

Why are women so depressed all of the time?

September 12, 2018 | 65 upvotes | by [Super_Ag_18](#)

Been starting convos with potential plates, things have been going pretty well. Sometimes I'll have the occasional loss of frame, but it's all about learning and getting better. Anyways, it seems like every girl has some kind of problem story:

"My life totally sucks because..."

"My professor's such a dick, I literally hate..."

"I feel like no one appreciates me, I work so hard... blah blah"

Why are females always analyzing all the bad shit about their lives and never happy. Seems like it'd be exhausting to be worrying so much.

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Comments

KingRead • 68 points • 12 September, 2018 05:03 PM

What everyone is saying about women being women is true, but you also need to understand our (self improvement guys/TRP users--those who actually implement action) mentality as well. We've been improving our lives, we know where we lack and what we need to work on. We've improved in areas that lacked, and have seen that we can make changes in our lives. We are men taking control of our lives, and calling the shots. We approach challenges with 'how can I fix this' and start calibrating/acting.

Women, and beta males have not internalized that and therefore see the challenges and just complain. They don't realize that every obstacle requires a decision to correct.

You can test this by asking someone who's complaining what they're gonna do about it. Most times, they haven't thought about the solution yet. Someone who's woke will have a solution in mind.

send_it_for_the_boys • 5 points • 12 September, 2018 09:04 PM

This is good, also if you keep your frame and lead correctly and keep the right attitude then your attitude should rub off on her a bit whether it be good or bad. Lead and she'll follow.

Aesthetik_1 • 1 point • 13 September, 2018 05:06 AM

The perfect example was with some post wall women I talked to the other day, was basically telling me about her depressing life story and complaining about her mentally ill female girlfriend occupying her entire apartment and taking everything for granted to which I suggested „why not set boundaries and enforce better behavior and simply kick her out I she doesn't comply?“ and she looked at my like it was the most revolutionary, genius answer

omega_dawg93 • 35 points • 12 September, 2018 08:41 PM*

i have 3 older sisters... i'll see if i can explain this GREAT topic.

first, women are all about their egos and attaining attention. they LIVE to garner as much attention as possible at every instance. getting "stuff" in life (from men) becomes easier when they learn that their sex can be used for attention and 'stuff.' no work besides looking good and giving up sex is required. when it's grown woman time... and time to work for what you want in life, that degree of work, responsibility, and accountability gets to them.

next, women don't live in REALITY; they live in a make-believe world that's **in-between** a man's world (the real world) and TOTAL fantasy (50 shades of grey... sex & the city). so, here's what you get: she looks in the mirror and says, *"look at all this fine-ness... i DESERVE blah, blah, blah... look at me! i'm a good woman!"* so they're constantly depressed at the gap between the life they're living and the life they think they deserve. my dad says, *"they have champagne tastes with a cheap beer budget."* ever hear a woman call another woman a "loser?" nope. to women, all women are winners-no matter what.

last, to women, the past doesn't count. forget it. all their mistakes (from getting gang-banged to having multiple babies by multiple losers, riding the cock carousel, etc.) do NOT COUNT!! they're depressed because in their minds, the past doesn't count but they actually KNOW their own history of their true past (cock count, abortions, turbo slut behavior, manipulation, etc) and they measure that past against their misfortunes... knowing that blaming others (read: men) can only hold-up for so long. this is why they're packed in church every sunday. women want to "get right with God," because they hide all their shit to OTHERS, but they know their truth (esp.

sexual history) and how much they've concealed it and lied about it... that wears them down and depresses them.

edit: one last thing that's kinda simple. women often get depressed when the cock they want doesn't recognize they exist-even after they've given OVERT clues when the covert clues used to work. iow, they see, feel, and recognize that they've "hit the wall." accepting that FACT and seeing all the young, hot, new competition for men gets to them too.

this is why soooo many of them are on those prescription "please make me happy" drugs like paxil, celebex, or whatever the fuck they take. i honestly don't know too many women who do NOT take all that shit.

COW_WHISPERER • 4 points • 13 September, 2018 12:49 AM

Good points, though, I don't think your second point is exclusive to women. What you're referring to it seems is cognitive dissonance, i.e. the inconsistency between one's thoughts and reality or the gap between the life they want and the life they're living.

red_matrix • 2 points • 13 September, 2018 02:51 AM

You got it!

