being a healthy 60 year old loser.

Most men today peak way faster than 60. Been there and done that with my circle of friends, they're all mostly on pills -- mostly cholesterol lowering shit, statins, hypothyroidism, etc. YOLO is great until you wake up past 30 and still here.

Fitness and health aren't seperate. Those who do it right aren't shooting testosterone or any other bandaids.

Senth99 • 2 points • 9 October, 2020 07:27 PM

Finally, some good advice and information on this sub; thank you.

armenian_UwUcide • 2 points • 9 October, 2020 09:13 PM

One of the best posts I've read in this sub since I first became redpilled some many moons ago.

Bangca123 • 2 points • 9 October, 2020 10:33 PM

Awesome post dude! I feel motivated and got a burning passion to lift now...

nofaprecommender • 2 points • 9 October, 2020 10:38 PM

Really great post, thanks for your effort in writing it.

PerplexingPegasus_ • 2 points • 9 October, 2020 10:50 PM

Whether you may be thanked for it or not, you just saved someone by writing this post. Thank you for this.

Snowboard18 • 2 points • 9 October, 2020 10:55 PM

Great post my man, I agreed with every word of it and perfectly written

Fuzi0z • 2 points • 10 October, 2020 12:46 AM

Explain me the healthy 60 old man and trade youth thing plz. Btw probably the best post i have ever seen educational for young men. Good job bro

InnerMir[S] • 7 points • 10 October, 2020 12:50 AM

Health is important but people who do everything in their power to be a very healthy grandfather are delusional. Personally, I wanna live a life worth living and die at 70 like my grandfather. 90+ year olds look like shit and develop a fuckton of stuff. No thanks.

You're welcome, though.

Fuzi0z • 2 points • 10 October, 2020 01:02 AM

Good point. You look like a fucking smart guy . One last thing bro, you said something bellow about if your short never trust women they are lieing, what you mean?

omega_dawg93 • 3 points • 10 October, 2020 09:47 AM

if a woman's mouth is moving, chances are that 80% of what you hear is lies.

women don't see most of their blabbering as lies; they believe their bullshit

InnerMir[S] • 2 points • 10 October, 2020 05:30 AM

That they fuck shorter men but pretend otherwise on social media.

Eyeball3k • 2 points • 10 October, 2020 01:30 PM

The post is A+. From someone in TRP for 8 years its all true and detailed very well.

Bravo.

UGKovo • 2 points • 10 October, 2020 03:01 PM

Never thought Id see Bjarne stroustrup on here

Stron2g • 1 point • 10 October, 2020 05:24 AM

Good post. I want to add something, liberals are making that nihilism problem far worse, promoting moral relativism and other degenerate shit like the anti human vegan agenda. Stay strong brothers and keep fighting for truth

Copperstoner • 1 point • 10 October, 2020 04:49 PM

Thank you! Once again a good post ☐

And one who doesn't focus on blaming women and whacky evopsych. Just genuine good advice.

NormalAndy • 1 point • 10 October, 2020 05:25 PM

Brilliant post! I think the problem with men getting butt hurt of shit is they don't understand why they are being shit tested. It's healthy and gives you a good idea of how confident and in your frame you are.

Just don't give up- keep getting better and you'll find a great life with plenty of chicks on the way.

bakedrasta • 1 point • 11 October, 2020 05:06 AM

fucking saved after that last paragraph

yomo86 • 1 point • 13 October, 2020 05:45 AM

Solid post. And some insight: on TRP anger phasers complain about not being able to compete with your 20 yo hot female nubile in the SMP. Newsflash in every women's magazine women complain about not being able to compete in the SMV with the hot 40yo male Chad.

YungPlayStation360 • 1 point • 11 November, 2020 06:12 PM

This is great stuff. Thank you for taking your time to post it

bravin_taby • 1 point • 9 October, 2020 05:42 PM

There are stuff most of us avoid, to pretend that its all normal

Bobbybouche1501 • 1 point • 9 October, 2020 05:51 PM

I'm 25 and needed to hear that. Thanks!

[deleted] 9 October, 2020 06:40 PM

[deleted]

InnerMir[S] • 13 points • 9 October, 2020 07:52 PM

Well, do yourself a favour and YouTube "women react to ripped men". Yes, they are all movie stars but they wouldn't react like that if they weren't fit. Just look at Chris Pratt. He literally gets to smash ARNOLD's daughter.

The reason why women say they don't like muscle men is because implying so would make them look slutty. Come on, that is basic intro to female 101, lol.

MongrelLife • 2 points • 10 October, 2020 01:17 PM

"women react to ripped men"

Why do these videos never show a ripped 5'5 Asian? Or a ripped bald Indian with narrow shoulders?

We will never know...

InnerMir[S] • 1 point • 10 October, 2020 02:22 PM

Maybe because white & black actors make up the majority.. When was the last time you've seen a very famous ripped Asian celebrity of 2010s? Name three.

But whatever. Here.

<https://nextshark.com/10-fit-af-asian-guys-need-start-following-instagram/>

MongrelLife • 2 points • 10 October, 2020 02:44 PM

Oh thanks man showing me these genetically top 1% Asians convinced me that any Asian guy can make it!

