THE RED PILL HANDBOOK

The Red Pill Handbook

A collection of posts, articles, and links from
https://www.reddit.com/r/theredpill

2nd Edition

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Introduction

Introduction

By pk_athiest.

Article link.

Greetings, everybody. Welcome to The Red Pill. We've got almost a hundred subscribers, in exactly two weeks! This is incredible.

Why have we grown so quickly?

Because there's truth in The Red Pill. Because men are realizing that the sexual marketplace has shifted away from what we've been taught. Men who grew up over thirty years ago are discovering the world has changed. Men who are still growing up- from the 80s, 90s, and even the last decade, they're starting to realize that what their parents taught them, what television and chick flicks taught them, what church and Sunday school taught them... it's all wrong.

Our culture has become a feminist culture. A president cannot be elected today without succumbing to the feminist narrative and paying them tribute. How many times has Obama given credit for his manhood to his wife? How many times has the debate hinged on women's pay gap - which is a myth that gets lip service because if you don't you're a misogynist!

I'm not here to parade the concepts of Men's Rights- nor am I here to discuss self-improvement tips that /r/seduction now purports are to make you a better man, not get laid more often.

I am here to say, for better or for worse, the frame around public discourse is a feminist frame, and we've lost our identity because of it.

But this isn't the end of the world. The world is changing, but men are still part of it. We just need to make sure we're changing with it.

It's too easy to blame feminism for our troubles.

Men, our happiness is our responsibility. Culture has always shifted, it's dynamic and fluid. It has never and will never stay still.

Feminism was inevitable. Equal rights are something I strongly am in support of. For men and women.

Women have the right to pursue happiness. Nobody should tell them otherwise. Maximizing happiness is the goal of every living creature on this planet.

Men, we need to recognize that since women are rightfully seeking out happiness, evolutionary psychology is more relevant today than ever in the past century (and possibly longer). We no longer run the show. And I, for one, don't disagree that marriage had to change if we were to see equal rights.

But now it's time to get serious and realize that our strategy needs to change. Feminism is a sexual strategy. It puts women into the best position they can find, to select mates, to determine when they want to switch mates, to locate the best DNA possible, and to garner the most resources they can individually achieve.

The Red Pill is men's sexual strategy. Reality is happening, and we need to make sure that we adjust our strategy accordingly.

Welcome to The Red Pill. It's a difficult pill to swallow, understanding that everything you were taught, everything you were lead to believe is a lie. But once you learn it, internalize it, and start living your new life, it gets better.

As an introduction to the topic, I want to outline what our focus is here at /r/theredpill.

Mastering Game

Game is an important portion of a sexual strategy. A lot of you probably came here from /r/seduction and are probably wondering why we'd need a new subreddit if one dedicated to game already exists. The reason is simple: Game is a facet of The Red Pill's sexual strategy. Determining good game is impossible to do so without first understanding the context given by The Red Pill's framework. Something I keep seeing over on the seduction subreddit is a problem taking over most relationship and sex forums: the desire to feminize the discussion (basically making it sound politically correct if read by a female).

Yes, game got a bad reputation from girls who demonize manipulation. This is because game is an effective strategy against their own sexual strategy. I believe women's opposition to game can be attributed to the unconscious factors in women's sexual strategy (Please do read Schedules of Mating).

When women started becoming vocal about their opposition to game, that's when men decided it would be necessary to make game more politically correct. "Oh, we're not here to manipulate women to have sex with us- we're here to become better men!"

And thus, the female imperative took over game. When men think they must define their own sexual strategy in a way that best delivers results to the female sexual strategy, you know your own strategy will suffer! In a game of chess, do I politely not take out the oppositions' queen in hopes not to offend or win the game?

Defining the Strategy

Because of the necessity to have good game, we must define what good game is. A large portion of Red Pill discussion revolves around evolutionary psychology. Understanding the facets of this psychology are key to developing a good sexual strategy. Because this strategy is useful not only in gaining the attention of the

opposite sex, but continuing relationships, having children, and maximizing your own happiness throughout life, I'm going to argue that defining the strategy outside of just "good game" is an important facet of Red Pill discussion.

Acknowledging Reality

Finally, I think our focus should always remain on ensuring that we challenge the reality we perceive and discuss precisely and objectively whether or not our beliefs line up with the testable results we can replicate. I am a firm believer that potential success can only be maximized by maximizing your knowledge of the factors surrounding your success. Keeping your eyes closed and ignoring evidence and facts will not benefit you. Opening your eyes and acknowledging everything no matter how good, bad, or painful it may seem, is instrumental in making decisions that will lead to the happiest, most successful outcomes.

The Basics Explained

By SoftHarem.

Article link.

Well folks, as 2013 wraps up this has been a helluva ride. Our little experiment that /u/pk_atheist put together has grown to 28,000 members in a little over a year with no sign of slowing down, and easily one of the most active subs on all of Reddit for its size. Most of us had nowhere to go. We knew the popular social narrative regarding dating was horseshit, but every time we said anything about it we were met with vitriol and shaming tactics trying to keep us in line like good little drones. A few of us got ourselves banned from every major gender based sub and decided enough was enough. Enter /r/TheRedPill

While you're all nursing hangovers I wanted to take a minute to discuss our philosophy as a whole, and the direction we want to take for 2014. Just as Reddit is the "front page of the internet" /r/TheRedPill has become a major "front page of the manosphere" We are now a major hub for all manosphere related activity. Every single prominent blogger is linked here, browses here, and has done an AMA. We have an extremely active community and it is only going to get bigger. As that happens the mod staff refuses to let our signal weaken. We will not have our message softened by anyone.

What is The Red Pill?

A loose and highly debated collection of frameworks that describe sexual dynamics between men and women. In short, it is purely information. What each person decides to do with this information is up to them. Remember, sexual strategy is amoral. You decide what you want to do and how you want to go about

doing it. You are responsible for your overall happiness, and all consequences of your actions. We're here to provide and discuss the framework.

What is a sexual strategy?

Simply put, it is being honest with yourself about what you want from the opposite sex and putting together a realistic plan to go after it. For our purposes this is broken down into three main groups: MGTOW, Plate spinning, and Girlfriend game.

MGTOW

Taken from: http://www.mgtow.com/

- Level 1: Situational awareness. This level includes men who are aware of the realities that face them in society, and yet deem the risks acceptable to have a go at playing the game...
- Level 2: Rejection of long-term relationships. Man who rejects all form of long-term personal relationships with women, including but not limited to marriage, cohabitation of any sort which might be classified as common-law marriage, picking up for a single mother's children, or any action which might be used in court to turn him into her legal indentured servant...
- Level 3: Rejection of short-term relationships. Man who rejects all form of personal relationships with women, including dating, one-night stands, friendships, etc. Any contact with unfamiliar women is kept strictly professional and at a minimum...
- Level 4: Economic disengagement. Man who refuses to produce more than is strictly necessary for his individual survival. He will limit actions that are punished by taxation without jeopardizing his way of life and acceptable standard of living...

Obviously Level 1 is great, and something we here at TRP agree with, but

everything after that is debatable. Level 2 does not include relationships, which are a valid sexual strategy, and Level 3 does not include Plates, also a valid sexual strategy. If you can find happiness within this framework, knock yourself out, but the meat of TRP will be focusing on Plates/Girlfriend game. Being the pragmatic bunch we are at TRP I honestly want to thank all of you MGTOW out there. By opting out of dating and society altogether you help drive down the value of pussy by no longer validating women, and you're less competition for those of us who pursue one of the other two strategies. Blaze a trail, gentlemen.

Plate spinning

Otherwise known as a "Soft Harem" and a personal favorite of mine. This is basically "dating" multiple women at once without commitment. Most of us here will tell you flat out that honesty is the best policy. Let the women know you are not available for exclusivity now, or at any point in the future. TRP does not condone cheating or lying to women. If you tell a woman you're exclusive and then fuck around on her I have no problem calling you a shithead. Don't do that, it creates feminists and other terrible types of women.

http://therationalmale.com/?s=plate

Start at "Plate Theory" and work your way up. This is a gold mine for how to spin up your own Soft Harem. You'll have to master game and have your frame locked up real tight because this is trial by fire. Always entertaining, rather exhausting, but if you play it just right you can find short and sometimes long term happiness.

Girlfriend game

Not exactly something we're known for, but I think there is enough demand that it is relevant. Women worth giving your commitment to are rare. So rare in fact we call them Unicorns, and you can consider this TRP on hard mode. Maintaining

attraction and frame for one night isn't that hard once you've had some success and internalized game. Maintaining it throughout the course of a long term relationship is another beast altogether. This is content we haven't discussed much in the past so we are looking to the community to drive it. If it is something you're interested in start making theory posts. Mate selection, maintaining frame, Captain/First Mate dynamics, etc. We aim to be the premiere hub for all things RP related, and ignoring relationships because they aren't "True RP" is ignorant. Which leads us into the next section...

Straw Red Pill

This is when RP theories become caricatures of themselves. "Bitter friendzoned neckbeard MGTOW" or "Sociopath Patrick Bateman Dark Triad alpha bro" Now, normally I'd quote GoT "Lions, sheep, etc." but we need to avoid doing this to ourselves regardless of what outsiders think. The RP community is small, and we seem to only want to divide ourselves further over which sexual strategy is the "best." Personally, I think this is fucking dumb. The career players call the guys who want a girlfriend "still beta," while the MGTOW call the players "slaves to pussy." Its all bullshit and it needs to stop. Your strategy is your own to decide, and that doesn't make it objectively better than any of the others. Here in TRP our community is built of ALL THREE sexual strategies. If you don't want to support all three then head on over to the Roosh, MMSL, or MGTOW forums so you can join in on the masturbatory nonsense.

RPS also had a good point about Alpha and Beta. Guys, listen, they aren't binary, they are spectrums, and all of us have both.

http://www.reddit.com/r/TheRedPill/comments/1r52pe/a_note_on_real_alphas/

"Occasionally I see conversations regarding "real alpha" comparing two users in a similar context to:

"You're not a real alpha. A real alpha does this.."

"I am a real alpha.. I do this!"

"This board has been invaded by betas!"

Just wanted to make a note that this is basically stupid and for fucks sake drop that shit.

Stop labelling each other alphas and betas, they're terms we use to classify particular behaviors and help demonstrate good versus bad behavior. Nobody is intrinsically an "alpha," some people just have more alpha traits than others. Stick to constructive criticism and drop the stupid out-alpha talk. It's not seddit folks, this conversation has become a caricature of itself.

If somebody is making stupid mistakes, correct them, but don't get into a stupid fight about who's alpha and who isn't.

Furthermore, of course there are people with beta tendencies here. How the fuck do you expect them to learn?

And a note to people who are new here or have overwhelmingly beta traits and don't get it: lurk a bit. Pay special attention to Endorsed Contributors. If you keep giving terrible advice when you don't know jack shit, I might just make a new user flair: Continuous Blue Balls or something."

2014

It will be business as usual except on a bigger scale. You will see a few new additions to the moderator staff in the very near future, as well as more emphasis on specific sexual strategy discussion. We're big enough and have enough moderation that the pathetic radfem trolls do not even make a dent anymore. RPS has been kind enough to start working on "Plate" and "Girlfriend/LTR game" link flair to help categorize the new content.

We're the boggieman of Reddit, and I like that infamy, but when new people show up and actually stay for a minute I want us to be the authority on all things related to sexual strategy. Help us really flesh out these concepts and maintain our position as a major hub of the manosphere.

Do work.

Red Pill Antibiotic Nuke, Come and Feed

By IllimitableMan.

Article link.

This post contains a lot of generalisations which embody fundamental beliefs of the Red Pill philosophy, this list is extensive but not exhaustive. These are bullet points and thus there is not a case study for every point made and there is not necessarily an explanation given with each bullet point. This is because this information has been designed to be snappy and easy to absorb, not an academic dissertation on each belief and concept shared. Think of it as something of a partial codification of many different RP beliefs.

- Feminists claim they want equality but what they really want is power without responsibility. They desire both male and female privilege consolidated into one, thus upsetting the gender balance. They want the privileges of being women (privilege such as being economically provided for, getting opportunities based on their beauty and protection from physical harm by others) as well as male privilege (authority, respect for having a career, to not be judged so harshly based on appearance etc) which is neither pragmatic nor realistic, it ignores the biological basis for how the genders perceive each other in the ignorance that "everything is a social construct!" and we are mostly "the same" when quite evidently this is not the case.
- Women are irrational and inconsistent, they have a capacity for logic but it is not their modus operandi, that is to say that they must exert effort to be logical as it is not their factory setting. A logical woman is easily baited into becoming emotional; women are easy to compromise. Their decisions are based on their current emotional state rather than the abstraction of logic. It's this proclivity to change so quickly which causes them to act inconsistently and in contradiction.

- Women are Machiavellian in nature, this means they are comparatively proficient at being manipulative versus the typical male. The evolutionary theoretical basis for this is due to smaller size and inferior musculature women had to learn to use men as tools rather than directly oppose them in a physical conflict (as they would undoubtedly lose in all but very few scenarios) this makes the pronunciation of their strength a propensity to be mentally violent rather than to be physically violent. Physical violence is outlawed whereas mental abuse is not, this allows women to get their way without being held accountable by a system of law, the law does not legislate interpersonal morality to this extent. Where a man's instinct is to hit, a woman's is to do a big shit in your mind instead.
- Race does not matter if you are rich. A lot of you are small-minded and stuck on the superficial, white-black-arab-indian-asian whatever, you have a certain perception of the world based upon your culture, perhaps where you live the white man is god, but know all racial barriers are overcome by power, money is power, if you're a 5' asian with a 2 inch dick that girls laugh at a 7 digit bank balance is sure to offset that. Focus less on your race and more on your success, your insecurities will get you no where. The real segregation is between rich and poor and that is even more true when it comes down to women, never forget that. Rich vs. poor is the only thing that matters in this world, white vs black, west coast vs east coast, all these other "beefs" are a minor, they are all symptoms of wealth inequality, the bottom line is wealth. Rich vs poor motherfuckers.
- Women are hypergamous they feel entitled to a superior mate. You have to be richer than her or at least equally rich, more educated than her or at least equally educated. You need to be better looking than her or at least equal looking, you need to be more popular than she is or at least equally popular. You can offset one area (LMS - looks, money, status) with another, but if you're lower in at least 2 areas just forget it.
- Buying into the last point, this is why 20% of guys are fucking 80% of the chicks, women date up, men date down and yes this has created rising social inequality since women entered the professions.
- If a woman thinks she is better than you she can't respect you, if she can't respect you she can't love you. Women love men differently to the way men

love women. Woman's love is based on adoration, adoration is a concentrated amount of respect. Respect is derived from power. Be powerful if you want to be loved, or you will never be loved. You will be held in contempt for being weak.

- Women rely on men to be emotionally stoic, we often call this "holding frame" you have to be mentally strong so she can lean on you, she finds that attractive. You cannot lean on her, there is a double standard, if you lean on her the relationship will fall apart, she will not be able to handle your problems and she will no longer find you attractive. You are a man. You have to be better than her, which means to be stronger than she is. This is why women get to be emotional and we have to be non-reactive, we are strong and ignore our emotions so they can indulge in their emotions and enjoy the ride. They find it far more difficult to be logical than we do and thus it is our burden to be the reasonable ones.
- Always set boundaries, with everyone. Do not be a pushover. This is probably the most important bullet-point here.
- Buying into the last point women have little sympathy for weak men, despite the fairer sex bullshit you may be accustomed to hearing a man is far more likely to assist a weak man financially or emotionally than a woman is.
- Women are more selfish than men are in matters of money and love. Man's love is expected to be sacrificial, woman's isn't.
- Women love pragmatically and have no capacity to love unconditionally for romantic partners, only their children. Men can love women unconditionally. There is a hierarchy of love: Men > Women > Children.
- Women have a pronounced gender group bias which means they typically de facto side with other women in a conflict regardless of logic or argument, women are herd like and stick together closely, they form cartels and use the power of the group to hen peck/destroy enemies.
- Women have a sexual plurality, if you are a nice guy with money you are husband material that can nail her after 12 dates and she's had so many glasses of wine she forgets how on a primal level you're not that attractive, just cute. If you are an asshole with nice muscles you're the guy who gets to nail her after 2 hours of meeting. We call this sexual plurality in rather rhythmic slang: "alpha fucks, beta bucks."

- Women do not care about male weakness and neither does society, if you are weak, depressed, small, poor, uneducated, unconfident, not powerful then nobody cares. People only care about you when you're powerful or a pretty woman. You have to pull yourself up by the bootstraps because nobody gives a fuck about you. Society will always have a safety net for women, white knights will charge in, the state will provide and etc, as a man you have no such luxury, your propensity and ability to gain power is much higher than a woman's but your ability to hit rock bottom is far more pronounced too. As men we are more extreme than women. Women are typically average and don't move much either side of the bell curve, as men we are either highly successful geniuses of repute that feminists can but scoff and be jealous of, the poster boys for their esteemed patriarchy, or the ignored voiceless poverty stricken peasant class that nobody gives a flying fuck about.
- The law prioritises female safety and well-being over logic, honour and justice. Family law has been corrupted and is now controlled by feminist ideological dogma. The constitutions equitable maxims are rewritten by modern statutes, Rollo Tomassi of Rational Male did a very relevant article on this topic here: http://therationalmale.com/2014/01/14/the-second-set-of-books/
- Western females (typically anglosphere and western/northern Europe) are self-entitled and come from a psychological position of thinking they're better than you are. They believe that shit despite their numerous insecurities because they have been raised to view men as instruments for their desires, they have been told they must be impressed, that a man must wine and dine her and ultimately the onus is on him to win her heart, she will obsess over her relationship status frantically and doll herself up but ultimately her part is entirely passive. She comes from a position of superiority and illogically believes she is superior to all but the most high value of men. Part of The Red Pill is realising her capacity for brilliance is lower than yours, which brings me on to the next point.
- Women need men more than men need women. Men generally want sex and perhaps a family so they have a genetic lineage to leave their worldly goods and knowledge to once they die (so they may live on through their offspring)

however women need men for their logical minds and stoic consistency, to make her emotionally stabilised "being the rock in her storm", and also need a partner just to "feel complete." Just look at single mother households and all the older women who are single, they are miserable. These women NEED a man to be happy, men DO NOT need women to be happy, men need SEX to be happy. A bachelor is a not an unhappy guy, a bachelorette is.

- Women are depreciating assets, their major asset and unique selling point is their sexual beauty and fertility. Most of them squander their best years on "riding the cock carousel" which means fucking lots of different guys in nightclubs, having flings, being generally irresponsible and riding through life on easy mode getting ahead for no real talent, but because she's pretty and can give head. Women are born, their ability to conceive children is what makes them women.
- Men are not born they are created. Poverty, difficulty, heartache, oppression, pain - these are the things that make men out of boys. This is why you came to TRP. This is why boys come back from the military as men. Conflict and pain is what forges the masculine mindset, men cannot grow without conflict and learning from their mistakes, men need to apply their logical minds to problems which arise, elevate, and transcend their previous selves to become more powerful. Men are never born, they are always bred in the bloody fields of battle and war be it economic, mental or physical. A man is a soldier of differing kinds, a man has learnt to repress his fear so he may overcome and achieve.
- Men take more risks than women and are expected to do so, being fearful, unconfident and risk averse as a man leads to failure. You must be confrontational and risk-taking.
- Single mothers [typically] breed boys not men (without outside intervention.) Boys do little except play xbox and eat pizza with no direction in life, they have little luck with girls and end up drinking themselves to dead smoking pot in their 40s. There's more women in education than men now. Think about that shit for a second. The system has been set up against you, pull yourself up by the bootstraps.
- The Red Pill is about pragmatism and truth based on observation, it is not idealistic, in some ways you can say it is liberal - but it is not liberal in the

idealistic pseudo academic sense your institutions have taught you to perceive it as. Liberalism has become corrupted. Liberals today censor and silence opposing opinions, I'm not talking about political parties I'm talking about ideologically left leaning people, their thoughts and ideas are based in idealism not directly measurable truth, liberalism has become the religion to pragmatisms science.

- Social market value is everything, something a low value man says which is "creepy" when said by a high value man is "flirty" or "sexy." Always be focusing on your physical appearance and make it the best that you can, this will make your life easier in all areas, not just sexually but financially too as caused by a phenomenon explored known as the halo effect.
- Your value is everything you should always be improving yourself, if you're not then you cannot compete in the world and your life will be miserable, anesthetized by nothing but the introversion of the four walls you reside in kept docile by xbox, porn, pizza and some online friends. Break free of the mediocrity.
- Your diet and exercise place a certain handicap on your ability to utilise your potential. The obese and those who eat poorly (but aren't necessarily fat) are typically low energy and thus waste a lot of time unproductively as they are not in the right mental state to get anything done. You need to take care of your body so then your body will allow your mind to implement it's will onto the world. You must be physically active so that you can mentally put your plans into action. Procrastination is the slow acting poison of one who lives a sedentary lifestyle. Physically active people make things happen in other areas of their life too. Exercise is invigorating. Stop putting it off. Do it.
- Your body is the temple that houses your mind, following on from the previous point higher testosterone will help you increase your abilities and leave you feeling more energetic - lift, it will give you a rush of energy like nothing else and further increase your T creating a positive feedback cycle. Jog/do cardio - a runners high again is like a drug, you will feel awesome after a jog, your anxiety goes right down and your confidence rises. Keep it up and the effects stack and become part of your personality.

Further Reading

http://illimitablemen.com/understanding-the-red-pill/red-pill-constitution/

What Is The Red Pill And Why Does It Exist?

By GayLubeOil.

Article link.

To understand The Red Pill, you first need to understand what it's like to be a boy in America. Boys grow up in an environment that is void of genuine positive masculinity. The closest things they have to role models are often fictional super heroes. Batman might be the hero that Gotham deserves but our sons need more.

So where are today's fathers and why aren't they raising our sons? Feminism has pushed men out of children's lives. For the modern women, the cash and prizes of divorce are much more appealing than an intact family. She's a strong independent woman who don't need no man, so her child is just going to have to do without a father. The men who are lucky enough to be in the same home as their children are so emasculated by the threat of divorce, that they are unable to assume a traditional male role in the marriage.

The American education system is nightmare. The whole endeavour is run under the fiction that boys and girls have the same developmental needs. Teachers are predominantly female and comprised of the bottom third of their college graduating class. These people, who are least capable of critical thinking, are in charge of teaching our kids critical thinking skills. Not surprisingly the whole project is a shit show. The women and betas who run our educational system are so hostile to play fighting, drawing guns and all other childish displays of masculinity that they stamp it out at every opportunity.

Growing up in an environment intentionally devoid of masculinity is not good for boys. Most boys don't realize anything is wrong with their upbringing until they start pursuing women. They play the dating game and lose because women are

instinctively repulsed by androgynous she men. Being rejected repeatedly is a painful experience that leads some to soul searching and seeking out the advice of other men. The Red Pill is a place for men to exchange ideas. It's a place where men can have open and honest communication with each other without having to be concerned with the consequences of offending strong independent womyn.

The Red Pill is an imperfect substitute for the male guidance our boys were robbed of by feminism. It is tired middle aged men describing their divorces. It's the unfashionable and unacceptable thoughts of Freud, Nietzsche and Briffault. It's young men asking for help at a time when no one cares about them. All of this challenges feminist's ideological monopoly. It pisses them off and they are cordially invited to go fuck themselves.

An Evolutionary Perspective on The Red Pill

By confuseacatlmtd.