--23--- 1 points 12 September, 2018 04:22 PM [recovered]

Estrogen. No, really.

ppanthero • 2 points • 13 September, 2018 11:33 AM

True, took Clomid for some time - it was the hell.

clausternn • 1 point • 13 September, 2018 01:25 PM

What's that for? Treating steroids side effects?

Check-Your-Posture 1 points 12 September, 2018 04:33 PM [recovered]

Unchecked egos.Spoiled throughout life;now they expect everything to fall to their lap.If you're working very hard and you're not getting results then either you haven't worked as hard as you think or you're working for a lost cause.

istepedinsjw • 41 points • 12 September, 2018 04:47 PM

Basically this. They rarely have to deal with the consequences of their actions and spend a lot of time being coddled and then rescued by whiteknights when the shit hits the fan. In the absence of personal struggle people get weak and never develop the skills to handle real problems, so minor inconveniences seem like the end of the world. This applies to men too actually.

operationarclightII • 18 points • 12 September, 2018 04:55 PM

This right here is dead on. When they do eventually overcome a tiny struggle though they'll make sure everyone knows about how hard it was to persevere.

wawakaka • 12 points • 12 September, 2018 09:04 PM

LEARN THIS: Women are the happiest when they are complaining

the female brain is hyper-vigilante for danger. its part of their evolution to always see the negatives in the world because if they don't, they can get killed by a lion, tiger, or bear...oh my

society has evolved but woman's brains have not. add all the stress modern day women have with work, school, bills, responsibility, all the shit they never had to deal with before

THEIR BRAINS ARE ON OVERLOAD.

women thrive on OXYTOCIN. It reduces stress, it creates a feeling of bonding, happiness and safety that women need. STRESS LOWERS THEIR OXYTOCIN and raises cortisol and testosterone that can make them feel agitated and aggressive. they hate that.

so they cope with ALCOHOL, ANTI ANX, ANTI DEPRESSION, OPIODS, and SEX.

just listen to them talk but dont try to save them.

jkp99 • 32 points • 12 September, 2018 04:42 PM

Women score way higher then men in the big five trait of neurocism. Women literally are more often depressed then men. It is a biological truth.

Jordan B Peterson argues it mostly via : women have never really existed on their own- they always were a unit together with child and their core purpose of life was to keep the child alive. Feeling negative emotions strongly makes you careful. Careful mothers keep their children alive. Children that live pass on their mothers genes. So women positively selected for negative emotionality.

Peterson has a long explanation on YouTube in his personality lecture. I think this clip includes his statements:

<https://youtu.be/RStH5BxVzs4>

Can't watch it now though, so sorry if it's not helpful.

Study on gender differences:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3149680/>

Apart from that- most women and men, especially if they are young have no idea about how life works, absolutely fucked up expectations, that never pan out, you get depressed if life doesn't play your rules and you don't understand that it's because you have wrong rules. So that contributes massively.

[deleted] • 3 points • 12 September, 2018 11:20 PM

Do you know then why the male suicide rates are higher? Is it because of the onus and responsibility placed on men, so that despite women being more predisposed to depression, men are more likely to suffer extreme cases leading to suicide?

Zanford • 6 points • 13 September, 2018 12:03 AM

Probably because depressed women have a more appealing outlet of going to other people for help (which includes flimsy suicide attempts that are really cries for help). Whereas depressed men feel like they've just hit a brick wall and have nowhere and noone to turn to.

TravelingSkeptic • 3 points • 13 September, 2018 01:02 AM

Men commit suicide in very quick, violent and effective manner, such as Hemingway (shotgun to the face).

Women commit suicide usually via overdose or cutting, which often gives them more than enough time to either call for help or have someone find them.

[deleted] • 1 point • 13 September, 2018 06:39 AM

Another reason is men have the balls(testosterone) to do it. Most women fail at committing suicide.

jkp99 • 1 point • 13 September, 2018 09:53 AM

No, it is because men are more aggressive while women are more depressed. So women feel worse in average then men. They try more often to end their life, but because they are less aggressive then men they succeed less often. However when a men is so depressed that he wants to end his life there is a high chance of him being aggressive enough to achieve his aim.

