

Remember The First Rule of Fight Club

March 12, 2021 | 282 upvotes | by [Protocol_Apollo](#)

So you found The Red Pill, read the sidebar and some posts by your favourite uncle or vanguard. You are now lifting and even implementing cardio like I said. Nice. You had a few ONS and even got a plate or two now, shit, liberating isn't it? You can see through the lies. The veil is finally lifted. You are a free man, Neo. Congratulations are in order.

But you see your friend over there. He's still unchanged. Still blind. Still believes that women are queens, they are angels, and they aren't into being dominated in the bedroom, those types of girls must be defective. He lucks out here and there, but he isn't consistent. He's missing something.

So, as a good friend, you think about telling him about your new enlightenment, your new vision, your new power. It will be the edge he needs. I mean who wouldn't want to be red pillled? Surely every man needs to be red pillled? For their own good right? (*Thinking exercise - but does every man deserve to be red pillled? Is every man willing to do what you did?*) And it backfires. Maybe by a lot, maybe by a little. But it does.

What happened Apollo? Why the fuck isn't my friend getting it? He's my friend, he needs to see that his world view and vision is wrong. We went to the same school together, we play together, we laugh together, we even share the same music taste..how can he be so different to me?

Back to the drawing board, Neo.

TRP isn't a crusade, its not your religion to go round knocking on other people's doors asking to convert to. Its just some bullshit you read on the internet made for and by random internet strangers. Its your journey, your worldview and yours alone. You aren't some superhero who's been elected to save the world unplugging each beta one by one. Nobody elected you to save anyone or the world.

How would you like it if I just came to you and starting talking about how *islam/mormonism/feminism/insert any world view* can save you, what you currently knew was all wrong and you just need to accept this new world view out of nowhere?

When you engage in converting people to TRP (your new world view), this is a form of validation seeking. You want to feel validated for knowing what you now know and what better way to convince an outsider who at best, is probably neutral, and at worst, believes almost the total opposite to you. (Remember what you thought before you came here and how much you changed?) It doesn't matter where you are coming from, as a friend, mentor, brother, teacher, drill sergeant or uncle, trying to convince someone else of your world view, without being asked, is still a form of validation seeking. You learnt not to seek validation from girls but you forgot about not seeking validation from your male peers.

But let's say you disagree. You don't think its validation seeking to quasi-impose your new internet thing

on a stranger (I mean, you won't take "No you are wrong" as an answer will you? You will try to dig and dig until he finally cedes and sees the light right?). So you do just that. You commit to red pilling him.

But what exactly have you just committed to? You just committed to breaking down his world view and replacing it with yours. Everyday, your friend interacts with this world view (the blue pill), he sees everything through this lense. He brings this lense everywhere: to the club, to the coffee shop, on the train, to his social circle, etc. Its how he interacts with the world and how the world interacts with him. You have now committed yourself to saving him...from himself. How are you going to accomplish that? How are you going to save him from himself without him even realising he needs saving in the first place?

You can't.

This is not me just theorising. Like most of you, I once ignored this advice and thought surely my friends would be different. (*Remember, TRP isn't meant to be taken as gospel, you are meant to go out and test what TRP tells you to do and sometimes things you aren't meant to do*).

I have tried red pilling my friends. 3 in fact. All to varying degrees, one of them I linked the sidebar to and later on some of TRP's best posts, another one I linked him just the handbook to and another one, after I got some common sense, just tested the waters with. No linking to any resources, just some vague chit chat, no trp terms, and saw how he reacted. And not one bit the line. Some of you have even worse stories where your blue pillled friends not only couldn't take your advice but decided to snitch on you to your social circle/plates. That's what no pussy can do to a guy. That is the power of blue pill conditioning, where your own "friend" can betray to you. That's what you are up against. Luckily, I wasn't as unfortunate as that. Well not yet, anyway.

You can't teach those who are not wiling to be taught. Pareto shows 80% of the guys out there are like this. They decided to be lowest common denominators, to sheeple their way through life, adopting a value system that is not theirs, morals they don't have to think about or challenge, mindsets and thought patterns fed to them, just floating through life listening to inane tv romcoms with laugh tracks (think about how fucked up the world is where we need the shows we watch to tell us when they're being funny). They need to be like this. The system needs people like this. It runs on people like this.

Now is this post written entirely as a black pill? Eh, not necessarily. There is a way to red pill your friends, its not very efficient but it is a way nonetheless. How you ask?

The teacher only appears after the student is ready.

You let your actions do the talking, eventually one or two of your friends may get curious, and ask for your advice. Only then you can divulge your perspective. However, do not be surprised that despite genuinely wanting advice, TRP may not be the solution they seek. They may want something that still adheres to "girls are made of sugar and spice and everything nice". [They can't handle what you know.](#) When they ask for advice, you are going to have to calibrate. Don't assume this means you can red pill

them, don't go full Rambo despite them seeming wanting to change. Ask me how I know.