InnerMir[S] • 1 point • 10 October, 2020 03:05 PM

Don't break your back from moving that goal post too hard...

You think Preston Sin's body is unattainable?

MongrelLife • 2 points • 10 October, 2020 03:13 PM

Nah I think it's attainable

Bit this body without his face on an Asian wont do shit

Also this kind of a body will instantly look like he doesnt lifts in clothing

JackSynn • 1 point • 10 October, 2020 06:55 PM

It seems you are confusing lust with attraction, two different things. Yes, ripped men do get attention from women in the form of lust, not attraction. Attraction has been watered down by PUAs to mean getting female attention and having sex with no strings attached or having a temporary girlfriend while spinning plates, etc, you name it. That is LUST, not attraction.

For a woman to genuinely care about you (knowing that she can't love you unconditionally) is based on attraction, which is triggered by induced emotions she feels about you, and lust is not one of them.

JackSynn • 1 point • 10 October, 2020 06:55 PM

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jd2fresh • 5 points • 10 October, 2020 12:21 AM

This is total bullshit. Ever since I got jacked, I notice women looking at me constantly. Hell I had 2 tinder matches today make comments about my muscles and one even said she wanted to train naked with me. It helps in a big way. Get jacked and maybe you will see for yourself.

MongrelLife • 2 points • 10 October, 2020 01:17 PM

Only if you were average/ above average to begin with. No-one gives a fuck about muscles on a subhuman

LtColonelFalcon • 3 points • 9 October, 2020 09:18 PM

What in the blue pill fuck? A great long winded rationale to not lift. To add insult to the injury, what you said is not even coherent. Attraction vs. Arousal. Redpill 101. Sidebar.

MongrelLife • -6 points • 10 October, 2020 01:08 PM

If you are in your 20s, your life is just starting. Chill.

My life is already over. I missed out on all developmental milestones possible, and there's no future for me

This goes double for teenagers here: your time will come.

You peak in your early 20s. From there it's downhill, no matter how much effort you put into your looks

Men's prime is dependent on their success and age which is, on average, in their mid 20s to late 30s;

Lates 30s lmao? So you can wife up a used up whore with 3 children?

I thank it for being able to have women turn their heads and see me as attractive

Women will never find me attractive, no matter how good my physique is. Not that it ever can be good since my genetical ceiling is very low

Narrow shoulders, long thin neck and 6 inch wrists - the stereotypical weak beta skeleton. I've been going to the gym for the past 5 months and I'm still the tiniest weakest looking guy there - I'm even worse than the beginners, even women look more robust than me. I have 38cm bicep or so, but due to my bones I look like a girl.

Looks are important but average looks & good game beats nice looks & no game. That is why..

Makes sense, this post is aimed at average guys, not subhumans

Abundance Mentality

Is the most retarded TRP concept. How can you have "abundance" when no woman wants you? Lmao

You either have abundance, or you don't.

Being funny, and I mean actually FUNNY, is a skill that most men don't have.

It's not like you can learn to be funny.

BrownGummyBear • 2 points • 10 October, 2020 10:23 PM*

Are you mentally slow? Just because a man's prime is in his 30's (even 40's for those who keep their physique and for those who grew a good capital and social network) that doesn't mean he is going to marry a used up post wall harpie ☐☐♂☐ High value men will date high value women, so a man that's 33-45 in his prime will probably go for college aged girls ☐

I also want to add, it seems like your mentality is weaker than your scrawny body will ever be. You're a man you can push your body more than you realize

LMAO at expecting to get huge results after 5 months of training

MongrelLife • 1 point • 11 October, 2020 12:03 AM

High value men will date high value women, so a man that's 33-45 in his prime will probably go for college aged girls ☐

I don't see many 40 yo men getting 20 yo women. It's incredibly rare - a statistical anomaly

LMAO at expecting to get huge results after 5 months of training

It's not about results, I know my training and diet aren't perfect, but I'm talking about genetical limit here. I know that even after lifting for 2 or 3 years I'll still look like shot because of my skeleton and genetics. So many men roid, and in the end still look like shit, just with more muscle.

I think that 6 or so months is enough time to know whether you will be able to achieve good physique - weather it's lean and aesthetic or fatter but bigger.

So I came to the conclusion that I'll never look big, strong or attractive

avenger369_trp • 1 point • 10 October, 2020 02:00 PM

You have some good writing and introspectiveness. You just gotta put that ability into self improvement. Read the top post of the year on how to not be a bitch 2019 addition. Don't take offence to the name. If you make that post your purpose, your bible and follow it completely, you will come back here with your own field reports.

MongrelLife • 0 points • 10 October, 2020 02:08 PM

Lol I don't even need to open it and I know what will be there

"Hit the gym bro and your life will be fixed (or it won't but then well just say you didn't try hard enough and call you an incel"

Trp in one sentence right there btw

InnerMir[S] • 7 points • 10 October, 2020 02:19 PM

Then why come here? Go to your corner and let men who wanna make something of themselves do it.

You wanna know why I think you come here even if you hate it? Because you have the brain of a woman. This is word for word how an offended girl talks when she gets annoyed with someone from the manosphere, or how a fat girl whines that she can't lose weight.