Comment link from a larger article.

Men and woman are not the same, as we are built differently and have different functions. Woman will naturally go after the strongest male that shows the greatest signs of ability in providing food and protection. They do this because they are searching for the best genetic specimen to impregnate them and add value to their DNA. If they feel that over time their partner has grown weak, they will begin to look for another specimen to fit their current needs, either as a provider to their children or as a new breeder to pass on their genetic code.

A man can attract woman by showing signs of being a strong man, able to protect and provide. He will exhibit these signals through posture, movement, verbal inflections and mental toughness. Rationality, energy, and emotional fortitude also enter the picture. These traits will be judged along side his height, muscle, clothes, social standing and facial features. These attributes all factor into his Sexual Market Value, which will denote how much woman want to sleep with him and be with him long term.

Woman will at times administer Fitness tests, which are manufactured scenarios that woman create in order to test if a man is worth/is still worth having as a mate.

Woman are fairly adept at administering fitness tests, so it is far easier and more beneficial to build up a strong SMV than to try to fake one. A strong SMV will lead to a happier, more confident male. A strong male will have a strong Frame, which is his own view of his self worth, his views, his limits, and his reality. A strong male will not allow his frame to be broken. A strong frame and SMV can be achieved through many paths, including physical, mental, and emotional training.

A Comprehensive Guide to The Red Pill

All-in-One Red Pill 101

By bsutansalt.

Editor's note: the following section is taken from this article, which is an extract of a slideshow presentation. The sections have been split conceptually for readability based on bsutansalt's headings into six chapters.

1. Introduction
2. Keep It Stupid Simple (KISS)
3. Desires
4. The Red Pill
5. The Sexual Marketplace
6. Improving Sexual Market Value (SMV)

1. Introduction

By bsutansalt.

Article link.

Typical Dating Advice:

- "Just be yourself"
- "Be confident"
- "The right girl will come along some day"

Why doesn't it work?

- Not realistic and overly simplistic
- What good is it if Ms. Right walks though the door if you don't have the skills to get (and keep) her attention?
- What's the alternative?
- Become the best version of yourself – Neil Strauss

2. Keep It Stupid Simple (KISS)

By bsutansalt.

Article link.

- Approach and Stay
- Don't leave until they tell you to leave or they themselves walk away
- Hit the gym
- Old fashioned lifts are best
- Eat right
- Minimize fast food
- Dress your best
- Get into a habit of talking to everyone!

3. Desires

By bsutansalt.

Article link.

- Goals. Before you go any further you should take a few hours and go through the steps in that thread and really think long and hard about what you want out of life, relationships, you name it.
- Standards & Expectations

What qualities do you want in a mate?

- Personality
- Physical
- Spiritual
- Economic
- Cultural
- Screen for qualities you seek
- Speak up! Let her know what you want
- What happens if they fail to measure up?
- If there are consequences then you MUST follow through

Checkpoint:

- Come up with a few goals and think about how you'll achieve them
- What are some standards and expectations?
- What happens if they don't measure up?

4. The Red Pill

By bsutansalt.

Article link.

1. What is the Matrix?
2. Reality
3. Terms and Theory
4. Women like sex!
5. Rational Male's Iron Rules of Tomassi
6. Heartiste's 16 Commandments of Poon

1. What is the Matrix?

"Seeing reality for what it is is the first step in changing it." – Tom Leykis

2. Reality

1) Alpha, Beta, Omega, oh my!
    - You often see talk in our community regarding alpha and beta males, but it's important to understand this is merely a framework for understanding the social pecking order. Ultimately the goal is to find balance.
        - Alpha = Dopamine = Exciting
        - Beta = Oxytocin = Bonding
2) Body Agenda
3) Counter-culture

- Red Pill ideas are met with scorn and disdain because they challenge the status quo

4) Feminine Imperative
5) Haters gonna hate
    - You will lose some friends – your successes are a reminder of their failures
    - People resist change, and you moving up the pecking order is exactly that

3. Terms and Theory

Editor's note: many terms have been merged with the - Glossary for ease of reference. Broader concepts remain here.

- **1st Rule of Relationships**: In any relationship, the person with the most power is the one who needs the other the least.
- **Dark Triad Personality**, aka why "chicks dig jerks": A catchall phrase that describes the personality types MANY women are naturally attracted to:
    - Narcissistic
    - Machiavellian
    - Psychopathic
    - Why are women attracted to these "bad boys"?
        - Power-driven (status)
        - Low neuroticism and extroverted
        - Low amounts of empathy and agreeableness
        - Not prone to being needy or over investing
    - In other words they're a challenge and tend to live life by their own rules. Some research on the subject has also shown that Dark Triad personality types are more likely to be successful in business. Furthermore:
        - Works best for short-term mating strategy

        - Being disagreeable (an asshole) is attractive to women
        - Being power-hungry is attractive to women
        - Never sweating the small stuff is attractive to women
    - In other words, being an aloof, uncaring asshole — an amalgamation of all the above traits — makes you optimally attractive to the greatest number of women (in the short term). However, these traits are NOT conducive to emotionally healthy long-term relationships.
- **Feminine Imperative**: The tendency of media and culture to put women first, excuse their misdeeds (rationalization hamster), and criticize any holding of accountability or pointing out of double standards as being "anti-women".
    - The greatest threat to the Feminine Imperative is men becoming self-aware of their own sexual market value and the dissemination of information about how the imperative uses this lack of awareness to perpetuate itself.
    - Feminine Imperative: Example
    - Feminine Imperative: How it happened
- **Mere-exposure effect**: The more we're exposed to a product or idea, the more likely we'll prefer it over lesser-known alternatives.
- **Nice Guys Finish Last**: Being nice isn't itself an attractive quality. In fact, being nice often turns women off; they must be attracted first! If not you risk coming off as needy, clingy, over-investing.
    - We value more what we have to earn
- **Plate Spinning**: When spinning plates, a man will have a natural, subconscious (but not exclusively) understanding that if one prospect does not work out, others may. This perspective change often manifests in a man's behavior that women key on covertly.
    - Opportunity and options makes the man the prize
    - Confidence is derived from options
    - Gives men the ability to NEXT women without worrying about "what's next?"
    - Women would rather share a high value man than miss out on him

entirely, or worse...be stuck with a loser
    - Monogamy is a byproduct, not a goal
    - "Dating around" gives you experience to know what you want and don't want
    - Be honest; never imply exclusivity
    - Develop buffers
    - Women freely spin plates, we're usually just oblivious
    - They're usually more adept at hiding it; ASD
    - Metered attention
    - Spinning plates can help divest time and attention so you don't overinvest with any one woman
    - Created scarcity
- **Propinquity effect**: The tendency for people to form friendships or romantic relationships with those whom they encounter often.
    - "Like attracts like"
    - The higher people's propinquity level, the more likely they'll form some type of relationship. For example, living in the same city is higher than different cities, same neighborhood is higher than different neighborhoods, and so on.
- **Rejection**: Good game takes thousands of approaches. You'll eventually become acclimated so that it doesn't bother you.
- **Shit Tests, aka Fitness Tests**: Subtle (and sometimes not so subtle) tests women do on purpose or subconsciously to test men.
    - Typically a congruence test
    - Occasionally as a rapport break as a hamfisted form of flirting
    - How to handle shit tests
    - More often than not women actually have pretty bad "game"

4. Women like sex!

Just look at women's advertising – the media gives them what they want:

- How to get sexy
- To attract the best possible mate
- To have more sex
- Sex tips
- To secure their "alpha" male
- Enjoyment

And it's not just Cosmo! Media directed at jailbait is no different! On that note, know your state's Age of Consent.

- 16 is the most common
- Crossing state lines becomes a federal issue and the age of consent automatically bumps to 18

5. Iron Rules of Tomassi

This is not a full list of his "rules" and are merely those I felt were core ones to grasp as quickly as possible for those freshly freed from the Matrix.

Frame is everything. Always be aware of the subconscious balance of who's frame in which you are operating. Always control the Frame, but resist giving the impression that you are.

- Always be on the lookout for Shit Tests, aka Fitness Tests

NEVER, under pain of death, honestly or dishonestly reveal the number of women you've slept with or explain any detail of your sexual experiences with them to a current lover.

Any woman who makes you wait for sex, or by her actions implies she is making you wait for sex; the sex is NEVER worth the wait.

NEVER allow a woman to be in control of the birth control

- Always use protection and CYA
- Paternity fraud is a real issue—get paternity tests!
- Child support is a ridiculous system you do NOT want to suffer, not to mention there's no guarantee/requirement the money will even be used on the child's needs. Tom Leykis calls it "vaginamony" for a reason.

Women are utterly incapable of loving a man in the way that a man expects to be loved. What this means is that women are incapable of loving men in a way that a man idealizes is possible, in a way he thinks she should be capable of.

- Don't buy into the Disneyesque/rom-com version of relationships
- See also: Briffault's Law

It is always time and effort better spent developing new, fresh, prospective women than it will ever be in attempting to reconstruct a failed relationship. Never root through the trash once the garbage has been dragged to the curb. You get messy, your neighbors see you do it, and what you thought was worth digging for is never as valuable as you thought it was.

Always let a woman figure out why she wont fuck you, never do it for her.

Never Self-Deprecate under any circumstance. This is a Kiss of Death that you self-initiate and is the antithesis of the Prize Mentality. Once you've accepted yourself and presented yourself as a "complete douche" there's no going back to confidence with a woman. Never appeal to a woman's sympathies. Her sympathies are given by her own volition, never when they are begged for – women despise the obligation of sympathy. Nothing kills arousal like pity.

6. Heartiste's 16 Commandments of Poon

1. Never say 'I Love You' first

2. Make her jealous
3. You shall make your mission, not your woman, your priority
4. Don't play by her rules
5. Adhere to the golden ratio
6. For every 3 texts or "I love you", reply with 2 of your own
7. Keep her guessing
8. Always keep two in the kitty (spin plates)
9. Say you're sorry only when absolutely necessary
10. Connect with her emotions
11. Ignore her beauty
12. Be irrationally self-confident
13. Maximize your strengths, minimize your weaknesses
14. Err on the side of too much boldness, rather than too little
15. Fuck her good
16. Maintain your state control (Frame control)
17. Never be afraid to lose her

Checkpoint:

- What risks do we take becoming Red Pill aware?
- How does this help us?

5. The Sexual Marketplace

By bsutansalt.

Article link.

1. Defined
2. Fantasy vs. Reality
3. The Bell Curve
4. Hidden Realities of the Dating Paradigm

1. Defined

- Gary Becker was the first to describe human behavior in terms of economics
- Roy Baumeister further refined the idea
- A heterosexual community can be analyzed as a marketplace in which men seek to acquire sex from women by offering other resources in exchange.
- Societies will therefore define gender roles as if women are sellers and men buyers of sex.
- Societies will endow female sexuality, but not male sexuality, with value (as in virginity, fidelity, chastity).
- The sexual activities of different couples are loosely interrelated by a marketplace, instead of being fully separate or private, and each couple's decisions may be influenced by market conditions.
- See also: Briffault's Law
- Economic principles suggest that the price of sex will depend on supply and demand, competition among sellers, variations in product, collusion among sellers, and other factors.
- Prostitution is illegal and Age of Consent laws were created in order to raise the cost of sexual access by lowering supply. Artificially props up older

women's sexual market value, which (surprise, surprise) are the very people who demanded those laws

- Research findings show gender asymmetries (reflecting the complementary economic roles) in prostitution, courtship, infidelity and divorce, female competition, the sexual revolution and changing norms, unequal status between partners, cultural suppression of female sexuality, abusive relationships, rape, and sexual attitudes.
- Male and female sexuality not valued equally. This is what allows for money = sex.
- The sexual revolution considerably lowered the price of sex (to women's detriment). See also: women in college and those 30+ respectively bemoaning hookup culture and "no good men"

2. Fantasy vs. Reality

Fantasy per the Feminine Imperative

http://i.imgur.com/dwtTfG6.png

- Supported by and propagated throughout the mainstream media.

Reality

http://i.imgur.com/IfXNnAq.png

- SMV is not equal; changes as we age and differs dramatically between men and women

3. Hidden Realities of the Dating Paradigm

- The entire paradigm flip-flops as we age. By mid to late 30s men have the power and continue to do so for the rest of our lives.

- Settling down in your 20s is a mistake as you don't realize your full potential until your 30s
- Sexual Market Value (SMV) can be improved manually

4. The Bell Curve

http://i.imgur.com/2zesOwr.png

- Green represents women naturally attracted
- Yellow is where most women fall; game matters!
- Red represents women who no matter what you do they're just not going to be into you
- Goal is to minimize the red and maximize the green sections though self-improvement

I wrote more on this here.

Checkpoint

- Think back to your goals and standards & expectations. How does this section apply to them?
- Take a few minutes and refine as needed

6. Improving Sexual Market Value (SMV)

By bsutansalt.

Article link.

1. Fitness & Fashion
2. Social Attributes
3. Status
4. Game

1. Fitness & Fashion

- Being fit is itself an attractive quality. It evokes feelings of safety and protection and overrides height issues for short men
- Body fat should be under 20%. 10-15% is attainable AND maintainable
- Obesity epidemic means 33% of American's are clinically obese and another 33% are clinically overweight. This translates to being at a healthy body composition nowadays is effectively a form of peacocking. And being 10-15% bf plus being jacked most certainly is!

High Intensity Interval Training (sprints)

- Tabata protocol -- 8 rounds of 20 seconds maximal effort + 10 second recovery
- Prowler sled
- Stick to the core lifts

Diet -- "You can't out-train a bad diet"

- Keep it simple = Paleo or Zone

No such thing as "cardio" (intensity is key)

- James Steele II
- Doug McGuff

Weight training – Stick to the big lifts

- Squats
- Deadlift
- Press (bench, overhead press)
- Pull (pull-ups, rows)

Beginners: stick to the basics!

- Starting Strength is a fantastic program for beginners and intermediates alike
- New Rules of Lifting
- Forget the high volume workouts found in muscle magazines!

Stick to a schedule

- Intermittent Fasting
- Routines help stay on track and avoid slips
- Pick a gym that's on your route to/from work
    - Morning person = closer to home
    - Afternoon person = closer to work

Rest and Recovery is critically important

- A meal following a workout is advised
- Most people do well with somewhere in the 7-9 hours of sleep range
- Many people overtrain and have no idea they're doing it until an injury

occurs

Fashion tips:

- Shoes AND belt should match each other and your outfit
  - Black vs Brown

- Clothes should properly fit; avoid bad fit disease

  - Example 1 (bad)
  - Example 2 (good)
  - Example 3 (bad)
  - Example 4 (good)
  - Example 5 (bad)
  - Example 6 (good)

- Here are a couple before and after pictures of what is achievable just by getting your fitness and fashion in order:

  - Before After
  - Before After

  The pictures speak for themselves.

- Women do the same too, only their tools are a bit different

  - Fashion
  - Showing skin
  - Faking hallmarks of fertility, which are the cornerstone of what men are attracted to
  - Pushup bras
  - Implants

- Makeup
- Corsets
- Hair coloring, wigs, and extensions

All of these things are analogous to men lying about having a high status job or any other way of emulating high status.

- Before After

Yes that's the same woman.

Checkpoint

- If you're not working out already, why not?
- If you think you are fashion savvy, why didn't you dress sharp for class?
- How does this section apply to your goals? Take a few minutes and modify them accordingly

2. Social Attributes

A. Reading People
B. Body Language
C. Verbal Communication
D. Eye Contact

A. Reading People

- IOIs & IODs: 3 most important are:
  - Laughing

    - She touches you
    - Re-initiates conversation
- Proximity
    - Women stop somewhere in roughly a 10' bubble -- You have about 1 minute to approach

B. Body Language

- Think about your posture & take up space
- Slow down body movements
- Be mindful of where you are facing
- Mirror body language (and height)
- Eliminate fidgeting & pecking – mood killers
- Keep your hands out of your pockets!
    - Sign of insecurity and nervousness
- Hand gestures should stay about waist height or slightly below
    - Hold your drinks at this level

C. Verbal Communication

- Tone, pitch, projection, pacing
- Slow down!
    - Take a moment to think about what you're trying to say, not what you're going to say – there's a difference
    - You're important, they'll wait
- "Pregnant pauses"
- Eliminate filler words as best you can
- Rehearsing helps immensely
    - "Perfect practice makes perfect"

D. Eye Contact

- Far too many people are afraid to make eye contact these days

- Stare people down as you pass them to get in the habit of making eye contact
- Try to notice their eye color
- Pause for a second before looking away
- If you're hesitant or insecure, look at their nose or imagine you're checking to see if they have unibrow – they won't know the difference!

Checkpoint

- What did you just learn?
- How can this help achieve your goals?

3. Status

Status is KING!

- Education can take years, so focus on areas that will have solid ROI
- No guarantee you'll move up the corporate ladder
- Far easier to build fresh social alignments (with elevated status at the start) than changing your status within existing social circles *Host events based on your interests
    - Invite women out to these events so they see you at your best / most attractive

4. Game

A. What drive social alliances?
B. First impressions
C. External vs Internal
D. Breaking Rapport
E. Qualification

F. "Gift of gab"
G. Training Wheels

A. What drive social alliances?

- Propinquity
- Mere-exposure effect
- Investment – Second most important element
- The person least invested controls the relationship
- Build investment mutually like a layered cake
- Qualification drives the process
- Start out investing slightly less than the other person
    - Helps get them to "chase"
- Investment
    - Example of what NOT to do -- How many of you text like this?
- Scale back how much interest you're showing (3:2 ratio)

B. First impressions

- You have roughly 6 seconds
- Forget the "3 second rule" – it burns up half this time just standing there
- How you move plays an important part
- Being rejected: They don't know anything about you as a person, they're just rejecting your approach methodology

Approaching

- What you say to break the ice (open) isn't actually all that important
- How you say it is what matters
- Should not put them on edge or make them defensive (build comfort)
- The entire point is to transition into a real conversation

Direct vs Indirect

- Each has it's own merits
- Direct is better for situations where time is limited and/or seeing if they're naturally interested
  - See also: Bell Curve

C. External vs Internal Game

- External Game, aka Outer Game is all of the things you do and say
- Techniques / Gambits (pickup)
- Structured approach

Internal Game is your beliefs, self-worth, character

- Disabusing yourself of "blue pill" thinking
- Understanding of the sexual marketplace

D. Breaking Rapport

- Saying "no", back-turns, playful teasing, getting physical, they all fall under a larger umbrella of something called "flirting"
- Break rapport as soon as you have comfort
  - Bigger the rapport break, the more comfort is required to smooth things over
  - Longer you wait to rebuild comfort, the more comfort is required
- Statement of Intent – "sexy"

  Physical

  - Touch her with something cold

- Pick her up and spin her
    - Displays strength which evokes feelings of safety & protection
- Playfully push her away
- Stop speaking and just stare
    - Builds tension which itself is a rapport break
- Physical and verbal escalation are forms of rapport breaks

Teasing

- Give her a silly nickname
- Mimic her in a funny way
- Tell her she's old if she's really younger

Disagreement

- Say "no"
- Say "I bet you can't xyz"
- When asked to do something, don't comply and instead ask "why?"
- Cancel a plan you made
- Dislike something she likes

Non-supplication

- Take a sip of her drink without asking if you're holding one for her
- Ask for some form of compliance before doing something she requested
- If she's not investing, challenge her on it
    - "Come on, don't be gay"

Verbal

- If she's teasing you, just look at her and say "Weak"
- Verbal mind-games
    - Ask her which sentence is correct, "The yolk of the egg is white," or "The yolk of the egg are white." When she answers explain that the yolk of the egg is yellow.

Disqualification

- Saying you like a trait she doesn't have
    - "I like blonds" and she's a brunette
- Have her see you talk to other women
- Preselection plus the rapport break is mighty powerful stuff
- Mention your "girlfriend"
    - Can later recover by explaining your girlfriend is actually a girl...friend and that you have lots of them, just like she probably has lots of guy friends
- Powerful tool for mitigating problems during an interaction
    - Disqualify objections before they are made
- Also useful for breaking rapport (flirting) and can be used to frame others (3rd parties) in a negative light
    - Useful for getting others to want to fulfill expectations and getting them to qualify themselves to you

Sexual

- Large physical escalation
- Saying something about her is "sexy"
    - As a rule of thumb I always do this so she knows my intent – avoids the "friend-zone"
- Turning the topic of conversation to sex
    - People → Relationships → Sex

E. Qualification

- **Arguably the most important long-term aspect of Game**
- "Don't stick your dick in crazy"
- Screens for women who are a good match
    - Remember the Bell Curve
- Drives investment
- Combats ASD
    - You are demonstrating interest in more than just her looks!
- Prince Charming is discriminating because he has options
    - Is a type of preselection
    - Being choosy shows you're not afraid of her
    - Beggers can't be choosers
    - Gets the rationalization hamster going -- Does he have options? Do I have competition? (built-in dread game)
- Best when based on real things about your life
- Don't punish investment, even if it wasn't up to your standards – change topics
- Reward with some form of haptics, aka "kino"
    - This is the basis of escalation!
- Qualification statements and hoops are two methods I like to use because they're simple and effective
    - Qualification statements can invoke the natural human instinct to want to live up to expectations
- Small qualification hoops are typically yes/no questions
    - Are generally boring "interview" questions
    - Build minimal investment
    - If she answers and then goes into a longer answer, that's an indicator she's interested in the subject and might like you
- Medium qualification hoops typically follow yes/no questions
- Large hoops are open-ended and/or very personal questions

Note: If they won't commit to answering a question, shrink the hoop down a level

Also, qualification and disqualification used in tandem is extremely powerful.

Checkpoint

- How do rapport breaks and qualification correlate to your goals and desires?
- Come up with a few examples of each

F. "Gift of gab"

- Goal of conversing is to develop investment
- Guys usually do the heavy lifting at first
- Vertical vs Horizontal
- Horizontal is surface stuff that doesn't dig deeper
- 4WH
- Thoughts & Emotions
- Check-ins
- Have a few topics in mind and screen for common interests
    - Common topics for professional types are Relationships / People, Hobbies, Career / Job, and Travel
    - Younger women typically are interested in Beaches, Shopping, Movies, Partying
    - Choose topics that will be of interest to your type of women
- Don't be afraid of the occasional awkward silence -- Can be thought of as rapport breaks
- Build commonalities
    - You give a little, they give a little
    - Multilayer cake

- Statements... then questions
    - Texting should flow this way too
- Reward, statement, question – in that order -- Essentially qualification and escalation
- Personal stories should focus on the topic, not yourself

G. Training Wheels

- Keep it simple: revisited
- Approach and stay until they tell you to leave or they walk away
- Embrace awkward silences
    - They're a form of rapport break
- If they break the silence with "sooo...." that's a form of investment on their part
    - You broke rapport, now they're seeking comfort with you!

Instigate – Isolate – Escalate

- Approach
- Build comfort
- JUSTIFY WHY YOU ARE TALKING TO THEM
- Break rapport
- Build comfort
- Lock-in
    - If doing so is a rapport break, then build comfort
- Qualify, qualify, qualify! -- If it's a rapport break, build comfort immediately after
- When they jump through hoops, escalate
    - Escalation is often a rapport break, so build comfort afterwards
- Build commonalities
- Builds comfort & rapport

- When you have comfort, break rapport
    - This is the building blocks of flirting; it's emotional stimulation
- Seed reasons to stay in touch
    - Swap contact details by calling back to the above reasons you seeded earlier in the conversation
    - "What's the best way to stay in touch?"