Conclusion

“The Matrix is a system, Neo. That system is our enemy. But when you're inside, you look around, what do you see? Businessmen, teachers, lawyers, carpenters. The very minds of the people we are trying to save. But until we do, these people are still a part of that system and that makes them our enemy. You have to understand, most of these people are not ready to be unplugged. And many of them are so inured, so hopelessly dependent on the system, that they will fight to protect it.”

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Comments

AutoModerator[M] [score hidden] 12 March, 2021 05:15 AM stickied comment

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Tumamafat • 24 points • 12 March, 2021 07:45 AM*

You know, I've been struggling a lot with my own creeping laziness, and I didn't have a mentor who can help me to get up of my ass and put my life in order.

One day, in a lunch break of a hard job that I had, I started to think what a men should do when things become difficult. Some research on the web taught me about the Stoics, whose philosophy partially aligned with my view of the world, and helped me taking action on my problems.

The past year, during quarantine, while building a table with wood scraps, because my nephew broke the round crystal one we had, I reflected about my "luck" with girls (spoilers, almost none). Nervous, shy guy, with zero game. Good base body, but never got it in shape.

So, as in the past, started with the research. How to train, what muscles should I focus in the beggining, cardio for starters.

Best clothes according to my body shape, hair cuts (I have a receding hairline, bad genetics and stress are a bad combination).

How to approach girls, how to talk to girls, how to seduce women, etc. I found articles from pickup artists, with somekind useful advices, but that wasn't the solution.

Until I stumbled upon Alexander Grace's videos on YouTube, that gave me a lot of insight on female behaviour, and a lot to think about while nailing wood planks.

From there, I learned about the existence of TRP, and the material here and there is the breaking point I was looking for, partially because it alling with the stoicism, that I learned a few year ago. I still need too much practice, just to know what works with me, and what not.

This path was here, cemented by the experience of many men before me, but I wasn't ready to find it until I decided to drastically change my perspective and habits.

If a guy is getting results, even if they're not the best results possible, he won't change their methods. I'm not near the man I want to be, but still I feel completely different from what I was.

So, yeah, sometimes, one should get out of the mud by himself. There's no other way.

Smerdakas • 13 points • 12 March, 2021 09:02 AM

Friend of mine got cheated on last summer. I spoke to him a few weeks ago, to my surprise he was using TRP concepts that he picked up from Alexander Grace and Darius M videos.

And the funny thing is, I tried talking to him about hypergamy and SMV dynamics while he was still with his gf, and back then he looked at me like I was an alien.

Protocol_Apollo[S] • 6 points • 12 March, 2021 08:03 AM*

Until I stumbled upon Alexander Grace's videos on YouTube, that gave me a lot of insight on female behaviour

Think it was him as well that caused me to come here for good.

Still remember the video: he was commenting about a post from here called “she just wants to feel small” by EC u/Heathcliff—

He’s posted some good shit here. Probably wouldn’t have found this place without his post.

<https://images.app.goo.gl/rYWjT9hLHq3p33G57>

ktrucklover2 • 20 points • 12 March, 2021 07:16 AM

Lowered myself in the estimation of several people doing this exact thing. Trp is a personal journey of self improvement. Be aware that to some people it looks a lot like you are going backwards. And those people will treat you accordingly, as an un-evolved cave dweller.

OkTurbulence • 15 points • 12 March, 2021 08:50 AM*

Those who bash TRP philosophy are often also the ones who, whether or not they are consciously aware, feel threatened by the empowerment that it brings those who follow it. They don't even need to know *what it is*, or *why it exists*, because this would necessitate the difficult process of shifting their own perspective, something that most are unable/unwilling to undergo.

Ultimately, it is free men who are the biggest threat to the system itself. Why else would the community be quarantined?

DrunkOldBear • 6 points • 12 March, 2021 10:47 AM

Yeah, some mods tried to redpill Reddit owners, and they decided we are dangerous.

OkTurbulence • 5 points • 12 March, 2021 10:51 AM*

And in so doing, broke the first rule of Fight Club.

I'm relatively new to this community, so I wasn't aware of the specific events that led to the quarantine.

PCM97 • 83 points • 12 March, 2021 05:44 AM

Very good read. I’ve made the mistake of trying to explain some of this to my friends and they either get it or completely disagree. It’s not worth it. It’s not my place to go out in change their world view. Cause at the end of the day it is just me trying to validate my own ideas

McBlakey • 28 points • 12 March, 2021 11:31 AM

"It is just me trying to validate my own ideas"

This is wisdom. I never realised it but it is true.