Read: https://en.m.wikipedia.org/wiki/Gender_differences_in_suicide

And also: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5492308/>

HelperBot_ • 1 point • 13 September, 2018 09:53 AM

Non-Mobile link: https://en.wikipedia.org/wiki/Gender_differences_in_suicide

HelperBot v1.1 /r/HelperBot_ I am a bot. Please message /u/swim1929 with any feedback and/or hate. Counter: 211602

[deleted] • 15 points • 12 September, 2018 07:08 PM

Women depend on men to make them happy. Without positive men around, their default mode is misery.

omega_dawg93 • 6 points • 12 September, 2018 08:42 PM

"... misery and self destruction."

just thought i'd finish that statement for you. no disrespect.

Garathon • 0 points • 12 September, 2018 08:05 PM

That's the cool part: lead them to happiness and they get addicted

waynebradysworld • 7 points • 12 September, 2018 07:58 PM

Because they lack structure, discipline and purpose.

A woman is like water. She takes the shape of the container she is constrained by.

red_matrix • 2 points • 13 September, 2018 02:53 AM

True.

ChadFromColumbus • 6 points • 12 September, 2018 05:19 PM

Looking for attention and for victim status.

OPTIMUSL1ME • 14 points • 12 September, 2018 05:36 PM

Modern women are slaves to their instincts more than they realize. This creates an intersection at what they should be doing to be happy, what society has told them to do, and the limbo where they currently exist. Women are not and never will be happy being sluts, though because sex is fun and releases dopamine it's what they believe will make them happy long term (as their subconscious thinks they're getting pregnant when they fuck hot guys) and of course short term. Seriously consider if you've ever met a slut that isn't happy or mentally defective. This is shattered when that encounter is just a hookup, when they're on birth control (which will fuck up their hormones way more than they know), or when they encounter any kind of challenge in controlling their man. The last point is an interesting one as the working and well-proven theory is women gain energy from this conflict despite it being just that. Regardless, women will continue hooking up since they can get that high easily, which leads to a high-low-high-low cycle. You're seeing the lows.

Really, young women should be working towards building families, though they've been told every step of the way to not do that, which also adds a level of cognitive dissonance.

SauliusTRP • 4 points • 12 September, 2018 04:50 PM

so you can give them some attention and your time for free..

boy_named_su • 5 points • 12 September, 2018 09:19 PM

Depressions often stems from a lack of control

Women have been lied to their entire lives (Feminism). Feminism doesn't explain the world as it actually is. If your mental model cannot explain how the world works, you have no control over the world, and become depressed

PotatoWatt • 11 points • 12 September, 2018 04:17 PM

attention whore, next

empatheticapathetic • 1 point • 12 September, 2018 07:55 PM

AWALT

Classy_Amir • 4 points • 12 September, 2018 04:32 PM

Well.. women experience mood swings more than men. Period (pun intended). As a person, you should try to surround yourself with those who are positive and happy most of the time. So.. examine them. Do they seek attention? Or they're just not in a good place right now and going through some tough times?

menial_optimist • 4 points • 12 September, 2018 06:56 PM

This 5 I'm talking to seems to be the exact opposite. She seems overindulged in positive vibes. She has her own fitness studio called something something balanced lifestyle living. She helps people. She often posts testimonials of clients who say shit like "I love your positive energy! Love you!" etc etc. It's almost like "Yaaaay super happy!" every second. I'm kind of skeptical of the whole attitude while being positive is a great thing vs being bitchy or dramatic 24/7 I'm kind of looking to spot the holes in the story.

red_matrix • 3 points • 13 September, 2018 02:51 AM

Come on man you know what she's doing. Most (all?) women fake the happy thing.

Fauxregaurd • 4 points • 12 September, 2018 10:37 PM

She want you to fix her life. You can do that by being her good friend and listening to her and providing plenty of attention. OR... give her a deep dicking so good she will forget she ever had any problems.

bluejedi24 • 3 points • 12 September, 2018 07:25 PM

Well, there are attention whores.

But I don't like the premise of your question because tons of guys are actually depressed...like seriously depressed, whether they talk about it or not. We've all heard recently about the problem of men lacking meaning in their lives and how bad it's getting.

Zanford • 3 points • 12 September, 2018 11:59 PM

All fluffed up and nowhere to go.

