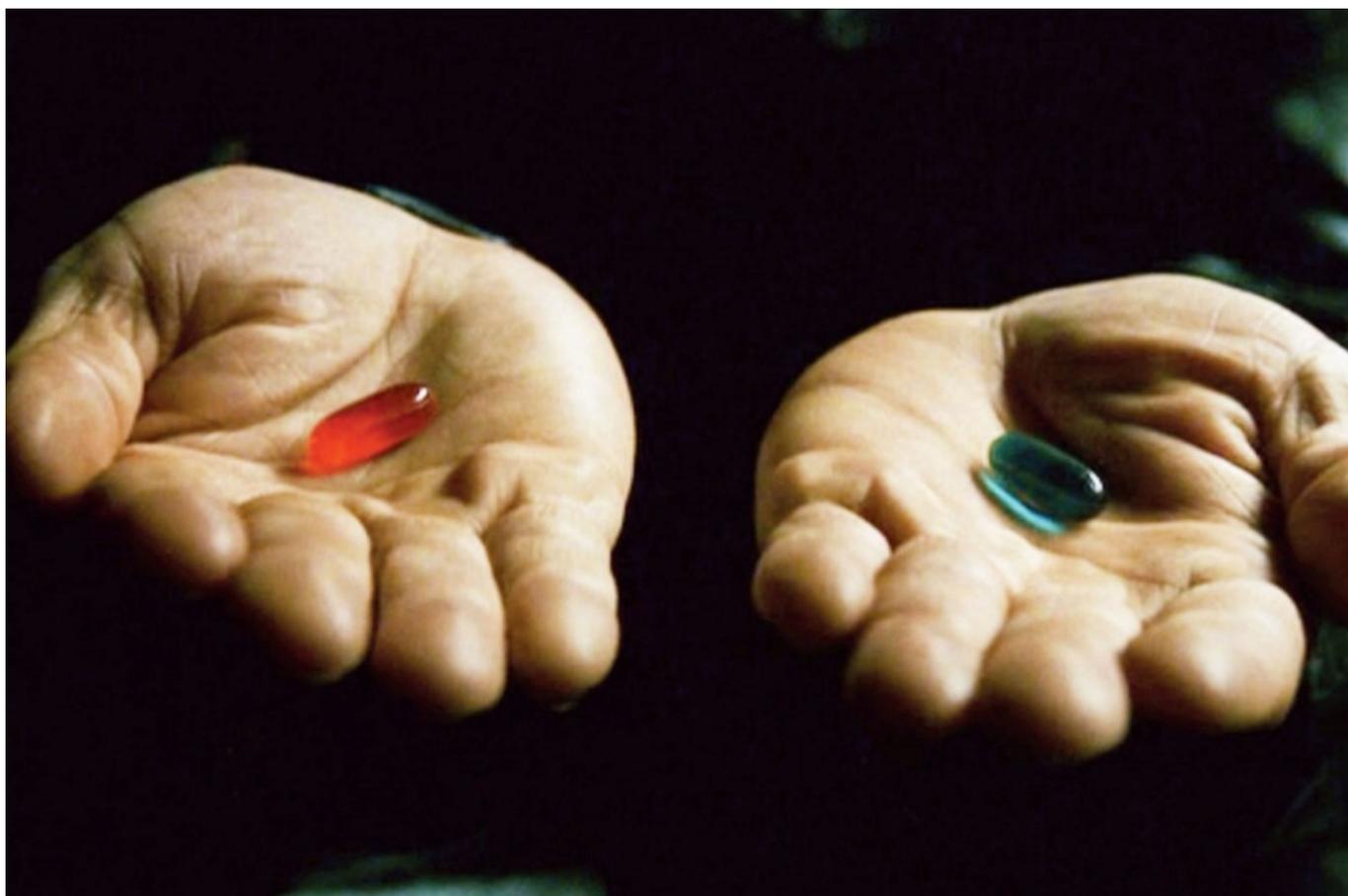


My summary of the red pill basics. 10 things all men should know.