The Five Stages of Red Pill

By Whisper.

Article link.

I'm probably not the first person to observe that taking The Red Pill is a gradual process, and that the loss of illusions, like any other loss, initiates a grieving process.

But it's worth pointing out that psychology's general "five stages" model of the grieving process applies to TRP.

1. Denial: "Women aren't like that! They're people just like everyone else! Treat them all as individuals, and you're sure to find the right one!"
2. Anger: "WTF! Bitches are all like this! They have no honour, no loyalty, and they don't really love anyone but themselves! Fucking cunts!"
3. Bargaining: "If I work real hard and learn all the pickup moves, then at least I'll get laid."
4. Depression: "Getting laid by shallow, obnoxious women has become dull and unrewarding. And there's no sense looking for a unicorn. Maybe I'll just be MGTOW for a while."
5. Acceptance: "Women aren't bad. My expectations of them, and theirs of me, were based on faulty premises. They are creatures of instinct, just like I am... but of different instincts. If I learn what those instincts are, and teach them about mine, we can develop realistic expectations of each other and get along just fine."

If we really want to understand what gets written here, in its proper context, we need to understand that most "Red Pill Theory" posts will belong to one of these five stages. Each stage has value, because to reach a later one, you must go through

the earlier ones. And, as in grieving, the progress through is seldom linear, smooth, uniform, and one-directional.

But to understand each post in context, it helps to mentally decide which stage it belongs to, and read it with that in mind.

This is why concern trolling and tone policing have no place here. Not because extremism is our banner (we have no banner, we are not a crusade), but because venting, discussing and understanding anger is a legitimate part of phase 2. Saying that women aren't worth hanging about with, even for sex, is part of phase 4.

If I were to say "don't be so angry" to someone who comes here to say "all women are bitches and whores", then I would be interrupting his process of coming to terms with the loss of his illusions. It would be far better for me to tell him that his feelings are important (because feels actually sometimes are important), and that his anger is not bottomless, and that it will eventually run dry.

So when I read a text post here, some Red Pill theory, some rant, I just say to myself "stage 2." Or "stage 3." Or "stage 5." And then I continue reading. Because they are all useful. Even if I am (mostly) over my own anger, understanding other men's anger helps me, because it teaches me more about where the disconnect between reality and our expectations occurs.

But to anyone who doesn't understand that TRP posts come from different stages of the process... well, a lot of what's written here just isn't going to make sense.

The Red Pill and Society

What Is With All The Hate On TRP?

By Orin_Fitchett.

Article link.

I don't understand why the rest of Reddit considers this to be a cesspool of rapists, everyone I've spoken to in person - male and female - agree that the point of view is pretty much spot on, whether it be guys that I know who are treated like shit by girls, guys that get all the girls, girls that hook up with someone new every weekend, girls that are only in LTR's, even my own mother.

Obviously (as with anything else on the internet) there are trolls on here and throughout the other subreddits that like to paint a negative canvas, but why on earth would someone look at this and disagree with it, unless they haven't looked past the spiel of "oh haha misogynistic cunts." is it a denial of truth? I get that ignorance is bliss, but this is life in general, not something like ignoring that bit of spilt coffee on a table.

Featured Comment

By Torquatus.

Because it presents a harsher reality than people are accustomed to or are willing to even consider being possibly accurate.

It is essentially a framework for assimilating all information on its own merits rather than automatically accepting precepts and practices from institutions or people that appear to be legitimate.

It forces you to be critical of your every move as well as those of every single person you interact with (whether its their words you're hearing or reading, the actions you see them make, or the relationships they try to build with you).

In short, it forces accountability. People aren't comfortable with that. At this point, the current generations that are the majority of our population (Boomers, Gen-X, and Millennials) are so accustomed to sucking on the teat of big government and operating under the shadow of its all-seeing eye as a supposedly benevolent father-figure.

Women obviously reject it because it exposes all the flaws of their ideology and behavior: solipsism, favored legal status, favored employment policies, and a guaranteed floor put in place by the government and funded by the garnished wages, alimony, and child support payments taken from the pockets of men. It's to their disadvantage to acknowledge it, so they fight it tooth and nail and do their best to associate it with terminology or imagery that both men and women view as unfavorable ("creepy," "rapey," misogynistic, abusive, and the like).

In short, it encourages men to be independent individuals. The interests at large have learned from history that such a culture is dangerous for those at the top, so today you see the judicial branch, mass media system, legislative branch, and major multinational corporations whose very livelihood depends on you remaining an ignorant participant in their system collude to push things farther in this direction.

The worst is being en route to or a new member of that not-so-informal oligarchy thanks to a healthy dose of good fortune and your own hard work and being torn between raising a loud voice on behalf of the truth (and risking your position) or passively unplugging and operating (largely) behind the scenes á la the Koch brothers, Karl Rove, etc.

When it comes to the general populace, people don't like having their reality jostled. It's uncomfortable and frightening, really. Given the option, people opt to literally pull the hood further over their own eyes because it's more comfortable.

That's why the pill analogy from the Matrix films is so perfectly fitting.

As to your point about people agreeing with it when presented in the real world, it's because they're responding to the 55% nonverbal cues. If you're even moderately attractive, reasonable, and articulate, it's hard for a listener not to agree because their memory suffers a deluge of experiences in their own life that corroborate your points. Online, it's very easy to attack an argument because the detractor can take as much time as they want to craft the perfect statement, plus they won't lose out to all the markers a higher-value person exudes.

Why Do You Think This Subreddit Is So Hated On Reddit?

By Pecanpig.

Article link.

I was scrolling through /r/askreddit and someone asked a question along the lines of "If you could permanently remove 1 subreddit, which would it be?" and within minutes there were several people saying they would remove this subreddit and calling you all woman hating children neckbeards, etc etc.

The worst I've seen here is being people rude in an "alpha douchebag" kind of way and generally not giving a shit about other people, but that's it.

PS: I post in /r/mensrights and we get attacked all the time for supporting equal opportunity, which is understandable since equal opportunity would mean less opportunity for a lot of people, what the hell do you guys do which threatens anyone?

Featured Comment

By drrrrrr.

Here's the long answer for why most people, even you MRA dudes, hate us. And I will explain it without calling TRP haters any names or saying they have their heads in the sand - I will assume their hate is rational. Long answer, no TLDR, because I actually want to address how TRP IS a cancerous mole on the skin of reddit / modern culture.

People hate TRP because we have been taught that certain things must not be discussed, namely sex, female desire, how it works, how social status works, how love actually works, and differences in between gender.

Discussing these topics is simply revolting because it is such a social *faux pas*, it is so low status and shameful to talk like "Hey I can't get laid I need help, I had a bad upbringing, my dad walked out, I have a lot of pain in my life. What the fuck do I do, how do I get women, help, I'm horny!" Imagine that for a second in real life in a college classroom with a friend is like "well, my friend, you need to get attractive to women and women are attracted to confident, in shape, charismatic men who have their lives together. Since you are a fuckup and have no understanding of how to piece those aspects together and actually become, say, confident because you didn't have a good father, I will break them down to you."

This scene would cause revulsion in your stomach because it's so socially upsetting and cringey and wrong. It communicates low value and low value is, for better or worse, DISGUSTING to people. An eyesore - this is human nature and I am not complaining. TRP is an eyesore. It is hard and gross and bitter and nasty to look at. Just because we are at our computers does not mean we do not react as if we were amongst people on a gut / brain level; we still feel the revulsion from a socially inept act. I fully agree the discussing of the topics we discuss is socially inept. It examines failure as much as it examines success. It shows you pain - look on here, you will see a lot of guys in pain.

I used to post a lot of MR and I still see the value in the sight, but you guys have your heads shoved up your butts with regards to the fact that most male problems or "pain" as I said earlier stems from social failure, personal failure, sexual failure, (more sexual failure), and financial failure.

Most male pain stems from not fucking, poverty, social shame, being low status, feeling powerless / depressed, being out of shape, and being undesirable. Jail, public education, courts, and colleges sucking ass creates a lot of male pain, yes. (Good on MRA for engaging with that, I appreciate the work, results or not. Gathering money for Vasalgel for example is huge.)

But we do not actually have power to reverse the trend in our society, feminism has won. End of story - we are NEVER changing back the feminist lean and anti-male bias in these government / popular opinion sanctioned institutions. Prison-industrial complex being a meat factory of poor males (and taxpayer sinkhole) is never going to change in our lifetimes, for example. Colleges are going to get more feminist, public education is going to suck more before it gets better (because we as a nation must experience tremendous pain before we change).

The attitude of "fuck it, the world is a shit hole, here is how to make life fun, meaningful, and something you can be proud of in the blink of an eye that you are alive" does make some people hate TRP. It is a form of nihilism that I personally think is a beginner phase of TRP that you grow out of. The attitude that everything sucks shit (most men are approval seeking beta tools, most women are hypergamous, emotional, sluts, for example) is a justified criticism of TRP. I fully admit that is a bad world view and at the same time, I fully see why people hold it.

A broke person will see rich people as evil and money as evil. Teach him how to produce good work that earns him pay, he sees rich people as fellow people who "made it" and money as a fairly sensible invention that spurs innovation and hard work. This is ultimately what TRP can do. Teach a guy how to succeed, he loses his opinion that everything sucks. Teach a man how to get a girlfriend, he stops espousing petty nihilism on the internet.

MRA actually made me more pessimistic and nihilistic - from my time on your page, I would always get into a glum state. Today a mom bashed her toddler's head and receives no punishment! Schools now are denying boys entrance into a CS scholarship! Stats about how shitty everything is for men! Look at how horrible these feminists are, etc. RP helps guys who are in this nihilistic state get it out of their system.

Once again, it is an eyesore. It looks shitty and cringey and gross to see some (probably teenage) person talk about how "society is so X." Just hearing the word "society" come out of someone's mouth is facepalm nowadays, like saying

"sheeple" seriously. But look, that is how the guy fucking feels about society, he should be able to share his perspective and reasons for his perspective (and listen to others), because that is how new seeds of thought will be planted. He will grow because we provided him with knowledge that at worst is what I call "beneficially wrong." By this I mean, for example, if lifting doesn't actually correlate with attraction at all, our advice to lift will still yield 99 other benefits and improve his life.

But who can see that end of it? All you see is the shameful bits, the admitting failure, the breaking down of things you were taught at a young age by good family and friends. If you are a normal person in a home and school that nurtured you into a confident dude, OF COURSE you think we are a bunch of introverted neckbeard faggots circlejerking about how shitty everything is.

They do not, however, see the lowered cholesterol levels and healthy blood pressure of my dad when I introduced him to books I found here on health. Just like with Pick Up / Mystery type stuff, they see the fucktards on TV in that reality show, they do not see me 9 years ago in college getting the balls to join a frat, make friends, and answer questions in class. They only see the gross shit people do to one day get to that point. They see the lows. Ask any married dude on TRP - how much HAPPIER has their wife been since they found this. But of course, no one will ever see that. They will see, however, me telling that guy (or someone telling me) that they need to quit being a pussy, lift, not supplicate, law down some rules, fuck her better, and let her be emotional without 'logic' attacking her all the time.

They see the misogyny, but they don't see a dude working through his misogyny to develop an actual love of women. I can honestly say that I love women and that is something that I never could have said without realizing RP ideas or getting the experiences that PU and later RP thinking allowed me to get. You must objectively UNDERSTAND women to say you love them; a man with illusions about something can never love that thing. If you do not truly understand how women are different than men, you do not love them. There is no price too high to achieve an objective understanding of yourself and the species you one day want to raise a

family with. This is the idea of RP that is so revolting - NO PRICE IS TOO HIGH FOR REALITY. Shame, looking like a retard, being misogynistic by societal standards, etc, it is a small price to pay in the pursuit of objective, uncensored ideas. Most people cannot pay that price; if something will earn them success but make them look like a degenerate moron, they will not do it, end of story. They see us being willing to look like idiots in the pursuit of success, so naturally rather than confront their own avoidance of tough choices, they sit back upon whatever accomplishments they do have and talk shit about how pathetic it is that some people have to do MORE to get to their level.

Because ultimately, that's all TRP hate is. Successful people who hate on TRP are generally just dudes who lucked into a great environment to grow and thrive in, so they naturally think other dudes who didn't become a success must be serious jackass losers. Unsuccessful people who hate on TRP (most of them, since I have met very, very few successful people who engage in online hate) are dudes who hate on guys who actually try to fix their problems instead of escaping from them. People who SHARE problems (most men share similar problems) often display massive hatred towards guys who decide "holy shit, we're all a bunch of losers, fuck this, I want out, I will literally do anything to not be like how we are."

Hopefully that sums it up. I have no problem with TRP receiving hate. I want TRP to be discussing things society will not discuss because otherwise, we are worthless and discussion here has no merit. We are not being objective if we are approved of. The day people on askreddit espouse our merits in great numbers, I'll stop posting here.

Excuse Me. Why Does Everyone Assume You Guys Are Abusive Assholes?

By skyclown.

Article link.

I prefer to make my own mind up about things so have spent the last few weeks dipping in and out of the material in sidebar. It's been fun and informative. Some things I already knew but couldn't articulate, plenty of the other stuff was fresh to me though and I'm in my 30s. I've read a few of the comments here over the last month or so and there does seem to be a few 12 year olds on power fantasies but generally the community is normal - sharing stories and resources, offering support and guidance. I still don't understand why it gets such a bad rap. I tried to defend the scientific honour of /r/theredpill the other day in a thread where OP was asking for help with confidence. I simply said it had scientific merit and that they should come read the sidebar material but they equated it with breaking a horse and buried me. This seems terribly intellectually dishonest to me. Why is there an assumption that if you understand this material that you become an abusive, misogynistic dickhead? It's ludicrous. First time poster so thanks for reading.

Featured Comment

By IllimitableMan.

Why is there an assumption that if you understand this material that you become an abusive, misogynistic dickhead?

Because you are agreeing with a community whose very existence undermines the gynocentric status quo of feminine primacy. By asserting the masculine

viewpoint as primary, or even, a valid counterpoint you automatically become a threat. The hive mind rationalises your arguments as "backwardly patriarchal" and therefore, irrelevant, bigoted and out-dated. Then it gets spun as "people like you are the reason feminism exists" when actually, the reason you looked for a place like this is exactly because of the effects feminism has had on you and those around you.

Despite the damage feminism causes to developed societies across the globe, a lot of people are personally invested in it due to their own psychiatric problems. Others are not staunch SJWs/activists and many may not even identify as feminist, but due to the institutional influence of feminism they will embody lots of feminist norms and values. Particularly, those of you with a bachelors degree or higher, have been drowned in feminist propaganda. I find the more educated people are, the further from reality they tend to be. Not because they are stupid, but because they have spent many years in an institution which pushes forth feminist norms and values, they become indoctrinated. Effectively, most of the population whether they know it or not, agrees with the idea that the genders are equal, but that we must also artificially elevate women and give them special privileges.

So what's the reasoning for this you may ask? In an attempt to be concise it's kind of like the concept of white guilt, except it's for ALL MEN. Race card does not trump GENDER card. The way institutions are biased towards women today is due to the idea that men owe women due to the supposed barbaric nature of men pre-feminism in essence, it's the construction of a "male guilt" and women getting an easy ride today is some kind of reparation for that. That's how they justify their benevolent sexism. Feminism in its current form is all about maintaining double standards stemming from traditionalism that benefit women whilst destroying the double standards from our civilizational past which benefit men. It is ultimately, the restriction and demonisation of male freedom, expression and sexuality to make way for completely unmitigated freedom of sexuality and expression for females.

Instead of helping men and women understand each other better in spite of our differences and helping us cohere into a strong, somewhat moral and productive

society, feminism encourages and thrives off facilitating decadence. Using newspeak like "liberation" to define the decadence it encourages when said "liberty" is really just a positive spin on "fucking anarchy." If you know your history, feminism reared it's head in roman civilization just before it fell. There appears to be a cycle where a civilization becomes so prosperous that it can afford to entertain notions such as feminism, only for those same notions to contribute significantly to the eventual downfall of the civilization, usually by lowering the birth rate and not incentivising beta men to work hard for the tax base (you get a return to harems, rather than monogamous nuclear families like you do under traditional Christian-based monogamy.)

To these people, the feminine viewpoint must be hegemonic and they don't care how many young men, girls with daddy issues and grown men that this feminine primacy adversely effects. As far as they are concerned, the masculine viewpoint is backward, barbaric, misogynistic and unworthy of listening to. They are oafs, they are bigoted, they are close-minded and they often have a personal vested interest in maintaining the feminist false narrative, some through product of having invested so much personal time into the ideology, others due to prevailing business interests. Unfortunately the generations feminism has tainted are irreversibly tainted because once someone is indoctrinated by an ideology it's very hard for all but the most intelligent of the pack to come out of it unbrainwashed or otherwise "mentally free" or "lucid."

An example is say, old people in Germany. A lot of them will think Hitler was a great guy and still hate the English because of remembering WW2 from their childhood or whatever. They have some investment in Nazism. But if you ask a young German today what they think of Hitler and the English they'll say Hitler is bad, English are "fine" or whatever. Completely different ideas, same people. Nazism didn't get to touch the newer generations like it did those born around the, and pre-WW2 period. The same goes for feminism. Gen X and Gen Y (Gen Y = Millennials) are pretty fucked when it comes to feminism, most people will be life-long invested in the idea men and women are fundamentally equal despite the reality they are not.

Feminism is very much concerned with controlling and policing speech, it's become a very Orwellian ideology since it's inception as a simple civil rights movement. The fact we try to circumvent their control of gender relations is an affront to their personal beliefs and threatens the narrative by bringing it under scrutiny, something feminism doesn't fare well under (scrutiny.) Feminism requires blind faith, like many ideologies, and is intolerant of being alerted of it's own hypocrisy, weakness, dysfunctionalism and etc. Also to be clear, when I say "we try to circumvent their control of gender relations" we achieve this through indirect methods. We do this by claiming our masculinity and autonomy through hyper-independence. With independence it is difficult to be controlled. We are not a movement, we are a personal philosophy. We do not "fight for change" through political activism or a *coup d'etat*, we don't try to "change society to fit our needs" (the feminist model) but instead we introspect and make improvements to ourselves so that we may thrive in spite of society's support (or lack thereof.)

Feminism, like many a social ideology, is narcissistic and irrationally arrogant. It doesn't even consider it may possibly be wrong, or flawed and it will not allow itself to be undermined at any cost regardless of any negative outcomes that occur as a result of that. Of course like many ideologies which started with a rational and noble seeming ideal but morphed into faith-based cults, if you don't toe the feminist line you will be ostracised from society and people will say horrendous things about you because they don't like you. Because you are "one of them" and not "one of us." You are not a person to them. You are an "other." And as history has taught us that if you are considered "an other" (witch burnings) then you are not welcome in society.

If you tried to build a church in Saudi Arabia they'd probably chop your head off. Well being Red Pill in a feminist country is that equivalent. Witch hunting and doxxing galore. Which is why I never answer questions about my age or what I do for a job. It says I live in London on Twitter, that's it. 12 million people there including the metro, have fun finding me. For your own sake, don't post any personal information. Without the internet a platform such as this probably wouldn't even be possible and feminism would have absolute domination rather than a majority. Whilst the internet has been great effective at spreading feminism,

especially to poorer countries, it's also served as a medium for fighting against it. The internet, my friend, is truly beautiful and we should all be thankful that we got to live through it's inception and see first hand just what it can do for us as a species. The internet is the best source of free information and freedom of expression to ever exist.

It is because of the internet you have the chance to read things which don't fall within the realm of "political correctness" but things which are also outside that closed stringently moderated bubble of opinion. Political correctness to me is just a code word for "views, opinions, language usage and beliefs which fall within a spectrum of pre-determined institutional acceptability." The changes to the language, calling normal people "cis" and all this shit has Orwellian undertones. Read *1984* if you haven't. And if you read it pre-Red Pill, read it again for additional insight.

Deconstructing: EMSK Why "The Red Pill" Will Kill You Inside

By IVIaskerade.

A response to an article written elsewhere on Reddit.

Settle in fellas, pull up a chair, get yourself a cup of whatever you drink (I recommend white tea with no sugar) and get comfortable. This is a long post., and there's no TL;DR because I can't condense it enough for it to be worth it.

So I got down to reading that EMSK post for about the 10th time, because there was always something a little... off about it in my mind, something I couldn't place, and if I feel like that, I know I'm not the only one. Now, other people have responded to this post, particularly u/StuffDoer's popular (and rightly so) post a month or so ago, but I couldn't find a post that actively went through it point by point and talked about each one. Some people might think that the post has been done to death and just wish we'd stop going back to it, but I thought that something like this could be of benefit to newer people who're still wavering.

Also, this post deals more with LTR-oriented stuff, as the original EMSK doesn't talk about PUA stuff, so my response won't either.

To give context to this post, here's a link to the EMSK post on Archive.Today, and here is the same post in redditlog.

TL;DR: It's unfair that men suffer from sexual strategy, but that doesn't make it okay to flip it and make women suffer instead. No one deserves to be emotionally abused.

For the record, I disagree with u/TalShar. Nobody deserves to be abused full

stop, but that doesn't make it "unfair" that men suffer from sexual strategy, because it's not applied unfairly. The application of sexual strategy is universal, across men and women (and others), and I can't think of a fairer system. What we're saying is that it's unfair that men aren't taught about it - it's just expected that they'll know when the teaching of such principles is being discouraged as "unfair" (ironic, isn't it?) and the teachers derided as "stuck in the past." That is where the suffering comes from.

[Edits 3 and 5 removed because they're not relevant].

Now, let's get started.

Yes, let's.

Foreword: I realize that this isn't your typical EMSK entry, but I view it as essential advice to any man who wants to be happy in a heterosexual relationship. Nothing against men who want to be in a non-hetero relationship either; this is just addressing those who may be getting pulled in by the "Red Pill" philosophy.

Ok, we're getting off on the right foot here. u/TalShar is laying out his reason for writing this, and also talking about who it applies to. I wish to do the same:

I realize that this might not be your typical Red Pill entry, but I view it as essential advice to any man who has read the EMSK post that spawned it, and was couldn't help but feel that there was still something there in TRP, that they couldn't quite put their finger on, but there nonetheless. This isn't addressing those who are "already red", as it were, though you are of course welcome here. It's simply addressing u/TalShar and those who agreed with his post on what I believe to be the strengths and weaknesses of his post.

For the uninitiated, "Red Pill" is a term co-opted by the types of people who frequent [Link to TRP] (enter at your own risk, lots of lady-hate in there).

Alright, fair enough, there are quite a few posters here still getting over the

anger phase, and it's understandable that they want to express their feelings. Personally, I do think that we could do with toning it down. A post that is just venting is all well and good, but unless it's contributing something worthwhile and not just "women are all whores and I hate them", I don't think it belongs in TRP. Not sure where it could be directed (except toward lifting), but we need to keep it a bit lower-key.

It's a reference to The Matrix, in which Morpheus offers Neo a choice of one of two pills... a blue pill, which will make him forget and allow him to contentedly go back to a life of brainwashed mediocrity, or a red pill, which will wake him up to an unpleasant truth but grant him great power.

Well, yes. This is the intent of the name of the subreddit. It's a little tongue-in-cheek, as we explicitly don't believe it gives you "great power" (<facetious> that's NoFap's domain</facetious>), but do believe that it gives you the information needed to do your best in the world in which we live. TRP doesn't believe in an "alternate world" that you access by accepting it, it believes in "pulling back the curtain" of the world you live in.