Edit: typo

lieutenantdong • 6 points • 12 March, 2021 12:04 PM

Agreed. If you ever seek approval from others you're compromising your own integrity. Juice is never worth the squeeze. Has to happen internally not from external influences.

bigweevils2 • 1 point • 13 March, 2021 06:21 PM

status/coolness first, always

LSDparade • 1 point • 15 March, 2021 03:37 AM

The people who don't get it just reveal themselves as NPC's in my view.

TichZise • 12 points • 12 March, 2021 07:07 AM

I've tried to link my BP friend to TRP and some articles after he got burnt by an ex. All I got from him was, "you and your friends (this community) are sick if you really believe that women are as deceptive as you portray them". Stopped pushing it after realizing I might actually lose him as a friend

Guesswhoisback • 1 point • 12 March, 2021 03:10 PM

Im curious. What articles? Most of this subreddit looks pretty bad for people that haven't heard of trp before

NobodyP1 • 11 points • 12 March, 2021 08:43 AM

Needed to hear that I'm seeking validation for trying to red pill my friends.

TheSmile_10 • 7 points • 12 March, 2021 11:53 AM

The problem that many people have while trying to convey this information is that people identify themselves with the BP, it's almost like a religion or political ideology.

Dropping RP knowledge shatters (as it should) their picture of the world. People do not enjoy that, and especially when you are telling them how they should behave instead.

I do not like being told how to behave and live my life, do you?

I have found two approaches that worked for me to wake up a friend.

1. This is the easiest, wait until your BP friend gets cheated on, breaks up etc. Where he is desperately looking for answers, then you can drop why his behavior is driving women away. My friend asked for advice after a bad breakup (major BP simp), I simply handed him my The Rational Male book. He is now extremely thankful.
2. The other approach is to sneak in RP truths in casual conversations, "Back in my simping days...", "Women hate that...", "He can't get women because of this..." etc. This will not be taken personal and he can instead focus on what is being said and use his logical brain to draw his own conclusions. People like that sort of stuff. This will probably not make him Rpd to the core, but it will build a good foundation. (and it will not work on the most extreme Betas).

paranoidinfidel • 3 points • 12 March, 2021 04:04 PM

The other approach is to sneak in RP truths in casual conversations

This is a powerful approach when you have a real life example of with the friend and don't mention RP at all. You can discuss the behaviour of the plate/LTR and what it meant or why it happened.

A longtime friend (M55) of mine was aware of the rp concepts but he started fawning over someone (F41) a few months ago. They hooked up. I warned him don't "open up, don't share. you'll seem weak" if he wants to continue sinking the pink. He didn't listen and overshared (because SheEeE Is DIffErEnT!!). She started out "oh i'll help you etc..." and then turned on him in the car one day while driving and tried to rip him apart with reasons for breaking up. She started an argument out of the blue when he was busy driving so he was mentally disarmed and couldn't fully respond.

She'd already made up her mind to abandon ship and had to come up with the reasons that he was the problem so that she didn't take responsibility or have to feel bad.

He msg'd me that day, all he said was "You were right".

He also has his married highschool sweetheart (F55ish) sending him pics now & then for validation. He's understood the validation fishing for a while and stopped directly orbiting & providing the feedback she seeks but just can't get around to blocking. Funny enough, the current F41 started pandering for validation & commiseration for her own messy life (fired 3x in as many months) and trying to get him to take blame.

"But I can only show you the door. You're the one that has to walk through it. Morpheus, The Matrix"

RedKingRising • 1 point • 12 March, 2021 06:03 PM

That's some good backdoor proselytizing. This is same way cults look for the vulnerable. Catch em when they are lonely and broken and rebuild them with your worldview.

hiktaka • 10 points • 12 March, 2021 05:59 AM

Except that today, red pill is barely secret. It is literally only one tap away on everyone's thumbtips (phone screens). Telling people about it every now and then is okay. Arguing with someone to 'accept it' is the pointless.

Guzzy9 • 10 points • 12 March, 2021 08:28 AM

I think that one thing to take into consideration, is the capacity of a human to make assumptions about you. If you just mention it, and they check it out, and misunderstand it - you can easily adjust their perception of you for the worse.

That's where the need to **calibrate** comes from I would say. I envision myself slowly, in drips, laying out different thoughts from the TRP world without mentioning TRP at all, until I feel they'd be ready and interested for sth like that.