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Disclaimer: I am by no means claiming to be the a master of TRP or to understand it fully, and I'm sure I've forgotten some shit I shouldn't have. Ultimately, there is nothing that can substitute for [intensive reading and study of the principals](#), which I've undertaken over the past year.

This is simply my summary of TRP, incomplete and flawed as it may be, and I think at least some guys out there will find it useful.



To begin, I want to say that after you read this, you might feel angry. You might want to lash out at me or you might think I'm lying—more likely, you'll simply choose to believe that what I say isn't true.

Regardless, you'll likely be angry at society, or women, or both if you read to the end.

This is perfectly natural, and in some ways, the anger is a good thing as long as it's channeled into doing something positive and pragmatic with that energy. Unfortunately, many men despair or get lost in that anger, and that is definitely not a good thing, nor will it make your life any better.

I guess the best way to look at it is this: you're about to learn some hard truths—truths that will contradict what you've been told about the world, particularly as it relates to women and human sexuality.

But would you rather know the truth and use that knowledge for your benefit, or would you rather remain in the darkness, fighting against an invisible reality you either can't or don't want to acknowledge?

If you continue reading, you're choosing the former—you're about to take the red pill—and so what I'd say then is use that knowledge to benefit, because otherwise the truth is no good to you.

Ultimately, this is about sexual strategy. This is why the red pill *isn't* misogynistic as some critics claim. It's not placing value on men or women or really anything—it's simply an observation of what is and

what you can do about it.

As for misogyny, if we hated women so much, why would we dedicate such a massive portion of our lives to being with them? We wouldn't. The truth is we love women, and in many ways, the red pill teaches us to give them exactly what they want. It's simply that we reject the sexual strategy and confines society places on what should define male/female relationships.

The best way I can think to start is just to lay some shit out there, so here it goes:

10 Things Every Man Should Know

1) We are products of our evolutionary past, especially with regard to human sexuality.

Why? Because if we weren't, evolution would have kicked our ass and we wouldn't exist. Remember that always: women are going to choose men who, in terms of evolution, would be the most likely to give her offspring the best chance to survive.

It's the same thing that attracts us to women: youth and beauty. Why do we like big breasts and pretty faces and bubble butts? Because these traits mean the woman is healthy and likely to successfully bear and rear healthy children.

2) For this reason, no woman other than your mother (or grandmother—maybe aunt?) will ever love you unconditionally.

No, every woman you take as a lover, whether for one night or 10 years or a lifetime, will love you on one of two conditions:

A) you are exhibiting alpha traits and she wants to fuck you for your genes, or

B) you are exhibiting beta traits and she wants to fuck you for your ability to provide (money, comfort, companionship).

Now it may be that you look at that and say, hey, option B doesn't sound so bad—and you're right, it doesn't... until you understand two more things: the first is that if she sees you as a beta, she'll still fuck the alpha given the chance. The second, more importantly, is the concept of hypergamy, which is our third topic.

3) Hypergamy is the female sexual strategy for many mammals, including humans.

In essence, what it means is that a woman wants to mate with the highest value male she perceives as being available. She will generally not sleep with any man below this threshold, and usually, if she's single, this is an alpha male (don't worry we'll get to that). However, once the female has offspring the strategy flips, and she wants a beta male who will help her take care of them.

This is known to red pill men as the dual mating strategy. [Alpha fucks](#). [Beta bucks](#). [Read Rollo](#).

Accordingly, there are basically two kinds of sex a woman will offer a man:

A) crazy, ball-busting hot passionate three to four times a night alpha sex, or

B) starfish, laying there until it's over beta sex, one and done time to pass out.

The other thing about hypergamy is that regardless of beta or alpha, if a woman perceives she has access to a higher value male than the one she is currently with, she'll bolt in a heartbeat as long as the social cost isn't too high.

This is called branch swinging.

4) Alphas and betas.