The idea of the "Red Pill" as is commonly used now, is that men are constantly losing a war of what [link to TRP] users refer to as "Sexual strategy." Essentially the premise is that women have what we want (sex), and they can make us bend over backwards to get it. They have us wrapped around their little fingers. Those who "take the Red Pill" awaken to their true male potential and learn to get what they want without having to submit and forfeit their masculinity.

I don't see how this is a bad thing. According to the premise of TRP, refusing to let others take advantage of you is a good thing, and women have been taking advantage of men who don't know better is what TRP prevents.

The subreddit is rife with success stories from men who claim they've gotten what they want out of their relationship. One guy claims (and I'm paraphrasing), "She does my laundry and dishes, we have sex whenever I want, and she knows that I don't belong to her, and if she ever slips up or takes me for granted, she's

gone." It's not that I doubt what he's saying. I believe it. The problem is, what he's describing is emotional abuse.

Now on this account I must disagree, because there's not enough data. The poster didn't mention, and TalShar isn't trying to find out, why a woman would tolerate such a situation. It couldn't be that she's happy with it, could it? It couldn't be that she's getting the benefits of an LTR with a guy who she genuinely likes, and sees doing the dishes/laundry as an act of love? Maybe she's a woman who's willing to work at a relationship, and the poster hasn't discussed what he brings to the table (and you better believe he's bringing something, else she'd be out of there faster than a hamster out of cage) The other thing I wanted to focus on from this paragraph is:

if she ever slips up [snip], she's gone.

TRP teaches that this applies equally to males. Failure to hold frame, showing weakness, giving in to her shit-tests, all of these will lead to her becoming less attracted to you, and once it gets to a certain point, leaving. Is it emotional abuse to say that you'll drop a woman if she doesn't perform? Maybe, but since a "slip up" is likely to be something major (like kissing another man) and not "I haven't ironed your shirts because I had a visit from my friend that took longer than I anticipated", it's hardly the massive issue u/TalShar makes it out to be.

What the Red Pill advocates is taking advantage of common weak points in the typical female psyche (most of which are present in your typical male psyche as well; everyone has weak points, and most of them are common to all humans, though some are more pronounced in one sex or another) to put pressure on women and bend them to your will. Users advise doing things like keeping her guessing, changing what you want and then berating her for not keeping up with your whims.

Yup. TRP advocates taking advantage of women to bend them to your will. It absolutely says "the best basis for a good relationship is Stockholm Syndrome." It doesn't say "she does it because you make her happy and she wants to reciprocate."

When we tell people to "Be clear, but most importantly, be *decisive. Make a plan and stick to it", we are absolutely advocating "changing what you want" and "whimsy."

Several advise that you never show affection for her unless she's done something to please you.

Yes and no. Positive reinforcement is great, but we don't say "don't send her random little gifts as surprises." I've never once seen a post on TRP saying "women hate to receive a bouquet of flowers without doing anything to deserve it." Also, is u/TalShar saying "never initiate" or "you should show affection even when she's not behaving"? For the record, I think that they aren't, but the statement was a little ambiguous (that could be our fault too).

You break them like you'd break an animal.

My mind is struggling to comprehend where this came from. We advocate treating her like you would a child - gently, rewarding good behaviour, and making it clear through our lack of reaction that she won't get anywhere with bad behaviour. This is akin to saying "You must break a child like you would an animal." No. Just no.

And it's damned effective in some cases. It'll get you what you want if you do it right.

Including if what you want is a stable, happy, loving marriage. Thanks go to Ian Ironwood and Dalrock for proving that TRP and marriage are more than compatible, certainly more than our detractors (and some of our own) claim. It's just a shame that "doing it right" isn't what u/TalShar thinks it is.

But you shouldn't want that, and here's why.

...I shouldn't want to get what I want? I shouldn't want to know how to get what I want? I shouldn't want to know how to keep a woman happy in the long term? u/

TalShar re-frames it as "red pillers abuse people to get what they want", but that's not what we do. Sure, there are people like that, but that's because there are people like that in every walk of life. It's not that TRP makes X% of its readers assholes, but that X% of people generally are assholes, and this applies to TRP as much as anywhere else.

The Red Pill subreddit is also full of "Blue Pill Stories," in which guys get emotionally abused by their girlfriends. They lament being used for their money, their homes, their emotional support, what have you, and then being left when they weren't "Alpha" enough to keep their girlfriends around. It's a shame, it really is. Nobody deserves that kind of abuse.

Ok, it's emotional abuse when women use a man for commitment without providing sex and leave when they've had their fill. That much we agree on. I also think we could do with reducing the number of "blue pill" stories we have submitted - yes, it's great that you've found another example of a man who's behaviour is something we want to avoid. I'll just add it to the rest of the examples we already have.

"Nobody" includes women, though. What the Red Pill strategy does is flip that power dynamic on its head. When it works, now it's the man who is in power and the woman who is suffering. The man gets the sex without having to commit any real effort to the relationship, aside from making sure that his SO's emotions are brutally crushed on a regular basis. You haven't fixed anything, you've only made sure it's your SO who's suffering and not you.

Ah. Ah. I had wondered when we were going to get to this bit. The whole "Red Pill behaviour makes her suffer" argument. You seem to think that it's a dichotomy - either the woman is in power and the man is suffering, or it's the other way around, and the only other option is what you propose. My rebuttal to this is that there is no reason that the man being the more dominant one (yes, the one "in power", but that phrase doesn't convey the subtleties of a relationship dynamic) necessarily means that the woman will suffer, especially if the man is a proponent of TRP. Additionally, the man most certainly does have to commit effort to the

relationship - it's how he keeps her happy (and willing to provide sex). The idea that you, her emotional rock, would attempt to crush her emotions, is beyond absurd. In fact, it's crossing the line between distortion of the facts to fit your agenda (everyone does that) and outright lying about the other side. That's called propaganda, and I am disappointed that you resorted to it.

And the reason she stays is the same reason Blue Pill guys stay in their relationships: They don't want to be alone.

Actually, the reason most Blue Pill guys stay in their relationship appears to be the hope that if they just appease her enough she'll give them more sex. Sure, some stay because they don't want to be alone, but a dog takes care of that quite handily (apart from the sex, you perverts), leaving sex as the only reason that a lot stay - it's because as little as they get now, they've been conditioned to believe that a) this is normal b) they shouldn't ask for more and c) they won't get any at all if they leave, and some is better than none.

And as long as you keep that power dynamic active, you will never know what love is. Because love means that you feel what your lover feels. If she hurts, you hurt. If you hurt her, you feel all of her pain and all of the shame for knowing that you're the one that caused it.

So what you're saying is that if your woman is

If you really love someone, you'll never want to hurt them.

Absolutely true. However, TRP doesn't advocate "hurting" anyone, any more than it advocates "controlling" them.

And make no mistake, that's what the Red Pill is: cold, calculated, systematic emotional torture meant to produce a desired response.

Really? Could you please give evidence of this? I mean, as far as I could tell, that's never been what this sub is. How is making yourself more desirable through

working out emotional torture? How is ignoring a woman's attempts to manipulate you emotional torture? If anything, it's refusing to succumb to emotional torture. You know what emotional torture is? When a man deliberately utterly annihilates a woman's self esteem so that she will sleep with him. Treating her like a normal person who doesn't get special treatment until they've earned it is emotional torture? Ye gods, I don't think you know what emotional torture is!

Methods like keeping your prisoner guessing, changing what you want, keeping them off balance, those are all interrogation techniques meant to break your prisoner down on a mental and emotional level and produce a compliant charge.

keeping your prisoner guessing, changing what you want

That sounds suspiciously similar to a shit test to me. As far as I can tell, Red Pill men tend to be forthright about what they want, and it rarely changes. It's the same as what every man wants - regular, passionate sex, loyalty, and love. I'd like to see some evidence of where TRP actually says "the best way to make a woman stay with you is to mentally abuse her and break her will." As far as I was aware, the core tenet of TRP is "You cannot force a woman to want you, but you can make yourself something that she wants." As a way of giving an equivalent example, I personally do not like the texture of cheese. However, if you melt it, the texture changes and I'm fine with it. You cannot force me to like it, but you can change it so I like it. Is this not a self-sacrificing thing to do? To work to change ourselves for the benefit of others (because let's be honest, most of us wouldn't work out if we hadn't realized that women want a guy who does - no matter what TRP says about "do it for yourself", a lot of us started for the female attention) - is that not a triumph of putting the wants of others before your own?

Put quite simply, someone couldn't ever do such a thing to someone they truly loved.

I agree. If you love someone, you won't emotionally abuse them. You will, however, be their rock, their bastion of safety, and their lighthouse in the darkness. You will not attempt to deceive them, nor will you physically abuse them. If you

love someone, you will understand how to keep them happy, and TRP equips you to do this.

There is one thing that Red Pill has right. Sexual strategy sucks. But the solution isn't getting better at it than your SO is. The solution is agreeing with one another that you're not going to play the game. If a game is going to always suck for one player, and both players care about one another, they're going to find a better game to play.

Again, no. TRP explicitly doesn't say "sexual strategy sucks." It says "This is what sexual strategy is" and leaves it to us to make value judgements. u/TalShar also assumes that people can "not play the game." In the (slightly mis-remembered, I have no doubt) words of Robert Greene, "You can't choose not to play."

You want a healthy, stable relationship that is going to be rewarding? Here's the secret. Remember that your SO is just as complex, intelligent and vulnerable a human being as you are. She has needs just like you do. While she might place different values on her various needs, while she might express them differently, they're every bit as important to her as yours are to you.

Now, this is interesting, because it's exactly what we say. We acknowledge that women also have needs, but the difference is that they're different to a man's needs. She needs emotional stability, reliability, security and occasionally, for someone else to take the reins completely and let her relax. You might need these things too from time to time, but it can't be from her. It can be your buddies, your parents, your brothers, but not your wife. TIL not putting emotional baggage on someone you love is "mental torture."

Life is a war. But if you want to win it, you and your SO need to be on the same side.

Again, we don't disagree. We just disagree on what will cause her to stick by you.

You don't need to break your girlfriend or wife. You need to talk to them. If they're doing something that hurts you, you need to tell them. And not "I wish you would quit that." Tell them "This hurts me when you do that." If they care about you, they'll take action to prevent causing you pain. To position and strategize to get what you want out of your marriage is to deny your most potent asset: An intelligent human being who cares about you and wants to see you happy above all else, and who wants to be happy alongside you.

Again, you started off promising, and then it all went to hell after the first sentence.

And if you don't have that in your SO, you either need to get to that point or get out. There are many, many worse things than being single. One of them is being in an abusive or emotionally vacant relationship (on either side, abuser or victim). Don't view your time as being single as a sexless desert. View it as a time to grow and realize who you are. You need to be able to define yourself as an individual before you're ready for a relationship.

Human beings are as diverse as life on this planet. For every type, there is a counter-type. There is someone out there for just about everyone. However, none of your relationships will work out in a healthy manner until you realize that women are people too, not animals to be broken. You don't need to be an Alpha. You're not a damned dog. You're a human being. Human beings can communicate complex concepts, rebel against their base instincts to find better ways of doing things, and above all, reflect on their actions and empathize. You don't need to establish dominance, you just need to find somebody that's willing to actively pursue your happiness alongside their own; and you need to be willing to do the same for them. If you're not ready to do that, you're not ready to have a healthy relationship.

There is not "someone out there for just about everyone." There are people who you wouldn't mind spending the rest of your life with, but that sounds a little close to "you'll find someone who loves you for who you are, you don't need to change!" territory, and we all know where that road goes.

I may not be a dog, but I am a social animal, and like all social animals, there is a social hierarchy, with the people on the top taking the lion's share of everything. You also misunderstand the concept of dominance. Sure, it means being the once in charge. It also means being the one with all the responsibility, the one who has to bear the weight of their problems alone, that those under them might be free of such a burden. Dominance is listening to those you lead, because they do have good ideas, and to discount them because you didn't have them is a bad thing.

But there's good news... Something else human beings are good at is changing. You want someone to be willing to change for you, you have to make sure you're willing to change yourself a bit. Everything's a two-way street. Just make sure you're changing for the better. Being willing to change doesn't mean flopping over and doing whatever is asked of you. Here, change is a bad word for this. Be willing to improve yourself. Nobody's perfect. Spot those places that need work (I assure you, they're there, and if you can't spot them, I guarantee the people around you can), and start improving on those things.

This paragraph is pure gold. You must be willing to constantly strive for improvement on your terms. You shouldn't just give in to demands, you should strive to better yourself every day. Nobody is perfect. Accept this. Good stuff, u/TalShar.

In order to have a healthy relationship, you have to be a healthy human being first. A healthy human being doesn't use sexual strategy. You'll only ever have a healthy relationship if both parties refuse to play that game.

Once more, the first five seconds of Save Me express my disappointment. This isn't War Games. This is your high school's PhysEd lessons. You play whether you like it or not, the only thing you get to choose is how well you do, and the first step is to accept that you're playing.

I mentioned earlier that Morpheus's "Red Pill" was originally symbolism for awakening, both to truth and to power, while the "Blue Pill" was a metaphor for staying asleep and maintaining the status quo.

In truth, the Red Pill as they represent it isn't a true awakening at all. It's a capitulation to a false dichotomy. A true awakening is realizing that the people around you are more than just faces, that they all have their own stories, their own thoughts, hopes and dreams, and that they are just as complex as you are. A true awakening is realizing that you don't have to win the fight (and thereby habitually hurt someone you ostensibly care about), or lose it. That you can take your ball and go home.

First off, there is not "fight." There is no "win" (I will address in the next bit). We already know women are as complicated as men are - probably more so. However, what we didn't understand was how they differed, and how to accept and deal with that. TRP does not say "she must give up on her dreams to be with you." TRP does not say "she is worthless except as a silent, submissive, sex thing." TRP does not say "women aren't complicated." TRP says "you're not the only one who has to work at a relationship."

The Morpheus of sexual strategy is offering you two pills: Red and blue. Win sexual strategy, or lose it.

Not really. Sexual strategy is something that "is", not something that you "win" or "lose." Sure, it has precepts for better outcomes (of two otherwise identical men, the richer/more muscular/more confident/taller {delete as appropriate} will be more desirable), but those aren't "win conditions" because you don't "win" sexual strategy.

Punch him in the face and tell him you're not playing his bullshit game.

Once again, there is no "opt out" button. You can punch morpheus all you like, but don't expect things to change because of it.

Feminists are Losing The Debate Online

By redpillbanana.

Article link.

A while back, I made a submission in /r/TheRedPill and /r/MensRights titled: Avoiding the "feminism has such wonderful goals, why would you oppose it?" straw man. I described how I responded in a debate with a feminist.

There were many replies along the lines of:

- You lose by engaging.
- Just don't discuss anything with feminists. they are just as lunatic in their beliefs as marxists and creationists.
- Stahp! You've already lost.
- Arguing with a feminist is like arguing with a troll.
- The only way to win the game is not to play.
- Don't reason with people who are unreasonable.
- Why are you even arguing with women about feminism? I can't imagine a more pointless venture.
- WHY THE FUCK ARE YOU TALKING TO FEMINISTS AT ALL!!!!!!!!!!!!!!!

These are all good responses, to be honest. If you're in a one-on-one debate with a feminist, there is only a minuscule chance that you'll change her views - more likely she'll start calling you a misogynist and tell you to check your privilege. If you start bringing up facts and logic, she'll shut down and say things like, "Wow, just wow, you're so far gone that it's not even worth talking to you, I don't even know where to start." I've seen exceptions but the majority of my interactions with feminists have been along these lines.

However, if you do care at all about the disproportionate influence that feminism seems to have, it might be worth your time debating feminists as long as others are watching. The reason is that feminists generally do very poorly in debates because their ideology doesn't seem to value truth and logic, and instead resorts to shaming and emotion. Their worldview is a house of cards and is very easy to knock down. In such debates, you won't change the feminist's mind, but you might change the minds of 10 others who are watching/reading.

The truth is that feminists are slowly losing the public debate.

Could you have imagined a day where *TIME Magazine*, the most mainstream of the MSM, has the following headlines?

- It's Time to End 'Rape Culture' Hysteria
- Stop Fem-Splaining: What 'Women Against Feminism' Gets Right
- 5 Feminist Myths That Will Not Die

People are seeing the awful side of feminism such as:

- The University of Toronto protest of Warren Farrell
- Big Red singing "crying a river" when confronted with male suicide
- Sharon Osbourne laughing at a man getting his penis chopped off and placed in the garbage disposal
- Adria Richards and Donglegate
- Gamergate
- Rebecca Watson and Elevatorgate
- Hillary Clinton saying that "Women have always been the primary victims of war. Women lose their husbands, their fathers, their sons in combat."
- The National Organization of Women opposes father's rights proposals such as the presumption of shared parenting by family court

...and the list goes on

They're seeing the same debunked lies and myths told over and over again:

- Women make 77 cents for every dollar a man makes
- One in four women is the victim of rape or attempted rape
- Only 3% of rapists are punished

The icing on the cake is seeing how infrequently women are held accountable for bad behavior:

- A woman can falsely accuse a man of rape, ruin his life, and suffer no consequences (see Crystal Gail Magnum and the Duke Lacrosse case and this video How to Ruin a Mans Life over $13)
- A woman can sexually assault a man, tearing his shirt off, putting her fingers in his mouth, and feeling his nipples, and be sentenced to mere probation without being registered as a sex offender.
- Women receive lighter sentences than men for the same crimes.
- Due to VAWA, a man can be convicted solely on a woman's testimony without need for corroborating evidence

When feminists actually do get into debates, which is rare, they lose spectacularly:

- Marc Rudov delivers the killer blow at the end
- Cathy Lette vs Alex Deane on Twitter trolling / censorship
- Debate between Esther Vilar and German feminst Alice Schwarzer with English subtitles

I'd like to believe that the majority of people value things like truth and logic, and feminists have shown that they are willing to twist the truth and defy logic to advance their agenda, playing to victimhood and shaming language instead. When presented with facts and evidence, this is typical of how they respond:

https://i.imgur.com/qcokrfI.jpg

"If someone doesn't value evidence, what evidence are you going to provide to prove that they should value it? If someone doesn't value logic, what logical argument could you provide to show the importance of logic?" ― Sam Harris

"I don't give a shit LOL" -- Feminist

The Red Pill, Self-Improvement, and Masculinity

How You Know You're Alpha

By IllimitableMan.

Article link.

- You hold eye contact for longer with people. (confidence)
- Your posture is better. (lifting)
- Your voice is deeper. (lifting)
- You speak more confidently, even when you're bullshitting.
- You believe in yourself.
- You will fight if necessary. You are not conflict averse.
- Unless they are part of your trusted council, people's opinions will matter less to you. Almost nothing. As an alpha you realise people will shit test you all the time, you're desensitised to that.
- You see women as passive beings in the dating game to be acquired/seduced, not same-level equalists who are negotiated into contract. Attraction is not negotiable.
- You embrace pain and use it as a power source to keep pushing you further with your goals. As long as you have your pain and the motivation that brings, nothing any other fuck can say really does a dent in your psyche. If you've been to hell and back what does it matter that some cunt thinks X about you? Whatever. People who harness pain are stronger than people who hide from it in fear. You have learnt to make pain your friend rather than your enemy.
- You don't chase women when they give you more shit than they're worth, you replace them/seek new women. You don't pedestalise pussy. You have a "I'm the prize" mentality.
- You don't indulge in time wasting drama, you get the fuck on with your shit. Drama is time rape.
- You enforce your boundaries.

- You know when to ignore people/arguments/comments/situations which are lose-lose. When someone tries to provoke you/shit test you and you lose either way, you realise not to play.
- You take more risks. You are bold.
- You don't need to go to /r/asktrp.
- You're willing to lead projects/people, you don't shy from responsibility.
- When people attack your masculinity to try and coerce you, you don't let it phase you. You know you're masculine. Someone telling you you're a bitch because you won't go to the shop for them elicits a laugh at how pathetic their manipulation is, not a "oh boy they're right, I'm not even man enough to buy shit for them!"
- You become less tolerant to bullshit in general.
- You realise people, but women specifically, are always putting out subtle dominance tests to see how you will react. Your self-belief/frame will allow you to handle these fluidly and organically as and when they come, you don't need to read books or have preset plans to handle social situations.
- Men specifically will actually test you more than when you were beta, you will find they feel threatened/insecure by your masculinity that they lack, so they will throw more shit at you. Usually they do this passive aggressively. In a way, they are much like women. Funny how similar beta/omega men can be to women. They all characterise feminine behaviours.
- Extension of the previous point, narcissist alphas will try to AMOG you. Think of the obnoxious gym rat guys. If a guy is trying that kind of theatrical bullshit around you, he feels threatened by you. Unfortunately the brotherhood mentality does not extend too far out of the manosphere.
- You realise you're on your own in this world, your parents will die one day. Everything is down to you. You can only rely on you. People come and go, friends, women, whatever. You make yourself dependable for your needs.
- You realise when people are playing hard to get (men or women) and so you ignore them in response when they do finally decide to bother with you.
- You're quick to next people in general because you come from a place of abundance, not neediness.
- You're not lazy, you're always trying new shit to find your way in life.
- You're motivated and because you're not risk adverse, you keep failing until

you find a way that works. You don't fear failure, you embrace it. You are an experience junkie, good or bad.

- When nobodies talk shit about you, you laugh instead of getting offended. Banter is not alien to you, it's a second language.
- On the flip side to the previous point when it's not meant as banter, you don't care.
- Your sense of "fairness" may cause you to feel jealous when other people have successes you don't think they rationally deserve, but you take it on the chin. You know life isn't fair. If it's a friend, you kill that initial feeling there and then and you make yourself happy for them. It's your friend, not your enemy. Jealousy is a feminine trait. They may even bring you in later. Even if they don't, who cares. You support them/be happy for them and keep on grinding. The jealousy leads nowhere productive. You're a man of efficiency.
- You take responsibility for other peoples bullshit when it makes your life easier. Sounds counterintuitive on the surface level, but if being the fall guy earns you the favour you want/earns you the trust that needs to be earned with certain people, then it could be worth it to you. You evaluate all situations strategically and take calculated risks. On the flip, you do not take the wrap when it does not benefit you.
- You get shit the fuck done. You don't let problems build up, you thwart them before they become bigger problems. You handle shit.

Some of these points overlap I realise, no need to tell me.

I will have more self improvement based stuff on there in the future (got a whole little portal planned, which I'm excited about, kind of like a syllabus.) Likewise I am committed to quite a lot of future dark triad content.

For the alphas in progress:

RP can take a long time to actualise, if you've been here 6 months and nothing has happened yet, that's because you're still unlearning old habits. Maybe you're not lifting yet, but you've stopped doing drugs/alcohol so much and you've cut your video game time down. You're not making gains, but you're mitigating vices. You

will have cheat days/relapse days, don't sweat it. Success is not linear. You have to deprogram before you can reprogram. Don't give up on yourself, keep reading and making baby steps. If there's anything I can recommend first and foremost, it's to get 7-8 hours sleep a night, get a weight lifting program on the go and eat as best as you can for the budget that you're on. The energy and focus you get from lifting will help kick start everything else. If you're too pussy shit to workout in a gym or you can't afford the monthly subscription, get a weight set and workout at home. There is no excuse not to get your lazy ass off the computer chair. Keep on keeping on gentlemen.