Taipoe • 4 points • 12 March, 2021 10:06 AM

The red pill is one click away but so is almost everything to know about the world. BP is the most dominant view and has put a really bad light on trp so people may know about it but completely disagree and go against it

hiktaka • 1 point • 12 March, 2021 12:31 PM

That's why arguing is IMO the most pointless thing we do as species. Truth is just that, truth. People either STFU and try grasping the truth, or they can blabber themselves down to death, in which those latter type of people deserve to be miserable.

uchiha-1995 • 3 points • 12 March, 2021 02:22 PM

red pill is barely secret. It is literally only one tap away

Says the guy in a quarantined sub, that requires account and email and age verification to access

dustyrooo • 4 points • 12 March, 2021 01:29 PM

I'm really happy that my friend took the risk and did do this to me. Maybe I did not ask with my words but he knew I needed help. He then helped me get weights, started to teach me how to work out, be less socially awkward and much more. Really crazy the difference 2 years can make. I will forever be thankful.

lknowimaking • 3 points • 12 March, 2021 09:03 AM

Convincing people of aspects of trp depends on timing, the person you're convincing and how you talk about it. I've personally introduced various rp concepts to friends who are open minded to philosophical discussion, in moments where their life experiences confirmed the concepts discussed, and in a way that avoided any rp lingo or doctrinal sounding phrases. This way of exposing friends to red pill ideas, in my experience, has been somewhat effective. I often got to see little lightbulbs going off in friend's heads.

AshyLarry27 • 2 points • 12 March, 2021 02:44 PM

It's sad this kind of post has to come up every couple of months or years. No one understands the magnitude of the shift in thinking required to understand this place.

Focus on you, improve you, get good at getting girls. If your friends ask how you do it, you let it slip out in INCREMENTS! Nobody wants to hear about some "forum where guys talk about how to get sex." That's absolutely stupid. If their interest is not peaked on their own, you can't explain this place to them. It needs an open mind.

Just appreciate that you know what you know, and if they sounded interested, THEN you can try to "red pill them," but again in INCREMENTS. Unless they are "interested" in your results, you will not be able to educate them. You will come off as a psycho. This is especially true **today** where mainstream media and the public is more hyper aware of this kind of place (if the Quarantine status didn't already tip you off . . .) and we all know how they portray it.

Sinborn • 2 points • 12 March, 2021 12:57 PM

I don't talk to friends about this, but my son is in a dark place from covid ruining the industry he wanted work in and a recent breakup. I dropped some links at him and gave him some advice on self improvement. I'm still on the self improvement journey and hope he can get a 20 year head start on me.

llama_moth • 6 points • 12 March, 2021 01:27 PM

I think that as a dad your role and responsibility ability are different than to your friends and you have different ways to do so.

That's great you've given him a head start.

Actions speak louder than words. The man you are, the example you set will do more than your words. You have an opportunity to make him lucky to learn from you.

Guesswhoisback • 5 points • 12 March, 2021 03:36 PM

Just sending him links isn't going to help that much I feel like.

Sinborn • 3 points • 12 March, 2021 05:26 PM

I didn't just send links, I had dinner with him and talked about self improvement and his future plans. I can't make him do anything, he's an adult, but I can at least plant a seed and try to be a good example of self improvement realized.

CuntMonteCristo • 1 point • 12 March, 2021 01:27 PM

Great post and I understand the point. But I don't know. Having seen the lives of good friends being totally destroyed by certain aspects of female nature, I would argue that it shows that you care about a friend, and you want to at least try to save him from making a mistake that might destroy his life. The classic being "She promised me she is taking the pill and I trust her word". Pushing it is obviously wrong and disrespectful regarding the free will of a friend, but choices are based on information. If you know, or you don't know makes all the difference. I occasionally take the risk (as you mentioned it is dangerous) to lose a friend by giving him a

little information for the chance of saving him from his own demise. What you decide to do after you know, that is your responsibility...you reap what you saw...

tiverma • 1 point • 12 March, 2021 01:54 PM

Nothing to add in the comments. Take my upvote - great post

The-Wizard-of-Oz- • 1 point • 12 March, 2021 03:53 PM

Yes, dont try it. People learn best through pain. I think we would've not listened ourselves without first hand experience had we been in their place

RedStoneToss • 1 point • 12 March, 2021 03:54 PM

Yeah. Who ever heard of guy friends explaining women to each other and older male mentors helping out with relationship advice?

zino193 • 1 point • 12 March, 2021 05:40 PM

Trp is not easy, and is not a kindness to acquire it. Do you like knowing you are weak? That you are just dumb, autistic, or ugly? Genuinely be honest with your self find your biggest flaw and think about it. Why would you give a dude awareness of his insufficiency. Because he might grow? Seriously ? Have you done cardio while in a deficit ?

Nah, you are just bringing the guy to your level when you want to share trp. None of what it takes to be an alpha is in red pill theory, here we just find understanding and motivation, but the actual improvement is out there. Irl. Show your guy how you talk to ladies and how it works, how him how lifting changes others reaction to you. Teach him a skill, the importance of competence. That is what you can do for him, her for anyone... Be a example of what can be... There is nothing strnger that that .