(Decent-looking) women in first-world countries have spent their entire lives being fluffed up and doted on by

everyone: parents playing out the princess fantasy, education-media-complex propaganda that every woman is the next Einstein (and if not only cuz shadowy forces held her back), and an endless parade of orbiters polishing her pedestal. All telling her she's destined for great things...

...but what great things? 'You go girl'...go towards what? None of this stuff actually appeals to her on an instinctive level. Not getting a slightly better office, nor scratching slightly more complex equations on a chalkboard, nor a longer job title. Her actual instincts have been left unsatisfied:

A decent dude who is actually masculine *and* will commit (low supply of the former allows them to sleep around endlessly and not commit)

Baby fever. Tough to get (alpha) guys to commit to that, or to get the right 'setup' for having a kid thanks to crazy schedules and high cost of living.

Her body is probably pumped full of substances (sugar, satfat, pharma drugs, and alpha pump-and-dump sperm) that alter her neurochemistry in bad ways.

Result: depression. All the creature comforts in the world don't prevent depression when you have no purpose. This goes for men too btw.

chachaChad • 4 points • 12 September, 2018 08:01 PM

They aren't. You're not attractive enough for them to want to appeal to so they use you as an emotional tampon. After all, if they are the least bit hot, they are used to guys just hanging off of every word and comforting over any little hurt. Don't get women, or anyone for that matter, your time freely.

If the studliest hollywood actor showed up and started talk with these girls, you can bet your ass they wouldn't be complaining about life, school or friends. They'd be bending over backwards trying to get attention and approval.

chim_city • 2 points • 12 September, 2018 05:17 PM

In one word. Expectations.

[deleted] • 2 points • 12 September, 2018 06:14 PM

They aren't depressed just overly emotional.

[deleted] • 2 points • 12 September, 2018 10:53 PM

its for attention and cuz they dont have a chad at the moment.

[deleted] • 1 point • 12 September, 2018 07:48 PM

Women have an incentive to whine because they will always find someone's (read: some guy's) shoulder to cry on.

muddynips • 1 point • 13 September, 2018 01:11 AM

Same reason as men. They lack purpose and drive, and have to fill their time with nonsense.

They just don't receive the feedback needed to learn to change.

[deleted] • 1 point • 13 September, 2018 02:30 AM

You used to whine about everything all the time, too...when life used to happen to you. They spend their entire

existence from childhood until the grave with society telling them they're not responsible for anything that happens to them. They're just victims of circumstance, or the all-encompassing boogeyman known as the patriarchy.

There's 3 kinds of people in this world: Those who watch things happen Those who make things happen Those who wonder what happened.

Most women, and numales for that matter, fall into the latter category.

Random_throwaway_000 • 1 point • 13 September, 2018 02:41 PM

Look at the size of TRP vs RedPillWomen. TRP is massive, and it's all about improving yourself. Eating right, lifting, learning how to maintain frame, how to behave in a work place in order to keep your job, how to make friends, how to get a hot girlfriend. Everything is about earning it.

Woman instead go on fad diets, or just not eat like a pig, instead of lifting. Ever seen a girl's butt who squats? They put on make-up, wear push-up bra's, get weaves in their hair, etc etc. Most of it isn't earned, and a lot of it is just born with.

Instead of going out and trying to get that guy they want, they'll wait until he sees her signals to come to him. Instead of trying to fix a problem, they prefer to complain about it to friends. Instead of taking personal responsibility for a break-up they will hamster it into some form of being the victim.

I don't know about you, but to me, that sounds like a recipe of depression.

GainzdalfTheWhey • 1 point • 13 September, 2018 03:09 PM

RedPill documentary has a bit on this here

DeontologicalSanders • 1 point • 13 September, 2018 05:06 PM

Women project weakness and victimhood because Prince Charming only ever rescues a Damsel if she's in distress.

MattyAnon • 1 point • 13 September, 2018 05:10 PM

because whining works for them.... men fix their problems and give them attention

Datanami • 1 point • 12 September, 2018 05:58 PM

Are they? I laugh and have fun with girls all the time. Maybe it's you buddy

FieldLine[] • 1 point • 12 September, 2018 06:22 PM

Because they know they've only got one thing, and it's a depreciating asset.