Abundance Mentality (Alpha) vs. Scarcity Mentality (Beta)

By IllimitableMan.

Article link.

People with a scarcity mentality tend to exhibit:

- Exude desperation resulting in the pursuit of social dead-ends. Chase women.
- They cannot hold frame.
- Spend a lot of their time living mentally in the past. Going over and over things they cannot change.
- Have profound regrets which shake their confidence.
- Are averse to taking risks, they hold themselves back. Low T.
- Do not believe in their ability to succeed which presents itself as reticence, procrastination and a lack of confidence.
- Fear rejection from people.
- Require external validation from the group to feel content, they're insecure and lean on others.
- Ultimately perceive themselves and the world around them as lacking where it matters, happiness and opportunity.

People with an abundance mentality tend to exhibit:

- Nonchalance and indifference, sometimes they're arrogant, typically uncaring of small matters. Replace women.
- They hold frame well under pressure.
- Spend a lot of their time living mentally in the future, only coming into the present for breaks.
- Have profound ambitions which fan the flames of confidence and acts as

motivation for action.

- Tend to be adrenaline junkies who get off on high risk, dangerous behaviour. High T. Are obsessively bold about succeeding.
- Expect rejection from people.
- Validate themselves through their self-improvement, as long as they keep momentum they're secure with themselves. Self-reliant.
- Ultimately perceive the world around them as rigorous, but conquerable.

Further Reading

http://illimitablemen.com/2014/03/30/mental-models-abundance-vs-scarcity/

The Easiest Way To Raise Your Value As A Man

By Sarcasticus.

Article link.

The easiest way to raise your value as a man is to spend a majority of your day engaged in high value activities.

We know instinctively what are high value activities: lifting, working on your career, working on your side career, approaching women, learning a valuable skill, etc.

Most men spend most of their day engaged in low value activities: watching TV, surfing the net, engaged in social media. Consequently, most men find themselves living a mediocre life.

This seems like very simple advice, but in practice, it's very hard. It's hard to consistently wake up early and go to the gym - it's hard to put your head down and work on your career without surfing the internet or taking breaks - it's hard to put your ego on the line and approach women every day. However, it is these hard tasks which, repeated daily, will forge you into a higher value man.

Of course, we can't spend all day being a hard ass. We need to relax. That's why I emphasize spending a majority of your day engaged in high value activities. For example, in a 16 hour day, I'll likely spend 12 hours engaged in high value stuff, and 4 hours of goofing off. Some days I might work a bit more, some days I might work a bit less, but that's about average.

If you're ever confused whether an activity is high value or low value, keep in mind that every activity will be different depending on your situation. If you're an

investment banker, spending a majority of your day playing video games is clearly low value. But if you're a video game tester, then playing video games would be high value.

The easiest way to determine if an activity is high value is to ask yourself this question, "Does this activity help me achieve my goals?" If the answer is no, it's a low value activity. (And if you don't have goals, then read the post on goals on the sidebar.)

And as always, with any advice on the net, remember:

"Adapt what is useful, reject what is useless, and add what is specifically your own." - Bruce Lee

So You Want To Be A Man? Welcome To Life On Hard Mode

By IllimitableMan.

Article link.

Being a man isn't easy, it's harder than being a woman. Average men envy average women because it's easier. There is less responsibility and there are higher rewards for embracing mediocrity when you're a woman. But get it right, really learn how to become a man, indulge in your pain and use your weakness, hatred and suffering to forge the mind of a philosopher as well as the body of a gladiator and you'll transcend to a level that women can only dream of.

Men are the disposable sex, because likewise, they're the experimental one. Whilst many experiments fail, those that survive the flames of the bunsen burner yield miraculous results. Women are humanity's control group. The majority are average and unremarkable and lack the capacity to ever be anything other than average. They are rigid in their potential. Whilst they envy the heights they see great men reach, they neglect to notice the depths that many a failed man has plunged to in pursuit of his manhood. A fate they need not ever fear.

There are many reasons for why a man fails to handle/lead women. The most common is the man was raised in a feminist culture bereft of accurate knowledge about relationships and manhood. Another, perhaps more tragic is when a patriarch gets ill and loses his vitality after an accident/old age, and by the loss of authority his ailment brings about, he becomes unattractive to his woman. It doesn't really matter what the reason is, because the bottom line is that as a man you don't get to be weak.

If you're weak, you're unattractive and you lose out. You lose out in a way a woman doesn't for being weak. Female weakness is a source of power for "raising

awareness," playing on the "save-a-hoe" complex of men to protect the fair maiden. Whilst male weakness on the other hand has no place in the world. None at all. Anywhere. Nobody will cherish it, and nothing will change because of it. Egalitarianism as a concept is by merit of this, not an intrinsic human disposition, but an intellectual social construct.

As a man most people won't help you for being weak, they don't sympathise with your weakness, they laugh at you and "how you could ever let yourself get like that."

As a man, they laugh at you and they enjoy ridiculing your weakness as it makes them feel powerful to know that they're not at the bottom of the food chain. They indulge in the antithesis between your weakness and their power because it feels good and it reassures their own insecurities. Your weakness is a reminder for other men what not to be, or to allow themselves to become. What not to be is the only useful function that weak men serve to others.

For man there is oft nothing but Schadenfreude and contempt for his weakness. Some will kick you down further and call it tough love, and of those saying "tough love" few will mean it, thinking it may help a weak man bounce back. Others don't mean it, they just don't care and don't want to look bad for being uncaring.

That's why "the whole macho thing" is something that women will never truly understand the purpose of, because it's not something they need to rely upon to be respected or respect themselves. They ask men to open up to the fragility of their humanity at their own peril, unaware of how self-condemning such an exercise is for man. Unaware how quickly even the smallest iota of weakness a man indulges in can consume and transform said man into a bumbling joke.

Women don't have to be strong, or emulate strength or pretend to be strong for anything but their kids, they get to be weak and look for someone to be strong for them and they will still be respected as humans for making that choice. The women who do manage to become strong, do so to their own detriment, taking on the role of man and masculinising to achieve strength, making themselves unattractive to

men in the process. Where there is compassion and sympathy for the weakness of women, there is little if any, for men. The homeless statistics reinforce this idea across humanity.

A weak woman is an unfortunate woman and she can still be attractive to men. She is unfortunate in the sense that nobody assumes her undoing is her own fault. A weak man is a failed man, unattractive to both men and women alike. A failure in that it is assumed he didn't have what it takes to succeed, there being nobody to blame but him. As I stated prior, women aren't the experimental sex, men are. And so as men we're all held personally responsible for the experiment that we call "our lives." It's all or nothing. Death or glory. Carpe diem.

You Are Disposable. The World Does Not Care About You.

By leftajar.

Article link.

Men have always been the disposable sex. It's the biological truth of our species. The number of wombs in a tribe represented its most important resource: the capacity for reproduction.

One very happy man could generate enough semen to impregnate the women of an entire tribe. So what about the other men? They have ZERO inherent reproductive value. Their only value is what they can produce for the tribe.

That is why women are objectified for their beauty and men are objectified for their resources. That is the most basic, naked contribution of each sex to our species' survival.

What does that mean? Your life is inherently worthless. There are only two people in this world who truly care about you: your mom, and your dad -- if he stuck around.

SOCIETY DOES NOT GIVE A SHIT ABOUT YOU. It sucks, but it's our biological tendency.

Men have risked their lives to explore the world, work dangerous jobs, and go to war. Millions of men have been ground into the dust under the boot of the modern war machine. And for what? Resources.

Watch this, and think about MALE DISPOSABILITY: The D-Day Scene from Saving Private Ryan

Look at those men in the boat. Grim, determined, some prepared to die. And for what? Patriotism? Honour? Because they were shamed into doing it by society?

Most of the men in that boat will die. Machine gun rounds will pierce their organs. Mortars will blow off a limb, and they'll bleed out. Or they may simply drown in the channel under the weight of their gear. (Edit: some of these men were drafted, meaning they had no choice. That's slavery.)

(Side note: how could anyone in their right mind expect women to go to war?)

THE ONLY MEMORY of the dead men will be a tombstone in a national cemetery, and the grief of their mothers when they receive a typed letter from the US Army.

Civilization was paved with the bones of men.

You are disposable. Society doesn't care about you. CARE ABOUT YOURSELF FIRST. ALWAYS. Because outside of your mother, nobody else will.

Respect is Earned

By Archwinger.

Article link.

There's a post floating around today from 4chan, containing a story as old as time: A guy gets dumped by his girl because she found someone better. I guess I can elaborate with a little more detail. A guy and his girl move into a new apartment, the girl starts hanging out with some of the people there, doesn't come home one night, and the next day dumps her boyfriend. She explains that she met someone else, is really attracted to him, and was with him last night. The guy asks, "Did you fuck him?" and she responds, "No, but I'm going to." She explains, essentially, that she didn't want to cheat on him, so she waited to break up with him first.

Honestly, that little factoid doesn't matter. The part where she spends all night with this other guy talking about how they're going to fuck, making sure she has sure thing lined up before dumping her boyfriend – that's cheating, too. Just as much as fucking the guy would be. If you ask me, she might as well have fucked him.

Our Red Pill brethren predictably flood this thread with comments about how annoying women are. How can she be so callously disrespectful, people ask. I actually find it interesting how much more direct and honest women are toward men that they don't respect. Once she doesn't need you any more, she doesn't need to lie to you any more. I'd give it decent odds that this girl was telling her guy the truth, and she hadn't fucked the other man yet. She's breaking up with him anyway, she clearly doesn't respect him, and she gains very little by lying to him. It's not like she seriously expects this guy to remain her friend or admire her for not actually cheating. That's stuff she's telling him for his benefit to let him down easy.

She doesn't benefit from that.

But anyway, TRP predictably complains. Women have no honor, no respect, yada yada. But there's something our fathers told us, or should have, that really applies here. Something society tells us daily, actually: Respect is earned.

Think about what we're asking of this girl, or of women in general, if we expect loyalty. We're asking that if a woman meets another man who's better than you – be it better looking, higher status, more wealth/security, better social acumen, more interesting skills and hobbies and shit to talk about, whatever – that she pass on this better opportunity solely because you came along first. Essentially, we're asking women to only commit to a relationship with you if she expects to be with you forever. She can never cheat, never dump you for a better offer. Just stick around forever, or until you dump her. Because apparently, it's a race and you came along first, so anyone who comes along later must be ignored.

That's not a fair thing to ask of women. It's not her responsibility to stay with you on principle alone. It's your responsibility to be the kind of man who doesn't get dumped or cheated on. It's your responsibility to earn her respect, every minute of every day. If she passes on a better offer just on principle, she'll spend the rest of your soon-to-be-very-short-lived relationship resenting you, finding fault in everything about you, suddenly "realizing" how unhappy she is.

Society's message – "respect is earned" – is a true one. Where society fails us is in the shitty advice we're given on how to earn respect. You'd think that being a loyal boyfriend, having an established history with a woman, moving in together, doing shit for her, planning on a future together – that all of this would lead to her respecting you, such that when she meets another guy she's attracted to, she can shrug it off. Sure, the new guy is hot and fun, but she has history with you, right? You've done so much for her over the years, right? Tough shit. That's not how you earn respect.

You do not earn respect by respecting others. You earn respect by respecting you. It's counter-intuitive. By being a selfish ass who puts himself first and does

what he wants, even at the expense of others sometimes, the whole world bends at the knee and chases after you, trying to win your validation. Everyone else is so fucking polite and respectful by default, while you're busy respecting yourself instead. That rubs everyone funny, not just women. That makes people try harder around you.

Your job is to be powerful. Important. Successful. You don't have to be a dick if you don't want to, but being nice and doing shit for your girlfriend? That's the path to being replaced. Your job is to do shit for you, that as a side-effect, benefits your girlfriend. Your job is to be a man that raises others up. That raises the value of everyone in the room just by being there. To be the man that every woman wants to fuck and every man wants to be.

You don't avoid getting cheated on and dumped by being a nicer boyfriend. You avoid getting cheated on and dumped by becoming a man that nobody in her right mind would ever risk fucking things up with.

I, for one, don't want women to be loyal, principled, and honorable. That would just encourage me to get lazy. Reward the stupid and lucky. The right-place, right-time guys who just happened to get there first. I'd rather earn respect.

Featured Comment

By IllimitableMan.

The part where she spends all night with this other guy talking about how they're going to fuck, making sure she has sure thing lined up before dumping her boyfriend – that's cheating, too. Just as much as fucking the guy would be.

Hypergamous branch swing upgrade. Emotional cheating setting a precedent for sexual cheating.

Once she doesn't need you any more, she doesn't need to lie to you any more.

Because she's on that fucking lease. Bitches be sneaky.

That's stuff she's telling him for his benefit to let him down easy. She doesn't benefit from that.

True but for your average guy aka beta aka clueless chump - this is a fucking ball stomping. Small potatoes to you and I is a huge fucking deal for Johnny average out there. Remember TRP stacks the deck heavily in your favour, IMO, TRP = the social equivalent of insider trading.

Think about what we're asking of this girl, or of women in general, if we expect loyalty

Loyalty? Oh ma GAWD MUH TRIGGER. UhhhhHHhHhHhHhHhH these hoes ain't LOYYY-ALLLL. Fuck sake. Chris Brown keeps possessing me spontaneously despite my lack of enthusiastic consent.

That's not a fair thing to ask of women. It's not her responsibility to stay with you on principle alone. It's your responsibility to be the kind of man who doesn't get dumped or cheated on. It's your responsibility to earn her respect, every minute of every day. If she passes on a better offer just on principle, she'll spend the rest of your soon-to-be-very-short-lived relationship resenting you, finding fault in everything about you, suddenly "realizing" how unhappy she is.

Even though I don't take too well to this kind of passive "you're the man so it's all your fault" kind of language, I have to agree with the general premise. If you CAN'T COMMAND RESPECT, or INSPIRE IT - you won't get it. With men/or women. Obviously women are more pragmatic and less honourable generally speaking, plus they're who you want to fuck - so the chances of getting burned are higher with them. Don't think a guy who doesn't respect you won't burn you either though. It's that simple. Women are relentless with this shit. Their love is entirely based on adoration stemming from respect for your superiority. That's superiority

relative to her. If a better option comes along, the comparison becomes a three way (no pun intended) and if he trumps you, she'll be tempted to branch swing. If they don't respect you as being THE SHIT then they can't [truly] love you. So yes despite "fairness" (female nature isn't fucking fair, but it is what it is) this is quite right. If she's ditching your ass it doesn't mean she's not a cunt, but it means she's got better options. Bitches be pragmatic. Cut your losses and if it's your style, get revenge.

I, for one, don't want women to be loyal, principled, and honorable. That would just encourage me to get lazy.

Disagree. Women would be a lot more fucking likeable with these traits. As it stands you're on shaky ground. Her loyalty being directly chained to your power, unless you're quite the head-fucker (why do you think so many guys care about the DT) average alpha gets circumstantial loyalty. Mr "I own your mind and blow you away with 50 shades of grey style fucking" owns her body and soul, and will alpha widow her for fucking eternity, effectively making her a "toxic asset" on the dating market.

In relation to the previous paragraph: Law 41 is a fucking bitch. If you translate it into the "48 laws of TRP" law 41 (don't step into a "great" man's shoes) would be "don't date a bitch who used to fuck with a dark triad alpha" so that's your drug dealers, your murderers, your sadistic types, convicts, those really IDGAF to the core kinds of people who really aren't right in the head but had all the charm and cunning to get her enthralled. If she had a relationship with a guy like that just run for the fucking hills you will never have more of an emotional effect on her than he did. Which means over in solipsistic girl world, over in their little head of hers, you're inferior to him, you're not the "best she ever had" because "you don't make her feel as passionately as CLIVE the Cocaine Connect." You could be a billionaire ripped famous motherfucker with all the game in the world and you'd still be the fucking beta bux to her in spite of your SMV. You won't even put a dent into what that guy did to her. She's fucking spoilt. Fucked up. Deflowered mentally. Cut and run.

Women could be all these things, and you know, not wanting to starve to death, my material desires, and having intellectual passion would inspire me to NOT BE lazy. I guess you're right some guys wouldn't do shit over-sexed, but plenty of guys have passions aside from sex. Some people think the only reason we have passions is because we hope we'll get laid from having them. But I disagree. You have passion for the sake of passion. A mission for liking the fuck out of something and finding it interesting - not because you think "hey, neurology might get me laid so IMMA DO THAT!" it's not like doing gender studies, is it? Haha.

I think the constant dread of "If I'm not on top of my shit, I'm gonna lose everything" is not a strong place to be coming from. It's true, it's the nature of the game, but being aware of it AND BEING SIGNIFICANTLY INVESTED AKA MARRIED/LTR is a losers game. I understand guys want companionship, a lot of you are romantics and you're scared of being lonely as you get older - but you're losing when you give her the commitment jackpot.

You're in a perpetual war known as "a relationship" or "marriage" hoping that you can keep this war between husband and wife in a fucking limbo so she doesn't cash out into government/judicial sanctioned victory. Can't slip too much. Can't lose your job. Better not get sick for too long. Can't fail too many shit tests or catch a mother fucking break. Because what happens if you cave? Your world crumbles around you. Relationships are TRP on hard mode because IMO, in a culture where society isn't stacking the deck in the man's favour, the FICKLENESS of women pre-disposes them to cut and run on your ass. When you treat men and women as legal equals, due to how women love, you make monogamy merely possible rather than probable. They are fickle, Briffaults Law whoring motherfuckers. If you're not close to perfect in your game, health, money, and one other guy interested in her trumps you in most of those fields - you're fucked. Royally. On that point, don't LTR anything over a 7 if you want a crack at love, the hot bitches have too much power and you have less room for error. If you want to fuck hot girls, plate 'em.

I can definitely understand the angle I think you were getting at, which is that an over-sexed and well-fed man is a lazy man, but I think it's weak reasoning for justifying the fickleness of female nature, and even, condoning it. Female nature is

pretty fucking shit. Yeah it's possible to come to terms with it, but justifying FICKLENESS as a positive or even acceptable trait is an escapade in hamstering. Realising and accepting aren't the same shit. I realise bitches are fickle, but I don't accept their fickleness. Just because I realise they are like this, I don't have to like it (Accept it.) You can love women all you like, but what you love is inherently shitty on a morbidly profound level of significance. And I can see why a guy craving to love wants to fucking reconcile his need to love with the nature of women. I get that, I do. I really do. It's so shit your love has to delude you, and I see it seep into how guys "in-love" or trying to make an LTR work, think. I'm here to cut through that impairment. As long as you realise that, but choose to love regardless, for your own sake/happiness, then cool. But let's not get shit twisted. You LTR guys mellow the fuck out and get really rose-tinted. Careful.

By Archwinger.

If it's sidebar material, we've taken a turn for the worse. The notion that we should be uncritical of a woman's extreme hypergamy (made worse by feminism eroding traditionalism) and all it entails is simply folly. Sure, we can accept the "new rules" of the game and accept the heightened importance of dominance, of game, of maintaining frame above all else. We can acknowledge that qualities that were sought after in a male partner in the past (during long era of traditionalism)- honesty and decency - are no longer valued. We can do all this and bang as much as we can.

But to go a step further and claim that what women are doing by over-valuing Cro-Magnon era qualities in men and if they have a cessation of them for a short period of time, it's a-ok for them to fuck the neighbor, is going way too far in my opinion.

It'd be like bidding on a project, and all of a sudden the seller going - "Instead of the best deal, I am going to select bids based on alphabetical order.." You could have worked six months on that deal and now the rules are arbitrary and frankly, asinine. I would get with the program and change my company name to Aardvark

Unlimited but under no circumstances would I PRAISE THE SELLER and think they are doing me a favor. Women are doing what's natural? Killing people is natural and so is rape. We don't praise or condone people for simply following what comes natural.

What we are comparing modern female behavior with is the past compact between men and women which was based on mutualism. Which means past good deeds do accrue to the present; you're playing the long-game, not vine-swinging the minute the Tingles subside or Guy B gives you more Tingles.

We can adapt and win at this corrupt game with frankly outmoded and somewhat ridiculous rules. But I'll be damned if I sit here and say the people creating the new rules (hypergamous twats) are somehow justified and righteous for constructing the new system. Nor do I think every time some twat cheats on her BF that it's "the guy's fault for not holding frame, being dominant enough, etc.." There is a continuum of hypergamous behavior that women belong to; and when they're on the extreme end, you could hold frame like Russell Brand, and still have a chick vine-swing. The idea of "earning respect" is immaterial in a world where there is always a man with higher SMV than you and with the wrong chick, that means she's gone.

I, for one, don't want women to be loyal, principled, and honorable. That would just encourage me to get lazy.

It's actually not easy being those things. I've lifted for 10 years and being principled, esp. in cases where I could have benefitted at someone else's expense, is much harder than anything i've done in the weight room.

My Stance On Women

By IllimitableMan.

Article link.

A dude in another topic said:

"The natural instinct is to excel for pussy not for yourself" and I felt my response constituted a topic in and of itself:

I've noticed that many men place their self-worth on how many women they can fuck and only bother getting a career and working on themselves so they can have a family. Whilst a noble pursuit as having a genetic lineage and maintaining your family line is important, I believe many men are forming a faulty emotional foundation by "dedicating it all to women." Preserving a genetic lineage should be something you do for yourself, because you are an egotist that wants to preserve his existence in the world via his offspring once he has left the world you shouldn't be pedestalising women because women are the centre of your universe. Women aren't worth shit next to a fully actualised man, if you're a high value man any woman in your life is lucky you even keep her around.

When I took women off the pedestal and introspected deeply and assessed my own flaws and shortcomings, I realised that in order to ever be happy and attain self-mastery that I needed to become massively selfish, stop neglecting my own needs and stop hiding from my own weaknesses. I needed to work on myself each and everyday instead of being a lazy unmotivated fuck. I needed to overcome my weaknesses so they no longer existed. And I was doing that shit all for myself, there were no women in the equation and I wasn't hoping "by doing this, I'm going to get women." I did that shit because I wanted to like myself and respect myself and be someone I could look at in the mirror and go "that's a man." A lot of guys

say "you're hamstering, you do it all for women." And you know what? I think fuck them, they're projecting why they do this self improvement shit for themselves onto me. Sure I like getting laid who the fuck doesn't? But it's not the centre of my universe, my art is. Ignore the wise fucks who think they know you better than you know yourself, because they don't, especially not the random nobodies on the internet.

As men we are often trained to be too selfless for our own good, especially in matters of women. All the gents raised by single mothers got a full dose of white knight 101 from their idealistic unwittingly castrating mothers. This is why I live the self-improvement ethos to the maximum of my capability. Without that, I don't see much point in life. You stagnate, you drift along without purpose, without direction, without "a higher goal." Women, to me, are not "a higher goal." I rather be a socially clueless idiot with a gay shirt landing some shit on a comet than your average billy beta who occasionally feels like "the man of the house" when he's lifting the shopping bags for his self-entitled brat of a wife. After my last long-term relationship and then being subsequently introduced to The Red Pill I found "doing it all for women" to be a pointless endeavour. Just because they demand your sacrifice, like the bratty foot stomping narcissists that they are, it doesn't mean you need to concede.

Women are fickle, they are a crap foundation to build your success upon. Building your success, your skills, your reasoning for living upon the back of a woman is like building your home on top of a fault line, that shit is going to fuck up and you are going to lose everything. It is not worth the hassle. If you have a woman in your life you invite her to come and enjoy your world, you do not base your world upon her. That is chronic nuclear mistake #1.