So let's talk about the characteristics of an alpha and beta male, but before we get into specifics, understand that these are archetypes or extreme ends of two poles.

Alpha male: dominant, confident, daring, doesn't give a fuck, outcome independent, commands respect, leads, and is generally big and strong (not always) with excellent social skills. The primary mark of an alpha male is that he holds his frame—the concept of who he is (a badass) and what he stands for does not change, waver, or vary, almost without exception.

Beta male: defers to others, is shy or unassuming, is socially awkward, cares deeply about what others think of him, follows, is weak, small, and/or generally out of shape (not always), and opposite of the alpha, does not hold his frame—the concept of who he is wavers with regard to what others think.

Most males in our society are beta males, partially because it's the biological tendency (more betas than alphas naturally), but also because our society tells us that this is the sort of man we should be and the sort of man women desire.

Make no mistake, it is not.

5) If you do what society says, play by the rules, get a good job, do normal stuff, etc. you'll eventually find a woman who wants to marry you...here's the rub:

A) If she finds someone better, or becomes unsatisfied for whatever reason, she's gone. Don't believe me? Women initiate 70-80% of all divorces.

B) If you do get divorced, you're likely to lose a significant portion of your salary for up to 20 years and get minimal custody of your children.

C) Modern women are programmed to make men as beta as possible. As soon as she has the relationship secured, she's going to start trying to nest and turn you into a beta—and that would be fine if women liked betas...

But they don't.

In fact, women hate and resent beta males, because they can't hold their frame, and this leaves her feeling constantly uncertain and anxious, and even aside from that, she'll always be more sexually attracted to an alpha. Moreover, as soon as she sees you as a beta, the sex will become shitty and uninterested—she'll only be using it to placate you.

If you don't believe me, I'm currently writing this at a bar. Two women and their husbands came in (rings). Even as they came in, one of the women stared at me: sexually (once you learn game this is something you start to recognize). Then while the other woman went to the restroom, and the husbands were at the bar, this same woman looked at me again, made eye contact, and winked. Less than 30 seconds later, when her husband brought her a sample of beer, she smiled and kissed him.

D) Even if you are the best she can get and you keep her happy, it's shown that women lose interest in long term sexual partners after between a year and a half and four years. Additionally, it will be a constant battle to maintain the upper hand and remain an alpha in her mind. Understand that no matter whether it's a short term relationship or long term, the shit testing (we'll get to this) will NEVER STOP. Not even when you're 80-fucking-years-old.

6) OK, so you may be asking yourself: why did/do things seem to work so well for so many married couples then?

First, remember that much of your perception of reality is based on media and social media, which are

both heavily curated spaces. Think about it this way: how many wedding pictures do you see on Instagram? OK, now how many times do you see someone post about their divorce?

Right.

Second, in the past, women didn't have the economic freedom they do today, nor do there exist the societal pressures to marry and stay married. I'm not arguing that's bad—I personally think it's good—however, what it means is that women can leave relationships in a way they could not since the invention of agriculture 10,000-15,000 years ago. People are less religious, communities are large and mostly anonymous, and divorce is usually justified on behalf of the woman (“he didn't deserve you”; “you can do better”; etc.). Hypergamy, in other words, is unchecked—there's no real penalty for a woman leaving a man the way there used to be.

7) Women are the gatekeepers of sex; men are the gatekeepers of relationships.

Women, because of hypergamy, are incentivized to want relationships, and therefore often exchange sex to attain one. Society, partially because of our monogamous history and partially because beta males are inclined to help women achieve their sexual strategy, also pushes for marriage and relationships.

However, the male sexual strategy is naturally polygamous. We're inclined to have sex with many different women, but this is not accepted nor encouraged by women or society at large.

8) Women communicate using power talk; most men communicate using straight talk.

Straight talk means my words are exactly what I say and my meaning is clear.

Power talk means my words are meant to get what I want and allow me to avoid taking responsibility if necessary.