Indulge in your own self-development, but more importantly, cautiously indulge in women sporadically. Do it on your own fucking terms. I realise some men (particularly PUAs) are addicted to the rush of female validation/having successful social interactions with women and getting lays, and yeah that is a fuck ton of fun, but if it takes up any more than say 20% of your life, you're wasting your one chance at a life on this Earth. Some guys have mummy issues and look to get their

female validation fix through fucking around with women, that's not a problem for me my mother loved me growing up so I don't have to burden that kind of fucked up psychology as an adult. But if you do, try and get a handle on that shit.

When all is said and done and the dirt is dropping on your coffin, there's fuck all to show for all those relationships. You're living in the moment for a fucking relationship buzz. You're addicted to "discovering and experiencing fresh love over and over again." I rather have a fucking whiskey habit and become a multimillionaire than waste my life falling in love over and over again, getting lays over and over again. I can see the playboy lifestyle appealing to some, the whole Casanova thing, but that isn't me. I rather be that bachelor that works on his art and dedicates his life to perfecting and refining his art rather than making my art the pursuit of women (as PUAs/playboys have opted to do so.)

My art comes first. I come second to my art, my needs come second to my art and only come before it if those needs stop me from working on my art (e.g., I have fallen sick and need medicine.) Thirdly comes my parents, my cousins etc. Fourthly comes any woman lucky enough to be in my life. If she doesn't like her position she can feel free to take a hike because I couldn't give a fuck. Accept me for what I am or get the fuck out is how I treat women, you can't let bitches change you. They always try to change you and make you dysfunctional, they self-sabotage the relationship by destroying you. Sometimes its intentional, sometimes its their insecurity getting the better of everything but you have to keep a keen eye on that shit. You never get to take a break with women, you always have to be on top of shit. You never get to "just love a woman," love is a pleasantry, a freedom reserved solely for women. Just like they get to cry publicly and still be respected whilst we as men do not.

For creatures so outwardly beautiful, modern women sure are ugly on a spiritual level. There is nobler, purer beauty and far more sophisticated art for a man to indulge himself in out there than the canvas of a woman's body. Fuck to scratch an itch, enjoy women momentarily and occasionally, but don't be a woman obsessionist. Keep them at a healthy distance. If a bitch infiltrates the castle walls and starts trying to get inside your head you have to find a room in the castle she

cannot access. You can never give yourself completely to her because otherwise she will destroy you.

I find it difficult to respect men who are women-centric and put women ahead of everything else; I always thought being obsessed with the other gender was a female trait from as young as my teen years. I remember asking "why do girls care so much about boys?" when I was an inexperienced and naive boy at 13. Women give so many fucks about us because they are completely dependent on us to obtain their highest goals. The chanting of "I'm a strong independent woman that don't need no man!" is flat out dissociative denialism. There is no higher goal for a woman than to be a wife and a mother. If they go the career route, they miss out on that or do it poorly and regret their choices. For men, there is so much more out there. We are the kings of the abstract, our logic sets us free from the shackles of emotional neuroticism and allows us to seek pleasures from our hobbies to an extent that women can only dream of. Women envy us, but we need not be indebted to them, the paradigm is what it is. Women are something we indulge in, but we don't have to dedicate to them. A wise friend one said to me "IM, women are dream killers." He's not wrong. Don't be a fucking pussy begging idiot. You are more important than the pussy your dick needs to fuck occasionally.

Male Bonding, Arousal Addiction, and Isolation

By veggie_girl.

Article link.

Let me first say that humans are attracted to arousal, and not just the sexual kind. The human brain is like a gym rat that loves to workout and is only happy when its working or being stimulated by self-produced chemicals or externally introduced drugs. To deny the brain stimulation and work will lead to insanity or death. [Source] Not all arousal is sexual, simple mental stimulation counts. However where an individual brain draws stimulation from can go far to shape a personality. There is a saying, "you are a product of your environment" - that touches vaguely upon that, I wish to go a bit deeper (perhaps in another post, for this one there's 3 related things that mainly need to be covered).

"The end result of male socialization is a set of defaults that are programmed by society, culture, media, family, and religion. The typical male attributes are supposed to be: strength and self-reliance, success, no sissy stuff or don't be like women, sexual interest and prowess, active, independent, tough, aggressive, dominant, stoic, and never cries (Bem, 1974; Broverman et al., 1970; Herek, 1986; Zilbergeld, 1992). These defaults define a fanciful standard of masculinity." [Source] Aside from male bonding, nearly every other source of stimulus in a modern boy/man's life is going to cause an undesirable effect. Television has been feminized, the internet has been feminized, schools have been feminized, and even online forums such as reddit are rampantly diluted. There are few places of masculine bonding, but men/boys need it more than ever. The existence of TRP is virtualized monument of that need. Social interaction with men is a positive experience and research by Phillip Zimbardo shows that men actually prefer the social company of men. This socialization causes a cortical arousal that has a direct effect on the [reticulating activating system] and leads to higher production of vasopression. This can be a determining factor on whether someone

pursues the activities of an introvert or extrovert. [Source] There isn't yet a lot of research on this topic, but it's worth considering that 18 US presidents were fraternity members, and there is also this long list of unsourced statistics regarding fraternities reminding us that all of today's male leaders came from groups of men who socialize together. So where does arousal addiction and isolation play into this? It prevents it, and more.

It has been proven that humans will seek out the highest state of arousal that involves the lowest amount of work. [Source] This leaves both men and women in a state of addiction to whatever fleeting arousal they can achieve. For women it's often free male validation where I could use r/gonewild as a case study. Which activities do we see an epidemic of addiction towards among young men? Porn, video games, drugs, or a combination, all of which cause the brain to produce an easy and otherwise risk-free source of happy-chemicals. [Source]

Why is porn so addicting? Because visual erotica in particular arouses more than just genitals, it also induces a brain arousal (activation) level that is unseen with other forms of stimulation. [Source] This is particular to males. When a man sees a naked woman, parts of his brain activate that were otherwise not active. Hormones begin pumping through his body. His brain is on hyper-drive, and it likes it. But what good is that in isolation? And there is a lot of isolation going on, more than ever before. The average boy spends a minimum of 3650 hours playing video games by the time he is 19 years old. [Source] With the median being closer to 10,000 hours.. This isn't to say video gaming is a bad thing. Quite the opposite. Gamers have been found to be 25% faster to make decisions, and have improved eye-coordination. [Source]. Some would even say that "An Hour A Day (Gaming) Is Key To Success In Life" However the problem with the average gamer, is all of this is done in isolation. Skype and Teamspeak are no substitutions for physical socialization. Remote communication does not trigger the brain to produce the same chemicals. [Source] Gaming and porn (in moderation) aren't the problem, isolation created by overuse of these habits is the problem.

Does this scenario sound surprisingly familiar to the social anxiety experienced by many men (and women)? "In a later study on the effect of total isolation from

birth, the researchers found that the test monkeys, upon being released into a group of ordinary monkeys, "usually go into a state of emotional shock, characterized by . . . autistic self-clutching and rocking." Harlow noted, "One of six monkeys isolated for three months refused to eat after release and died five days later." After several weeks in the company of other monkeys, most of them adjusted—but not those who had been isolated for longer periods. "Twelve months of isolation almost obliterated the animals socially," Harlow wrote. They became permanently withdrawn, and they lived as outcasts—regularly set upon, as if inviting abuse." [Source]

This is a bigger issue for men because women can afford to have zero social skills on the sexual market. Women are pursued and can passively attract a mate. [Source] Women are more than capable of sharing a male from the top 20%. Women are not expected to lead in any substantial capacity. For men on the other hand social mastery is a necessary part of life and is essential for successful reproduction, unless literal rape were a viable sexual strategy. And men don't like to share their women with other men.

In conclusion, one could argue that because video games, the internet, and porn provide an easy source of stimulation that induces dopamine in the brain, people are less likely to go out and take other risks that would grant it. That can be good when it comes to avoiding things like heroin, but bad when it comes to innovating, learning, leading, and adventure-seeking. None of this is necessarily causation in one direction or the other, however the correlation is undeniable.

TL;DR - Male bonding is extremely important, especially for young boys/men. It produces essential skills/habits men need that will push them to the top 20%. Using a computer to communicate is still isolation, you need physical people; embracing, touching, even hitting one another. Arousal addiction doesn't help with the isolation problem. Physical isolation will kill your social skills, lead to depression, and many other negative effects even if you are receiving stimulation via the internet or other remote means.

Featured Comment

By IllimitableMan.

This is endemic as a result of the collapse of the family unit being widespread in feminist countries, more and more boys are finding themselves isolated. In the days of the nuclear family your chance at having a father to bond with and siblings/ brothers was far higher and children who are sons of single parent mothers are at the most danger of social anxiety and isolation, they cannot bond with their mothers in the way that they need to, they have an absent father and no siblings and typically they are born into poverty. What are there chances in life? In terms of SMV unless they were born genetic jackpot winners and were blessed with good looks, they have the deck completely stacked against them and are born into dare I say, something of an SMV deficit with massively high risk factors for delinquency.

The ingredients for success to help them fulfill their potential are simply absent. If such young men are ever lucky enough to find TRP and take on a self-improvement mindset, immediately they are awash with regret from all the wasted time and lack of opportunity they had. All those years wasted on being an orbiter, playing games, having bad friends, being too emotionally crippled to have meaningful friendships, it's a fuck fest of delinquency which rapes the shit out of a guys chances in life. Nobody talks about it, nobody at all, because most people don't give a fuck. But it's not as rare as people would like to think. If this sounds like you or you identify with this shit, leave a comment here, it will be interesting to see how many people need TRP because they were brought up in this kind of shitty situation or similar.

Their chances at socialisation, predominantly schooling and the workplace yield little to no social reward, that is to say, because they are not high SMV nobody really wants to know them, who cares about poor guys who aren't good looking and have no popularity? Fucking nobody and yet, that describes the majority of

guys who are born into poverty and single parent/low education households with no sizeable family to take care of them. How do guys like that often get attention and try to break out from the mediocrity? They sell drugs, they get involved in gangs, anything to give them money, status and sex, shit they wouldn't get if they didn't break the law. The guys who don't do that or are too scared to do that? They end up in the porn/games/internet cycle, too irrationally fearful of people that even leaving the house is a big deal, talking to people in shops is a big deal and etc. They are so used to isolation it's become their M.O.

I'd argue the dichotomy we have now is that as a low SMV male it is incredibly difficult TO NOT BE lonely, isolation is almost the status quo for males, the millennials and to a growing extent, Gen X, are incredibly narcissistic, who has time for those who haven't already made it in life? Seemingly, not many people.

My advice is take up as many hobbies as you can afford/have spare time for, obviously thats the gym but theres other stuff, debating clubs, dance, martial arts, whatever it is that allows you to meet other people and have some fun whilst you're at it. Friends are like money, difficult to get when you have none, but when you have plenty of it getting more is effortless. Preselection is insane, but inversely, so is the lack of it. A lack of preselection can lead to nobody wanting to know you, I don't even mean the opposite sex, I'm talking same-sex friendships too. Most people are close-minded and judgemental, they won't even try to look past superficialities to like you, if you're not a high-flyer they're not interested.

Shit, the standards for masculinity are so high, and the infrastructure to ascertain it for many men is all but absent, it's no wonder so many boys/men are incubating themselves with porn/games/internet. If you're isolated and the struggle is getting you down, you may as well enjoy your prison. Not that I advocate that lifestyle in anyway, but simply that I can understand perfectly well why it happens. Nobody cares about these people so these people do their best to make life as bearable as possible, even if that means forgetting how much their life sucks and distracting themselves with fantasy constantly, day-in and day out.

Such is the nature of system, when the system does a shit on someone but gives

them none of the information they need to see it for what it is, they delude themselves on behalf of the system to stop themselves from going insane from how shit everything is. Escapism is a form of self-preservation for people who don't know how to or simply aren't brave enough to engage in self-improvement. When you have nothing, when you have nobody, stepping into the gym and lifting some weights around strangers is a big fucking deal, it takes a lot of courage, those boys are so neglected and so anxious that it's unreal, they will actively stop themselves from pursuing self-improvement because they are perpetually scared as a result of isolation, thus perpetuating the cycle further, they become their own biggest obstacles.

Feminism and the Death of the Male Mentor

By JayGatsbyFan.

Article link.

One of the failures of modern society is the removal of the male mentor due to the feminine imperative of crushing the spirit of young boys. Women have done such a good job of this, men will hold "I'm a feminist because masculinity is scary" signs. We have failed to provide a stable outlet for male aggression and have evolved into a state of passivity and tolerance. We are tolerant of female bullshit, of our circumstances, and of not getting what we desire. I'm not a Maher fan, but when he said we "anesthetize ourselves with sports and pornography," he was right. Instead of letting boys wrestle, fight, explore, and physically exert themselves, we pump them full of drugs as to "not upset the girls" with their budding masculinity. Instead of participating in sports, we watch them on TV and play video games, vicariously achieving... nothing. This molds the charisma and youthful exuberance of a child into an insecure, mentally absent adult with no real life experiences to draw upon in times of difficulty. We've created a state of "yes men" toward feminists that will bend to every whim and outrage of the movement. A "man" that's so terrified of confrontation, commitment, and being alone that he will do anything to avoid it.

And I don't mean commitment on a relationship level with women, I speak of commitment to a decision, to an ideal. To decide to take responsibility for your life, to educate yourself, to find out what you stand for, and make progress toward whatever your end goal may be (an artist, an engineer, a professional athlete). We don't understand the concept of moderation anymore when we spend all of our waking hours on the internet, playing video games, and muck about with zero direction. How many of us grow up devoid of knowledge in fundamental male concepts like history, philosophy, art, music, the classics, poetry, Shakespeare, the

Bible, and other cornerstones of civilization? We teach these texts because of their ability to mold young boys into educated, driven young men. You don't need a love of language to appreciate Shakespeare, and you don't need to be religious to pluck meaning and understanding from The Bible. Great men like Aristotle, Plato, Tesla, Darwin, Michelangelo, Bernini, Homer, Virgil, Bach, Mozart, Caesar, Alexander The Great, are being left behind because of their "white privilege." How many young men can name every player in the starting lineup of their favorite sports team? How many can name as many scientists? When men with encyclopedic knowledge of the Star Wars universe can't take the time out to read The Iliad, culture will continue trending downward.

We don't know these things because we've been denied them by feminism. Hard concepts have been replaced by easier texts because it wasn't fair to girls that facts were more important than feelings. We've put more importance on sensitivity than the truth. We are outraged by any dissenting opinion. Essays are more about how you feel about the "privilege" of Dickens instead of a critical examination of his novels. We look at a Delacroix painting and say "LOL I don't get it" while thinking dogs playing poker is great art. The subjugation of male knowledge and the introduction of "privilege" has undermined society to such a large degree that now the very meaning of misogyny has morphed into "anything that women can't do better than men."

As I look around at modern culture, I see men like Mister Rogers retroactively labeled as a "creep" and "pedophile" because of his interest in helping young children. You'd be hard pressed to find a more compassionate and caring individual than Fred Rogers, but modern feminism has deducted that men are incapable of such feelings and commitments without ulterior criminal, sexual motives. We have let women deracinate male influence because of irrational fears of molestation from any man that comes within arms reach of a child.

If you haven't already, I suggest you watch the movie *The Man Without a Face* with Mel Gibson. In it, Gibson plays a teacher Mr. McLeod that is involved in a serious car crash that kills one of his pupils. The physical scars and emotional guilt has left him reclusive and unable to process his grief. It isn't until he encounters a

young boy, Chuck Norstadt, that he discovers a reawakening of his passion for teaching.

This film is classic Red Pill material. Chuck wants to escape the crazy house of his mother and two sisters for a boarding school to follow the footsteps of his father and someday become an Air Force pilot. The women have no idea how to handle his energy or exuberance. His mother hops from marriage to marriage, his sisters can't help him, and he's lost in the world without a positive male outlet. The mother keeps going after betas unable to point Chuck in the right direction, including a Yale professor who introduces himself to the boy by saying "Just call me Carl. I don't need any of that imperialistic, post-Hegelian, authoritarian crap for my ego." Doesn't sound out of place in today's social justice world, does it?

In McLeod he finds a mentor, a teacher, and a friend. While McLeod teaches Norstadt essential things Geometry, Latin, and English, he imparts more important things: the concept of hard work, the importance of taking responsibility for what you want, why integrity and ethics are the virtues a man should live by, and how learning to reason and think for yourself is the only way you'll discover the meaning of truth.

How many of you would have been able to benefit from a man like this? How many young boys would today? We need to reintegrate the concept of male wisdom and mentoring to young boys again, or we're going to grow up into a world that's weak, overly sensitive, and passive. Where things like "stare rape" are words with legitimacy. These are not virtues of a healthy, tolerant, and growing society. It's the death knell before the actual tough guys come to kick our ass.

An Overview of Powertalk

By bicepsblastingstud.

Comment link from a larger article.

Let me preface this with a caveat: Powertalk is very misunderstood by most of TRP. The original author was writing about dynamics in the workplace, not about dynamics between men and women. Powertalk, according to Mr. Rao, is conversation concerned with the transfer of power. If there are no stakes on the table, there can be no powertalk.

To some extent, I disagree.

What follows is a slightly "twisted" definition of powertalk. This is my take on the subject, modified slightly to be applicable to interactions outside the workplace. If you want to know what the creator of powertalk thinks, you should go read his articles.

Powertalk Defined

Powertalk is deliberate, weaponized conversation: the intentional use of word choice, phrasing, and ambiguity to benefit the speaker. There are many ways in which powertalk can be utilized:

- Maintaining ambiguity and plausible deniability
- Getting information from somebody
- Concealing your own intentions / protecting your own information
- Communicating with other powertalkers

...and many more examples. Nearly any deliberate use of conversation to gain an advantage falls under my definition of powertalk.

Who uses powertalk?

In the author's conception, powertalk is the language of what he terms "Sociopaths." Since the author's series is framed around "The Office," he defines Sociopaths as

...Darwinian/Protestant Ethic will-to-power types who drive an organization to function despite itself.

Essentially, Sociopaths (by his definition) are the C-level executives, the people who really make a company run. The people who skirt the rules and make the important decisions.

Since we aren't concerned with the machinations of a corporation here at TRP, I have another term I'm going to substitute: the Informed.

For our purposes, someone Informed is someone who understands that a game is being played, whereas someone Clueless is taking words at face value.

If you've subscribed here for a bit, you're probably well on the way to being Informed. Do you understand why we say "pay attention to what girls do, not what they say?" More importantly, can you explain why women tend to reach "truth by consensus," rather than "truth by proof of evidence?"

The answer to both is that women tend to have an innate feel for powertalk and gametalk, and excel at "playing the game." Men, on the other hand, tend to prefer straight talk, and need to consciously become Informed.

The sexes clash when an Informed woman is powertalking, and a Clueless man is straighttalking. The Informed woman will consider the Clueless male completely

lost, and sigh about how he "just doesn't get it." The Clueless male, for his part, will be hopelessly confused; interpreting her powertalk incorrectly, he takes her words at face value and gets burned.

For a better understanding of how powertalk actually works, let's look at how powertalk is applied.

Powertalking with Women

It's a rare woman who intentionally powertalks. Instead, powertalk seems to be most women's natural method of communication. Women value each other on social standing, and powertalk serves as a shield from negative social repercussions. You may notice that "loner"-type women --tomboys, etc.-- tend to use quite a bit of straight talk, while popular girls rarely utter a word that isn't powertalk.

Recall that powertalking is the intentional use of conversation to benefit or prevent harm to the speaker. Since social standing is everything for women, they generally use powertalk defensively to protect their social standing.

Defensive use of powertalk is characterized by ambiguity and plausible deniability. To steal an example from /u/joncho:

The post about the OKCupid girl finding a guy too nice.

The problem was not that the guy was too nice, the problem was that the guy is boring. Too nice is code for boring.

So now the question is: why not say it as it is? Because by directly criticizing the guy she can get in trouble if he finds out. Instead she uses a compliment while blaming herself for the problem. There is no problem with the guy, he is nice, she has the problem. In reality she is saying he is boring to anyone who can read the real message but without risk.

The desire for defensive ambiguity is why a woman will rarely commit to an opinion without knowing how her social group feels. A hard statement removes all ambiguity and puts her in an exposed position -- if it turned out that her social group held the opposite opinion, it would reflect very negatively on her.

In summary, women powertalk defensively, maintaining plausible deniability and ambiguity in order to protect their social standing. Powertalking back is generally unnecessary. Instead, simply use your knowledge to understand why women say what they say and see past it.

Powertalking in the Workplace

Powertalking in the workplace is much more interesting. This is where we really start to see the "dance" of two powertalkers attempting to maneuver for position.

Of particular interest is the fact that a junior member of the workplace can use powertalk to communicate to a senior member that they are worthy of special consideration. Very few people have the savvy to effectively powertalk, and those who do are generally found in the higher ranks of management.

Powertalk in the workplace is typified by

1. Protecting your own information and attempting to gain information from others.
2. Communicating information "in code" to other powertalkers.
3. Communicating to other powertalkers that you know how to play the game.

Examine carefully Mr. Rao's analysis from the original articles:

At a Dunder-Mifflin management party, shortly after Michael and Jan disclose their affair to David Wallace, per HR requirements, Wallace casually invites Jim to

blow off the party for a while and shoot hoops in the backyard. Once outside, Wallace nonchalantly asks, "So what's up with Jan and Michael?" He is clearly fishing for information, having observed the bizarre couple dynamics at the party.

Jim replies, "I wouldn't know...(pregnant pause)...where to begin." (slight laugh)

David Wallace laughs in return. This is as eloquent as such a short fragment of Powertalk can get. Here are just some of the messages being communicated by the six words and the meaningful pause and laugh.

1. *It is a complex situation (literal).*
2. *I understand you think something bizarre is going on. I am confirming your suspicion. It is a bizarre mess, and you should be concerned.*
3. *This is the first significant conversation between us, and I am signaling to you that I am fluent in Powertalk.*
4. *I know how to communicate useful information while maintaining plausible deniability.*
5. *I am not so gratified at this sign of attention from you that I am going to say foolish things that could backfire on me.*
6. *I am aware of my situational leverage and the fact that you need me. I am not so overawed that I am giving it all up for free.*
7. *I am being non-committal enough that you can pull back or steer this conversation to safer matters if you like. I know how to give others wiggle room, safe outs and exits.*
8. *You still have to earn my trust. But let's keep talking. What do you have that I could use?*

How do I powertalk?

The first key to effectively powertalking is understanding when to use it. If you don't have a reason to powertalk, you're just going to confuse people. Generally speaking, straight talk is valued in men, so carefully evaluate if powertalk is the

right choice.

Second, deliberately choose which tactics to use and when, based on your goals and who you're speaking with. Some considerations:

Defensive Powertalk

- Does plausible deniability benefit you, or would it make you seem afraid to commit?
- Is ambiguity a good idea, or will you seem like you don't know what you're talking about?

Offensive Powertalk

- Do you want to leave the other person "wiggle room," or are you trying to lock them into a hard statement?
- Do you need to reveal some information of your own in a quid pro quo, or can you get the information that they are holding without letting the other party have any of yours?
- Are you trying to signal to another Informed person that you know how to "play", or are you trying to maneuver around somebody Clueless?

What you won't be able to do is start building layers of nuance into every single statement. Instead, simply seek to consider the ramifications of what you're saying, and whether you get any benefit from the words coming out of your mouth.