Additionally, women communicate on a subliminal, implied, and emotional level. This is why arguing with a woman is pointless: because she is not listening to what you say—she is only concerned with the fact you are arguing, and in her eyes, are in emotional, subliminal, and implied opposition.

That doesn't mean it's necessarily easier to convince a man to agree with you—but his reason will be based on the argument, not the fact that you were disagreeing (unless he's an idiot/partisan—when it comes to politics basically everyone is a moron).

9) AWALT—all women are like this.

Yes.

Why? Because #evolution.

This is why you shouldn't be mad at women or blame them. They're simply acting on their biological imperatives, and just as you and I can't help being attracted to beautiful young women who have tight bodies and big breasts, they can't help the fact they're attracted to alpha males and are hypergamous.

However, AWALT. There are no exceptions. There are gradations, yes. But no exceptions. There's no woman on this earth who is not subject to what's expressed above. Not one. Some certainly are better than others, but again, AWALT.

10) Society will take care of women in a way it will not take care of men.

It's the same basic principle as to why women and children were given the first lifeboats on a sinking ship—because for society to survive, frankly, women are more important than we are on an individual level.

The point here is that other than your parents and your best friends, no one gives a fuck about you. They will forget about you and abandon you in a heartbeat, or more likely, over the course of many years. But no one is going to rush in and save you.

Consider the difference: a woman who's bankrupt and 30, but pretty...there's a good chance she can live with her parents and still find a man who wants to marry and take care of her. However, if a man is 30 and living with his parents, let's face it: he's a fucking loser. And no one gives a shit about that guy.

Harsh, but that's the truth, and it's better to accept that and start working on yourself knowing that no one is going to save or rescue you, and moreover, that no one will respect you unless you're an independent man with some measure of wealth, status, and game.

Now comes the good part...

This means you are Machiavelli motherfucker!

This means everything is within your destiny. This means you can be as great as you want to be, fuck as many women as you want to, write and live by whatever rules you want to—it means you choose, no one else. And there is no greater freedom than that.

The Basics of The Red Pill:

1) Lift.

Seriously, get in the gym and lift heavy weights. Basic lifts, 5-10 reps. You only need to do this twice a week and you'll see massive gains. But the fact is, women love guys who are in great shape and have big muscles the way we love a girl with a tight ass and big tits. Get in the best shape you can—it will boost your testosterone, give you more energy, and make you a badass.

This is the number one tenet of the red pill. If you don't lift, STFU—you're sub par automatically.

2) Learn game and cold approach.

[Get off the dating apps and start talking to girls IRL.](#) Learn how to flirt, push-pull, etc. A good start is to read [The Game](#). There are lots of other good resources. I think Todd V (on YouTube) is one of the best, but I also like James Marshall, Karisma King, RSD Max and RSD Jeffy. [Tom Torero is cool as well.](#)

3) Find your mission.

This can be anything, but it should be something that increases your wealth, fitness, happiness, or spiritual wellness. It is something you are passionate about and that you are focusing on aside from women, and it remains your focus, always.

4) Value the process.

This is true of all the above. Girls will flake on or reject you. You'll feel like you're making no progress on your mission or lifting. Shit happens.

But if you stay focused on doing the right things: eating well, lifting hard, working hard, and running game, over the long run, it will work. Process over results, always.

5) Read books.

Get off the phone and start reading to better yourself. Whether that's novels, self-help, history, whatever, you'll benefit so much from reading. It gives you something to talk about with girls (you'd be surprised), you can apply it to your mission, and it makes you calm, smart, and resilient.

Five books every Red Pill man should read:

[The Game, by Neil Strauss.](#)

[The Rational Male, by Rollo Tomassi.](#)

[The 48 Laws of Power, by Robert Green.](#)

[No More Mr. Nice Guy, by Robert A. Glover.](#)

[The Four Hour Body, by Timothy Ferriss.](#)

If you do these five things, you will become an extremely potent man.

Good luck out there brothers!

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