Do Not Let Negativity Consume You

By KidStrangelove.

Article link.

A side effect of taking the Red Pill is that we become more and more aware of just how society, our upbringing, etc, has lied to us in all facets of our lives. This can be a beautiful and empowering thing and should serve as a catalyst for us to improve our lives.

However, let me ask you this - are you really using The Red Pill as a catalyst for improvement or are you using it simply as a space to vent your frustrations? Are you now working out more, pursuing girls in a more effective manner, reading more, expanding your mind, etc? Are you making any positive changes in your life since taking The Red Pill?

Or are you just here to bitch and moan?

By the way, it's perfectly OK to bitch and moan sometimes, especially with all the lies that we have been fed, but to make "bitch and moan" a perpetual state is not healthy.

I think comedian Duncan Trussell said it better then I ever would. I would recommend the following audio for everyone - http://youtu.be/rdNSkzT6UHE?t=13m47s

Don't get yourself stuck in a perpetual state of negativity, especially when there is so much life out there to experience.

Featured Comment

By IllimitableMan.

This is an important message to reiterate.

Life is pretty shit by default, realising a lot of the bullshit this society is constructed from and conveys (especially in relation to women) and seeing shit for what it is makes it even shittier as you don't have the fantasy warm gooey perceptions to anaesthetise the pains of reality. Reality is a pretty shitty place but you need to understand it to be able to have the power to cultivate your own reality into what you want it to be, to make that cash money, to fuck all them hoes, to jet-set, to be well-read, to have a family, to be a multi-millionaire, whatever the fuck it is you want - rather than let the system assign you a preselected power-limiting role which curbs your civil liberty, personal power, your own perception of yourself, your ability to hold influence and a bunch of other crap - likely the role the system would ascribe to you if you would just go with the flow is a role that does not fulfill the tenacity of your ambitions.

So taking the pill can actually make life seem worse, sure it's empowering to know the truth, but not everyone can handle the weight of that truth.

The truth is power, but with power comes responsibility and the responsibility of realising how truly fucking shitty women are, how pragmatic and manipulative they are, and hilariously, how only some of them are even self-aware of their own fucked up irrational natures can take quite the toll on a man.

This is why its important to develop a coping mechanism.

I encourage you all to inject positivity into your life. Watch stand up comedy, go join a comedy club. Honestly, stand-up for the most part is Red Pill as fuck, you can get away with saying what you like as long as it's funny. We've all seen it with

Bill Burr, Dave Chapelle and the other greats.

Building your SMV can cause growing pains and you may need to lean on things like comedy and junk activities like "playing video games" to ease the growing pains, but as long as you have direction and are still growing and seeing progress that's OK.

Eventually when your SMV is high enough it will reward dividends in and of itself.

If a problem in your life is broke, fix it.

- Overweight? Start jogging.
- Can't workout because of injury? Find workouts you can do which wont exacerbate the injury.
- Miserable fuck? Find shit that makes you laugh.
- People in your life bring you down? Get the fuck rid of them. If it's not immediately possible e.g.: you cant afford to move out from your crazy single parent mother then just avoid her as much as you can.
- Not got any friends? Socialise more, drink some alcohol, go to the comedy club.
- Spending too much money? Downsize.
- Can't earn enough money? Hustle. Get educated. Kiss some ass. Read 48 laws. Find an edge. Do something. Give up on yourself and the world will too.

Ironically all these problems are things which need to be solved in order to increase SMV, and once your SMV is high you will find none of these things are problems. We're all on the path and all of us are at different stages of the path in periods of life. Some of you are doing this for the first time, others of you have been burned before and are doing shit you've already done before to rebuild. Whatever.

Have a mission and fucking go for it.

Lethargic because you've got no energy? Drink water. Blueberries. One lemon in your tea a day. Make that green tea. Get at least 7.5 hours sleep per night. If you have an urgent deadline take power naps in 1.5 hour patterns (so 1.5 - 3 - 4.5 - 6 - 7.5 - 9 hours etc) as that's when your REM cycles end and that way you don't feel groggy.

Life is fucking hard and unfair and women are heartless ruthless observers of your value who will use you for basically any benefit you can provide, but then although perhaps not so competent in the art of Machiavellianism as the average woman, men do the same fucking shit too.

The only reason you are mad/upset is because you were indoctrinated to believe that women are the fairer sex, that they were somehow more pure and that only big evil men do fucked up shit, that females are kind and gentle and "unicorn rainbow shitting fairies" who'll sprinkle you with motherly love and let you suckle on her bosom as she shields you from the world and your bad day slaving for the man. WRONG. Fact of the matter is if she didn't shit you out of her vagina she's got no unconditional love for you. It's tingles/cash or get the fuck out.

Stop feeling sorry for yourself, toughen the fuck up. Sometimes its tough, find a way to cope. I've listed a bunch of ways. Fix your problems. Stop finding excuses. Give yourself a slap. Feeling lazy right now? Go under the shower for 2 minutes, make sure its cold. Not freezing cold (you will get brain freeze) just quite cold. It will raise your T and make you motivated. Go on. Do it. Go. Now.

Being a Man is a Lonely Business (Endure)

By magicalbird.

Article link.

If you slowly build yourself into an alpha this will mean having to ditch your old friends. While they are happily settling for an average life with an average girl you will be slowly building yourself up.

When people tell you to get a girlfriend and get married already you will be building yourself into something greater.

It takes a lot of time and effort, especially for someone who genetically and physically isn't an alpha by birth.

If you want to become excellent you will have to take off all the shackles of comfort that are afforded to betas. Society, the media, and every other influence is doing their best to make you a beta again.

You may have to endure family and friends trying to bring you back down to their level.

You may have to endure entitled women treating you like complete crap or trying to mold you back into a beta.

You may have to endure for a while to find other fellow alpha men who are continually trying to improve themselves.

You may have to wipe away wimpy tears during moments of stupid oneitis and other failures towards the journey to be an alpha.

You may have to sleep with average women who offer nothing but a half decent face.

You may have to see other alphas get with better women and end up in better jobs than you on your path.

Find something that makes you passionate and have a mission in life. Something so sacred to your own being that no one can ever change your mind. Protect it with your life.

Even if you're a skinny 5'5 guy who has a dream to sleep with models and you work hard at life by getting your looks together and other SMV features, you could probably get some shorter freelance models here and there.

The road to being an alpha is going to be lonely so endure.

Featured Comment

By Soultrane9.

I went from a dorm kid to a professional with above average money, a decent flat and a virgin LTR in 3 years.

The core concept of my advice: become a psychopath. When i moved to the college dorms I decided that I won't see people as before. I saw them as puppets, as a social experiment. They were pawns in my social learning game.

You have to accept everybody is a temporal companion in your life. As were your high school classmates, as are your college mates. As will be your colleges from your first workplace. As will be from the second one. What you will

experience: after you moved on to the next stage, nobody gives a shit about you. When you are at your first work place your college friends won't give a shit. When you move to your second job the guy you were having lunch with every day, hour long conversations and a few pub nights from the first workplace with won't give a shit about you. It's all temporal.

What does this say to you? A relation to another human either gives you an advantage or it's a waste of time. When my best friend started to stop giving a fuck about me because I decided to work instead of finishing my degree it really fucked with my emotions. It was only the "lonely" path remaining.

Standing out from the crowd.

You do that by building a successful and stable life. You don't need other men's approval, which you are seeking probably. Every woman will see that you are standing out by having frame, career, interests, MUSCLES, and your own place. No frat boy will be your competition. You have to develop the "daddy vibe." It trumps everything.

How do you achieve that? Monk mode. Discipline yourself. I did it for more than a year: get up early, go to classes, go to work, hit the gym, cook my food and it's 11 PM, time for bed. I was a whimsy, afraid of pain and everything. I decided it's time to face my fears: i got a tattoo. I was so nervous i almost threw up beforehand LOL. I came out the saloon as a different person.

The "lonely" path

Don't confuse being lonely and being alone. You need to live the alone life but that doesn't mean you are lonely. If you are not happy living alone you are not ready to spin plates. You have to sit nights at your place learning to deal with your loneliness. What helped me was buddhist books. In a TL;DR version the whole religion is about maintaining inner control. You have to find peace in existence. Not in life first. In existence. You need to let go of your ego, forget everything you know. Find peace in existence just like your ape ancestors did. I recommend the

author "Osho" for starting out.

Nobody exists on purpose, nobody belongs anywhere, everybody's gonna die.

5 Misconceptions of MGTOW

By jagrmeister721.

Article link.

After a thread about a popular MGTOW forum shutting down, I realized Red Pillers here have diverging views on MGTOW. The 2014 Direction for the subreddit mentions MGTOW as a valid Red Pill sexual strategy but it seems many confuse MGTOW with incel ("involuntarily celibacy"). MGTOWs are much maligned by the usual suspects (just as Herbivore Men have been before them) and so it's not surprising to see others, even other Red-Pill men, absorb these misapprehensions.

For sake of clarity, I'll cover 5 misconceptions about MGTOW

Misconception #1: MGTOWs are bitter that they've never had sex

Most men become MGTOWs after a marriage or a set of relationships. Which means they've had sex. But those men become MGTOW because they experience the hollow promise that are today's relationships with women. Society (and women) sold the idea of a girlfriend or spouse as an asset but after nagging, histrionics, outlandish expectations, and ever-increasing entitlement, they found women to be more of a liability (despite the sex). If you visit the primary MGTOW forums: Happy Bachelor, GoingYourOwnWay.com, or MGTOW HQ, you'll observe that most fall into this camp.

Misconception #2: Whatever their past life, once a man goes MGTOW, then he abstains

Generally, MGTOWs avoid one-itis LTRs that are a conveyor belt towards

marriage and few MGTOWs get married AFTER taking The Red Pill. The sexual activity of MGTOWs, however, varies widely. On the main MGTOW forums, some have GFs, some date casually, some are into game, others are even married.

A main observation of MGTOW is that women are overrated. They have always been overrated by society to encourage men to marry and pump out more workslaves. But now the delta between a woman's actual value and perceived value has taken on comical proportions as female waistlines bulge and they adopt undesirable masculine qualities. This overvaluing of women happens amongst men as well; in that men will judge one another's value on his ability to court women. It may have been more so in the past that a "quality" man was sought after by women, and so female interest had a true correlation with the actual value of a man. Feminist relaxing of social constraints on female mate selection criteria changes that. There are a lot of decent men on the sidelines and a lot of guys with questionable track records getting plenty of female attention.

But either way, to be a "man" in yesteryear was to "win a woman over" for marriage and today it means gaming a chick into bed. Wheras in the past, being a "Real Man" meant marrying a woman (translation: the man is "good enough" for a woman), today the "Real Man" is measured by his 'notch count' and prioritizing the pursuit (translation: man is "good enough" for a woman). The more things change, the more they stay the same. In either case, a man's value as judged by himself, his peers, and society at large is predicated on his ability to meet a woman's requirements. MGTOW is calling bullshit on that.

MGTOWs may date or not, but ultimately the importance of "success with women" is lower in their worldview.

Misconception #3: MGTOWs are not focused on self-betterment; they have given up

The key point here is that MGTOWs distinguish between Sexual Market Value (SMV) and Actual Value (AV). To define terms, Actual Value is having traits that make for a good person leading a meaningful life; actual ability, actual traits of

good character. Let's start with the most basic- character: a fundamentally decent human being. Honest. Trustworthy. Strong. Resilient. Resourceful. These are traits of someone who is a good friend, a good worker, a good person all around to know. Then there are abilities- someone who is intelligent, has practical skills, a sense of humor. Finally, there are what he does- activities, interests, his job. SMV, for men, are male traits that women find attractive. Now naturally there may be some overlap between the two. But the general sentiment amongst MGTOWs is that today, SMV and AV may be more misaligned than ever. Today, a guy like Kevin Federline is preferred to a guy with Actual Value. Whereas having a full sleeve tattoo may not put you in great position for the corner office, it can help your SMV. There are more examples, but decades ago, having an upstanding character and solid career prospects was more likely to garner female interest than in an era when women are largely in the workforce themselves and where feminism has removed social restraints on female hypergamy (which was always there) and leads women to unintentionally prioritize qualities in men that would have aided her survival in a pre-civilization era.

MGTOWs separate themselves entirely from the paradigm that a man's value is related to his 'success' with women. MGTOWs focus on life itself and discuss interests such as boxing, boating, lifting, surfing, cars, books, video games, real estate, as well as standard things men talk about like career and travel. They see self-betterment in two dimensions: improving Actual Value, and enjoying life. Since some MGTOWs are interested in dating, there is talk of what one can do to improve SMV, but that is just part of the discussion.

On "giving up", many MGTOWs simply don't find pursuit of women to be all that it's hyped up to be. Some men don't mind shit test after shit test and the standard fare of "maintaining" a woman today. Some do. Life is all about investment and return; and that influences how we spend our time. MGTOWs observe that given the nature of women and the trajectory we're on, greater investment is needed for much lower return. And the cost of even maintaining an investment or portfolio comes at the expense of doing the things one enjoys. Thats why many MGTOWs who've come out of relationships aren't champing at the bit to get back into one.

Misconception #4: MGTOWs are hermits who are basement-dwellers and shun all social interaction.

"Ghosts" are a subset of MGTOWs who seek to minimize social interaction. But they are only a segment of MGTOW in general. Many MGOTWs are pursuing an active, social life (and have more time to do so).

One reason people believe that MGTOWs avoid society is the "4 Levels of MGTOW" cited on MGTOW.com (and which is also cited on Red Pill's 2014 direction). These levels include:

Level 1: Situational awareness
Level 2: Rejection of long-term relationships
Level 3: Rejection of short-term relationships
Level 4: Economic disengagement

In reality, suffice to say, many MGTOWs don't go onto Stage 3 ("Rejection of short-term relationships"), and even fewer go on to Stage 4 ("Economic disengagement").

There is no central mouthpiece of MGTOW and everyone is free to articulate their philosophies. My view is that MGTOWs lead full lives absent the pressure related to relationships or "success with women" which they see as an over-hyped social imposition. On the forums, you'll encounter oil company executives, blue-collar workers, musicians -- a wide variety.

Misconception #5: MGTOWs are angry

Men enter into MGTOW awareness at different stages. Some do so right after divorce. Given the nature of family courts and their biases, who could blame those men for being angry afterwards? Like with other disappointments, people go through phases of dealing with this one- the false promise often encountered with LTRs and marriage. There is typically: surprise, anger, discontent (with society and

double standards), acceptance and then enjoying a red-pill lifestyle absent the need to "man up" and find a soulmate/get married.

Some say MGTOWs express this anger by "complaining" about women. I see it as explaining the nature of women. Because MGTOWs are not blinded by their need to court women, they can often be objective about female dynamics, faulty logic, and irrational nature. As Bill Burr says, "Women are constantly patting themselves on the back for how difficult their lives are and no one corrects them because they want to fuck 'em." MGTOWs don't have this problem and often can be effective on calling women on their BS rather than justify female behavior for any number of reasons. When a man is actively courting women, he is often forced to justify warped female behavior since critiquing it doesn't aid in his pursuit. It is simpler to characterize it as justifiable behavior (ie: "women can't be faulted for being women") rather than acknowledge that certain female behavior has gotten worse, not due to biological changes, but a more hospitable culture to female nonsense in general.

Final thoughts:

Red Pill is a starting point. From the Red Pill, based on our values and preferences, we can go in different directions. Blue pill society has rigged the game against men; and The Red Pill is about finding the right countermeasures to live life and enjoy it.

The history of the manosphere has been that our sense of pride in validating our own life choice's have often led us to cut down other men not following the same exact path. It explains the constant one-upmanship that's taken place in the manosphere. We may not agree with each other's approach, but hopefully we'll acknowledge the validity of differing approaches (and the reality of overlap between the different approaches as opposed to their being discrete 'movements'). To each, his own.

Guides to Success in Self-Improvement

A 7 Step Guide To Swallowing The Pill

By no_face.

Article link.

You have read a lot of theory about the nature of women (hypergamy, hypoagency, rationalization, etc) and game and so on, but some newbies may benefit from a step by step guide to actually swallowing the pill.

Step 1: Lifting

Posture: Before you start lifting, you need to make sure your posture is OK. If not, you risk pinched nerves, bad form and injury. Your posture is poor because you have poor habits. In particular:

One shoulder lower than the other: Typically right handed folks have their right shoulder below their left. This is caused by higher development of the right breast muscle compared to the left and weak back muscles. The instructions below assume your right shoulder is lower. If your left shoulder is lower, swap the words left and right below

To fix this, stand with your left shoulder near a door jamb or pole. Raise your right arm all the way up. Bend it at the elbow so that it makes a right angle. Grab the door jamb or pole and stretch. You can put your right foot ahead. Hold for 20 seconds. This should temporarily fix your shoulder imbalance. You now need to do side and front shoulder raises with dumbbells (not a barbell). You should also do chest flys to develop your chest muscles. Start with the lowest weight possible. In the beginning, they will feel too light. As you increase the weight bit by bit, you will notice that its harder for your left side. You should continue to exercise at this weight until both sides find it equally hard. From here on, when you increase

weight, they should feel equally hard.

Head Forward position/Kiphosis: Generally caused by sitting for hours in front of a TV/computer. Fix it using this technique https://www.youtube.com/watch?v=LT_dFRnmdGs

Lardosis: You need to stretch your lower back and strengthen your abs. The best way to strengthen abs is to walk up an incline (on a treadmill for example) or to suck your abdomen in and out.

Once your posture is good, you can start on a beginner program such as Stronglift 5x5 or starting strength.

Your first few months with the above will probably result in better posture that you can hold due to improved posterior chain. You may appear taller and more confident.

Over time, you will have improved strength and start to add muscle.

Rookie curl-bro mistakes you avoid by starting with large compound exercises:

- Focusing on curls and only exercising the muscles you can see in the mirror. You will lose all kinds of proportionality and will look uglier as you grow.
- Under-training chest and overtraining triceps
- Neglecting shoulders in favor of biceps.

Step 2: Style

Until your posture is fixed from step 1 above, you should not be investing in new clothes. If you are a fat bastard, you should wait until your pants slip off and even then only buy modestly until you think you have relatively flat abs. Then you can go shopping. Try different brands and see what looks good on you. If you are lucky, a cheap "factory outlet" type brand such as Tommy Hilfiger will look good on you and you can restock your wardrobe for a couple of hundred. If buying short

sleeved T-shirts and shirts, best to wait till your arms are big enough that the sleeves are snug. Until your chest is the widest part of your body when viewed from the side, no clothes will make you look good. Make your interests and lifestyle part of your style. Do you go motor-cycling every weekend with your buddies? You should go for a biker jacket. Do you hang out with your investment broker friends at high class NYC bars? Wear expensive suits. Are you a mechanic? Jeans and T shirt. This is something for you to figure out on your own, do not copy your buddy. Be an individual. In the beginning, a newer style may make you feel conscious. Gradually add new clothes and stop wearing the old clothes. You will need to wear your new style a few times before you feel natural and comfortable in it. After a few days you wont even feel like wearing the old clothes anymore.

Step 3: Mission

You need a mission in your life. Think about it this way: If you die in the next year, how would you want people to remember you? As a great writer? A political activist? A musician? You need something to work on, something you would contribute to the world. Not everyone will be a world-changing agent but you need to find something that you are very passionate about. Ever heard of Khan academy? His passion is just to teach. He has risen above the millions of teachers who teach for a pay check. Any mission is awesome if you have the passion for it. Your mission is how you see yourself and how others see you. It is how you meet people who have interests aligned with you. Your mission enables you to enlarge your social circle and improve your social circle game. Choose it with care.

Step 4: Frame

Frame is simply your idea of yourself. Are you a cool, confident, fun, awesome person? Are you witty and intellectual? You need to develop alpha characteristics in your frame such as stoicism, abundance mentality and high value. Step 1-3 above and your characteristics as you see yourself feed into your frame. Make sure its clean. In particular, you need to weed out anything bitchy out of your frame. Many shit-tests are simply integrity tests of your frame. Did you get upset when she said she does not like men under 6 feet tall? There goes your frame of being

cool in the face of stress. Feel the need to demand explanation for her flaking on a date? Your abundance frame just dissolved.

Step 5: Game

There are entire manosphere posts you can read about game but almost all of it can be concisely boiled down to 16 commandments of Poon.

My experience regarding dealing with women in your social circle is simple:

- Until you have high value, don't even bother talking to women. Go into monk mode and work on yourself. You will know you are high SMV when multiple women open you (talk to you of their own volition, smile at you, etc). Low value men are invisible to women. Low value men who try to game/hit on them are creepy according to their definition
- Once you have high value, the simplest thing to do is to wait for a woman to notice you and open you. These will be least effort/least shit-tests.
- If you have noticed a woman and she seems to have not noticed you, you can boldly go over and introduce yourself. I have never needed any pickup lines/opinion openers/negs or any of the usual PUA BS. Just go over and introduce yourself and make some small talk. The only thing I'd add is DON'T COMPLIMENT HER. She hasn't earned it. After this, you should just ignore her. She may open you or you can talk more if you run into each other. If you see increased friendliness, you should simply ask her out.
- Escalate.

Step 6: Dominance

You need to dominate your woman physically (lift, MOFO, lift!) mentally (you are smarter than a woman, right?), emotionally (be stoic, bro), and sexually (escalate). You also need to dominate the relationship (no supplication, no compliments unless its for something she did to please you) and sex acts (read Daniel Rose's Sex God method). Eventually as you get closer, you can occasionally break these rules. Remember LTRs require some amount of tenderness and

support.

Step 7: Maintenance

As a TRP male, you need to constantly get better. When you stagnate, the lack of change will bore your woman and she will be susceptible to her innate hypergamy. Learn new things and surprise yourself and her all the time.

Focus On You First. And Second. And Third. And...Blah Blah...Worry About Women Seventh

By Archwinger.

Article link.

A lot of people (especially new people) show up on The Red Pill wondering "What specifically do I do to improve my life?" They're not looking for academic theory about women and power-talk and discussions about how shitty women are and how alpha and beta various examples of men are. They're looking for concrete help. Advice they can implement today to make their lives better.

First, join a gym, or start going if you already joined but don't go regularly. Or go back if you used to work out and stopped. Make time for this. Every day. Or maybe 6 days a week. Or every other day if you have shit to do. But minimum 3 times per week and preferably more. Do strength training. Look up Stronglifts 5x5 or something comparable, and fucking do it. Cardio in between if you're going every day. This is your time. Don't talk to girls. Don't talk to guys. Don't waste your gym hour. Just work out. It will suck at first but get easier. Here's the key: It doesn't matter if you get stronger or look different after a month. (You will, but it doesn't matter.) The way you walk, talk, and carry yourself will become better, in a way you won't notice but others will, if you know that you've done all you can to prepare your body to face the day, every day. And it's just plain good for you to grow some fucking muscle.

Second, eat well and get enough sleep. Staying up until 4:AM drinking beer is fine when you're 19 and in college studying for an exam, but you're a real person now, and you wake up at 5:AM to work out. So eat real food (not bars and shakes), cut out soft drinks and energy drinks and other bullshit, limit alcohol to social drinking, learn to cook, and buy actual shit from an actual healthy grocery store.

And sleep 8-9 hours per night. You have nothing to prove to anybody by staying up until midnight. You have a job, a workout regimen, and a life to live. Lack of sleep hinders all of that and makes you a less efficient and a less attractive human.

Third, get a job if you don't have one. Get a good job if you already have a shitty job. Get ahead at your good job if you already have one of those. You can look on indeed.com or monster or any other job site, but be forewarned – every job posting you see on the internet will get a thousand resumes. Do a general search for companies in your industry and just send them letters and a copy of your resume. Follow up within the week. By phone, not e-mail. Talk to everyone you know and get hooked up at places you never would have thought to approach. Networking is the best way to get a job, and having a day job and steady income affects the way you walk and talk. Even if you don't notice this, others will. Even if you're in school now, get a part time job doing something cool. It's a great conversation piece, and when you're finally out of school, the fact that you did something besides go to school the last 4 years sets you apart from other college graduates first starting to send their resumes to employers.

Fourth, talk to strangers. All the fucking time. Are you in line somewhere? A coffee shop? The student union at your university? Are you on a street or in a building, or at the gym or anywhere else where other people exist and aren't busy working? Just chat with strangers. You're not trying to make a new best friend or get a date. You're just chatting with people, both men and women, 30-60 seconds tops, maybe 10 people a day. Most of this will go nowhere and be super-awkward, but maybe you meet someone you can add to your network and contact later. More importantly, however, you get over the inherent fear we all have of rejection. You talk to strangers without caring what they'll say or think, it's awkward and stupid, it sucks and you look dumb and have nothing to talk about. But six months from now, you'll realize that you're actually good at talking to people, strangers are as afraid of you as you are of them, and you develop a knack for getting other people to seek your approval, rather than vice versa. This translates into more success meeting women, more confidence at job interviews and business/social functions, and the like.

Fifth, join some professional societies, hobbyist groups, start taking guitar or martial art lessons, or something that interests you, not related to your day job. You need shit to do besides work, cook dinner, and sleep. Otherwise, you're a boring little shit. Be interested in something and look into it. Cooking? Making soap? Making explosives? Going to the shooting range? I don't care. But if you're a man, you've at least passively been interested in lots of things over the years. Pick a few items of the greatest interest to you and actually look into them. You won't live forever.

Sixth, study up on game. It doesn't matter how fit, healthy, successful, social, and interesting you are. Women and talking them into fucking you is something different from all of that. If you don't know how to talk to girls in a sexual way, you'll die a rich, super hawt, very interesting virgin who didn't have game. You have to learn how to treat women like anybody else, be outcome independent, talk subtly sexually, touch in a non-awkward way, and escalate the situation to a sexual encounter. This is a learned skill, not something that "just happens" naturally the way women will tell you it does. For them, it just happens. For you, it's a practiced skill, and making this happen is something that is completely independent from looks/fitness, success, hobbies, and social skills. Having all of that makes game a lot easier (which is why game comes as sixth on this list), but all of that without game won't get you laid, and game without all of that will make your life a lot harder.

Finally, start going out every weekend, and/or maybe one weeknight a week, and approach women. Constantly, the same way you talked to strangers above. Note how this is seventh on my list, and not all that important. Women don't matter if you haven't done 1-6. And you can be happy and successful just doing 1-6 and forgetting all about women. That's actually key. If you're not happy, all on your own, just with who you are, what you've done, and what you're capable of, then you'll never land a woman (not a worthwhile one anyway). If you're physically fit or at least confident about your gym routine, healthy and well-rested, professionally successful, socially not awkward, have hobbies and interests, and are at least decently versed in game, you finally have a decent chance of not being blown off by the average woman. As noted above, treat women like talking to

strangers. Just chat with them like anybody else, in a non-awkward way, and you're already leagues beyond the normal loser, who doesn't have the courage to walk up and talk (and when he does, he's an awkward loser). Just talking to women and coming across like a non-awkward, non-loser puts you in the top 25% of men. Being subtly sexual and escalating via touch puts you in the top 20%, give or take. Not caring whether you're turned down or not and moving on to the next woman like the one who just pissed on you doesn't count puts you in the top 15. Being fit, successful, socially apt, and interesting, on top of good game, puts you in the top 10.

The top 10 percent gets laid every weekend. Maybe not by every single woman they approach, but by the end of the night, you'll have a fuck buddy lined up. But this comes after a few weeks or months of hard work becoming worth a shit. The key is being happy without women. If you're fit, successful, socially apt, and in possession of useful and interesting skills and hobbies, you should be able to have a decent life without women. Women would rather line up to be the gravy on your awesome life than be the main course, featured on the otherwise empty plate of a loser.

Goals: A Quick Guide On How To Attain Them

By bsutansalt.

Article link.

Setting Goals

Setting goals is an effective method of achieving success in life, whether it be short-term or over the long-term. There are 5 key aspects to creating goals:

1. Be specific.
2. They need to be measurable.
3. Track your progress.
4. Are your goals practical?
5. Stay on track -- keep your eyes on the prize.

Be specific

Write down goals in specific detail so you can clearly see what you plan to attain and how to achieve it. State exactly what you want and how you plan to get the results you seek, such as who can help and what training you may require.

- What? What do you want to accomplish (short & long term)?
- Where? Identify locations & venues you will do the activities.
- When? Establish time frames for short & long term goals. What is your target date?
- Who? Who can help you reach your goals? Do you seek mentors, expert advice, or wings to help you in field?

Measurable

Establish metrics to track your progress. Keep a documented record of your successful steps toward your goals.

How many? Do you have a goal of approaching a certain amount of women per day/night/week/month/year? How long? Do you have a goal of spending a specific amount of time meeting women?

Tracking

Tracking your successes can help encourage you to keep going and give you solid feedback on our efforts and whether something is working or not. The best strategy for sticking to goals is to keep track of your progress on a daily basis by writing it down every day. This very act of writing down activities/steps taken has been shown to improve results and to encourage consistency. It allows you to learn more about your habits, stay accountable to yourself, and keep track of any progress or slips.

A good record includes the following:

A. Type of activities.
B. How long you spent doing that activities.
C. Intensity of the effort. Did you push your own boundaries or did you play it safe?
D. Comments about any difficulties to help you in problem solving for the future.

Practicality

Are the goals reasonable and achievable in the time allotted? Know your limits and work around them as best you can. Not everyone gets to be an astronaut.

Staying on track

Maintaining progress is one of the hardest challenges when trying to make changes to your life, whether it be changing a habit, fitness, or improving your communication skills. Getting started can be difficult, but staying committed is even harder. The key to successfully navigating obstacles to maintaining your progress is to acknowledge slips will happen despite your best efforts to plan for them. The key is to build consistencies and a regular schedule and to get back on that horse as soon as you get thrown off. There are several things you can do to help stay on target:

1. Keep it meaningful! Continue to remind yourself of the personal benefits you'll get when you achieve your goals. Setting and keeping meaningful goals that are realistic and attainable will increase the likeliness of success. You are much more likely to strive towards a goal you care about and feel close to accomplishing.
2. Reward yourself! Rewards increase the likelihood that you will do it again. When you reach a metric give yourself a reward. Create rewards for both short-term and long-term goals.
3. The earlier you catch slips the better. If caught early a slip does NOT have to signal an inevitable downward spiral. Again, slips are inevitable and accepting that and moving on when they happen is the best course of action. The most important thing to do when slips occur is to not let it turn into a string of slips or affect your new habits and collapse your changes in behavior you've been working towards.
4. Have a plan for dealing with slips:

    - The most important thing is to get back on track as soon as possible. Do NOT wait until Monday or the beginning of the month to "start fresh."
    - Learn from the past. You an identify many of these slips from past experience. Think back and identify situations in which you remember having a particularly difficult time sticking to your plan.
    - Plan in advance. When you know similar situations are coming (i.e. holidays, family vacations, etc), start planning for how to deal with

them in advance. If you wait until you are in the midst of the situation you are not likely to come up with an effective solution. Use the information from past struggles to guide your planning and identify past hurdles that will need to be overcome.

- If you find you have relapsed, pull out all the resources that have helped you in the past to get back on track. Some questions you need to ask are:
    - What barriers may interfere with your plan?
    - How can you address them?
    - If you cannot stick to your primary plan, what is your backup plan?

The measures of success are not whether there are dips in your progress, but whether overall you are progressing in spite of occasional slips.

Let's Do Money

By Archwinger.

Article link.

Hi, guys. So lately, I've been thinking about money. Because frankly, money is more important than women. You can buy a lot more happiness than you can fuck. Women figured that out a long time ago, hence their dating/marriage strategy, and it's time to catch up.

First off, if you're young, don't have a job, have a shitty job, and so forth, real financial advice isn't for you. The advice you need is obvious: get a job. A good one. A post about what degrees or credentials to pursue, how to get into certain fields, how to network, how to write a resume, how to interview – that's beyond the scope of the bullshit I'm writing today, which is more about what to do with the money you're earning and how to prioritize your financial endeavors.

The very first thing you need to do with your pay checks is to save money. Make a budget and figure out what you're spending each month. As an aside, keep your monthly expenditures low. You need a place to live, a used car that you preferably buy with cash to get you to work, an old non-state-of-the-art computer that connects to the internet, an old non-state-of-the-art cell phone, a cheap gym membership, clothes for work and the gym (depending on your job, work clothes can double as clothes for going out), food and water, and if you really want to splurge, a television. You don't want to go insane, so you can go out from time to time, have hobbies, and so on, but if you're spending a hundred bucks a weekend drinking and trying to pick up girls, you're wasting something valuable for something mostly worthless.

Anyway, figure out how much you spend each month, and save money to build

up a reserve. You want to have a minimum of 3 months of your expenses in the bank, preferably 6. Not 3-6 months of pay checks (we're not buying an engagement ring!) - your expenses times 3-6. Your pay check should far exceed your expenses. If not, you need budgeting advice, not financial advice. Or a less shitty job.

Why do this first? Because the very first step toward financial independence is having some security. Knowing that you could lose your job tomorrow, or even make the conscious choice to quit your job and pursue other avenues, or get sick or injured or something, and continue your life exactly the same – same stuff, same quality of life, same everything – for six months. If you're planning on doing something extra risky or likely to fail, or more long-term, like starting a business, maybe you want to have 9-12 months in reserve. But when you can quit your job tomorrow and go do something else, and still live exactly as you're living right now for six months, that's your first taste of independence.

Once you have six months of living stashed away in the bank (put this in a separate account if you don't have the discipline to not touch it when it's in your general savings account), you have the freedom to be more aggressive with the rest of your money. After all, if you lose it all, then lose your job the very next day, see above. You can go right on living for half a year.

But the saving doesn't stop once you get to six months of costs. From that point on, you should be saving 10% of your gross income, minimum. 12-15% is a better goal. 20% if you can afford it, but that requires some serious quality-of-life sacrifices. In this context, "saving" doesn't mean a bank account. At this point, you should be moving on to investment vehicles, retirement accounts, and so on. You can still keep extra cash, set aside in a separate account for projects you want to save for, like getting a house, building something, buying something, going somewhere. But try to stash at least 10% of your income somewhere it can grow. And start this young. Because time is your most valuable asset. Women figured that out a long time ago, too. That's why they're always after your time.

There was a post that touched on this, actually: That bedroom set you bought your wife? Don't think of it as a $11,000 check. Think of it as four months you

slaved away in the office that you'll never get back. But it's not just those four months you worked. That four months of income you didn't save today will turn into several years of extra working before you can retire. That bedroom set your wife wanted extended your period of slavery for years. And she probably complained about it once you had it anyway, and fucked her boyfriend on the bed instead of you, and got the bedroom set in the divorce even though she hates it, so you had to buy a new bed at your new place and set yourself even farther behind, not to mention the checks you have to write your wife each month. But I digress.

Time is your most valuable asset. A lot of people will write an extra check to their bank every month toward their mortgage, because we're all told that this adds up. You'll pay off your house sooner, and just think what you'll be able to do in 20 years instead of 30 when you have an extra $2000 a month! You can bank that! But look at it this way: saving 500$ every month today, in your 20s or 30s, and just paying the minimum to avoid getting foreclosed on, will net you far, far more money than paying off your house, then saving $2000 a month starting in your 50s. Mortgage interest rates are low today, so you can get away with this and come out ahead.

The same applies to all of your debts. If you have a debt with an interest rate of 8% or higher, pay it off. Maybe pay off your 7% debts, too. It's hard to get a solid 7-8% rate of return on most things today. But anything lower than that and you're better off just making your regular minimum monthly payment and saving the money you're thinking about paying toward a debt. Because when you pay extra money on that debt, your creditor takes that money, invests it, loans it out, gets interest on it, makes money on it – that could be your money. You're better off making that money. You can still pay off your house in 20 years instead of 30 if you want, but do that by making shit tons of money today, then writing a big check in 19 years and 11 months. Not by paying an extra $500 a month to the bank. Because when that house is finally yours and all of your other debts are paid off, you won't have shit saved away to retire, and you'll already be 50.

Further, when you give money to your mortgagor or another creditor, that's money you can't access. Sure, you feel good about having more equity in your

house, but you can't do anything with that equity unless you want to sell your house, incurring closing costs, moving costs, etc. And let's say you sell your house and turn a profit. What do you get with all of that equity you bought? The exact amount of money you put in back again. No growth. You pay your mortgage off, you get your profit, and you get your equity back. As an aside, you get a federal income tax deduction for paying interest on a home mortgage, so paying extra toward your principal can also make you have more taxable income.

So you should be saving for retirement, right? Better dump all that money in your company's 401(k) plan! Nope. 401(k)s are a scam. You should definitely put money into a 401(k), though. Exactly as much money as your employer matches, then not a penny more. Because that employer matching is free money – an instant 100% rate of return. But after that, pre-tax retirement accounts are a losing affair. Taxes never go down. They go up. When you're in your 60s (assuming the government doesn't keep raising the age when you can access a 401k), do you seriously think taxes are going to be lower than they are today? Or that dollars will be worth more?

Let's say you do some math, and to live comfortably at retirement, you're going to want $8000 per month. So $96,000 per year. When you pull that out of a 401k, you have to pay taxes on that money. So you don't get 96k a year. To get that 96k you need, you actually have to pull about 120k out of your account. And that's assuming taxes aren't boatloads higher by then. It's just a bad investment. An inefficient use of your money.

On the flip-side, a Roth IRA (or some companies offer a Roth 401k) can be a great vehicle. Roth accounts are actually such a good vehicle that the government is probably going to shit-can them before I get to retire. If your company doesn't offer a good retirement plan or you're self-employed or a contractor or something, and your income is below the legal cap, you should be saving the maximum in a Roth IRA every year, and putting the money with a good financial guy.

When you finally get around to choosing stocks or mutual funds, pay attention to dividends (look for the word "value" in the title of the mutual fund, or do some

research on a company's stock history). Most financial guys focus on growth alone, which is a crap shoot. You buy something today and hope that years from now when you sell it, it's worth more. You diversify what you're buying so that if something tanks, you can offset the loss with gains from other things. Not a horrible strategy, but no growth. If you focus on things that pay dividends, that dividend money can be banked, spent, used to invest in other things, or even automatically reinvested in whatever's generating the dividends (which leads to more dividends next quarter).

Companies that pay dividends have to keep doing it. If they pay their shareholder dividends this quarter, then next quarter decide not to, their shareholders get pissed, a lot of them sell some stock off, the stock price goes down, and all of those fat cat CEOs lose money. Companies will bend over backward, and even borrow money, to make sure they get those dividends out every quarter, because that's how the people in charge keep the stock price from tanking. So dividends are like free money that helps to cushion you somewhat if stock prices go down.

The not-quite-accurate thing financial advisors will tell you, that still serves as a good illustration of how you should be thinking is the 3 20s approach: If you save 20% of your income for 20 years straight, you can retire in 20 years. That's not really accurate for a lot of reasons, but the overarching premise is a good one: Time is valuable. More valuable than money. So young guys in their 20s and 30s ought to be getting their shit together now, so they can retire in their 40s and 50s instead of slaving away for women until the day they die.

Dealing With Loneliness As You Work Toward Becoming A Top 10% Man

By nowboarding.

Article link.

Thanks to TRP I've finally dedicated myself to getting my shit together. Lifestyle, body, fashion, money, etc. To work on becoming a man who is in the top tier of self-made men (I say self-made because if you're on this sub your life situation probably hasn't put you in that position by default). These are the men who, among other things, get the best years and the deepest passions of girls that the remaining 95% of men only dream about.

But to become such a man will take years of intense effort, followed by a lifetime of maintenance. There are no shortcuts. See, there are 2 types of self-improvement, and becoming a top tier man involves achieving the second type.

1. Improvement that *you* recognize.
2. Improvement that *the world* recognizes.

Let's say you're a skinny bastard and start going to the gym everyday for the first time in your life. Every week you'll see a slightly improved version of yourself in the mirror. Fantastic! Keep it up! In 6 months, friends who haven't seen you in a while will be blown away. But in reality, this is only the first kind of self-improvement.

Just because you and your friends recognize and celebrate your improvements, it doesn't mean the world will. In fact, if you're just getting started, it's almost certain that the world at large will not even notice your achievement (not yet). A skinny bastard plus 6 months of painstaking effort in the gym and the kitchen is

now a guy with an only-slightly below average body.

Wonder why the hotties aren't responding well, despite you having made so much progress and being validated regularly by your peer group? It's because the girls are not comparing you to yourself from 6 months ago. They're comparing you to their world. To the hot, successful, fun, cool guys they've been lusting after and getting with since they were 12.

Sound unfair? Sure. But if you've embraced TRP, and I mean really embraced it, you've come to accept that nobody owes you anything, and sure as hell not these hotties. For me, this was the toughest part of the pill to swallow. More so than even the hypergamy truths.

To get the results of the top 5% of self-made men, you need to pay your dues with an intensity of effort that only the top 5% of men are willing to exert. To play in that realm, you need to become one of them. To become one of them, you need to invest so ferociously in yourself over such a long period of time that your results speak for themselves not just to yourself, but to the wider population.

I am not saying that the first type of self improvement is not important. And I'm not saying that improving yourself is to be done only to get the world's approval, or that your approval of yourself is not important. I'm only making this distinction between the 2 types so that you don't make the mistake of expecting the world to respond to you as though you have achieved the second, when you have in fact only achieved the first.

Because when your unrealistic results don't materialize, you will be deflated, drained, and demotivated. The first type is a prerequisite, and it's only by appreciating your own results that you keep the motivation to stick with it long-term.

In order to improve yourself to the point where you're in the top tier of men, it will take years. Frankly speaking, many of us here aren't going to get laid tonight. Some of you may not have been laid in months, if not years. Many of you may be

overweight, if not obese. Others may be repulsively skinny. Some of you may have no friends, low confidence, or no sense of self-worth.

Fine. We're in TRP here, where we accept the current situation so that we can work on it and change it to our satisfaction.

Having said all this, let's get to the meat of this topic.

If you're this guy I've just described, how do you lessen the sting of loneliness that you feel as you walk the path towards becoming a top-tier man? You may be on that first level of self-improvement where you recognize it and are feeling great, which is already a huge win. But the world hasn't recognized it, and won't for some time. So you're still without girls and without the kinds of cool friends and life experiences that you want. You're still lonely.

While you spend your weekend eating right, hitting the weights, shopping for nicer clothes, and engaging in 1 or 2 interesting social events that challenge your comfort zone, you feel good though can't help but be reminded how alone you really are. You see reminders everywhere that people are currently living the life you want. Hot girls with cool guys on dates, big groups of cool friends at a restaurant together, good-looking couples enjoying each other's affections everywhere you look. It is literally everywhere.

It can hurt to know that while so many other people are enjoying this night, enjoying this weekend, you are left with only hopes that your future will be better. Which it certainly will be if you become a high-quality man. Nevertheless, the sting of loneliness still exists today.

Since many men on TRP are already working to become that man, I'd like to know how you deal with the realities of loneliness as you invest heavily in yourself. Maybe you have friends, but they're the kind of people you're with only because the alternative is isolation. Maybe you have a girl you're seeing, but she's barely attractive to you and only slightly better than masturbation.

You're going through the process of self-development and feeling a new sense of purpose and self-control, but you know it will be a long time before you can make a real dent in your situation. Before you reach that second level of self-improvement where you are in fact received by the world as a high-quality man.

TRP is a journey, not a destination, but that doesn't mean you must confine yourself to a lifetime of loneliness as you commit to a lifetime of self-improvement.

How do you keep the end goal in sight and not let your current loneliness or lack of immediate success derail your efforts?

Featured Comment

By chivalry_augustus.

I know it's demoralising, but ... there's actually no point pursuing this lifestyle and dream if you don't actually want it. Swallowing The Red Pill for me has been a realisation of truth. I don't want to be in the top 10% of men in the sense that women will perceive me as being in the top 10%. What I mean by that is, I don't want to work damned hard to up my SMV just because it will up my SMV, especially because being a wealthy bachelor is never how I foresaw my life developing.

In actuality, swallowing the pill has been a realisation and an acceptance of the futility and the reality of the void. If, indeed, I do become wealthy, or I do become stunningly attractive, or I do become this or that or whatever, it will be because I wanted to do that for me. I will become greatness for my own sake, if indeed I do. But as far as women are concerned, what sense does it make to me to elevate myself above other men just so the vapid half of the human population can like me on a superficial level?

This is where I'm having real trouble with some of the elements of RP. My life as I see it now is one bereft of pressure or ambition. I want to bum around for a decade and see the world. I don't particularly care whether I live or die. I am happier than I was but I am happier more because I have embraced the utter sense of solitude that inevitably prevails when you realise that, truly, all men are islands. Hence, dealing with loneliness is not something that you can do on a temporary and ongoing basis, rather, loneliness is the prevailing reality and you have to determine what exactly you are going to do knowing that that is true.

I know that seeing loneliness as the context may seem perverse to some, but that, I feel is the nihilistic nature of things. That is why committing to self-improvement seems like a crazy idea to me unless you genuinely want it. For me, you have to accept and embrace the loneliness first, and from there, progress to the point of deciding if, and eventually, how, you are going to deal with it. But I don't get the constant obsession here with being a high-quality man. Ultimately, you're going to pay your dues time and again to win a prize that, at the end of everything, isn't much of a prize at all. It's just a life of toil in the hope of making up for a life of frugality.

The Red Pill, Dating, and Relationships

General Sexual Marketplace Theory

Briffault's Law

By redpillschool.

Article link.

This has been posted a few times, and comes up in comments a lot, but we've got a lot of new users here.

BRIFFAULT'S LAW:

The female, not the male, determines all the conditions of the animal family. Where the female can derive no benefit from association with the male, no such association takes place.

There are a few corollaries I would add:

- Past benefit provided by the male does not provide for continued or future association.
- Any agreement where the male provides a current benefit in return for a promise of future association is null and void as soon as the male has provided the benefit (see corollary 1).
- A promise of future benefit has limited influence on current/future association, with the influence inversely proportionate to the length of time until the benefit will be given and directly proportionate to the degree to which the female trusts the male (which is not bloody likely).

Full Post here

Men Are Not Happy

By Archwinger.

Article link.

About once every month or two, there's a post somewhere on Reddit, by a woman, saying something like, "My boyfriend suddenly started doing Red Pill stuff and now I want out," followed by 4-6 paragraphs explaining how her boyfriend is now a controlling, abusive asshole who works out and wants sex (because these traits are, of course, very, very unique to The Red Pill, and any guy who exhibits them obviously went online, found us, and we ruined him). These threads get seized upon by our detractors, who eagerly point out: "See? See!? The Red Pill doesn't 'work' ! It just ends relationships and turns guys into assholes!"

Independent of what is and is not actually "Red Pill behaviour," situations like these are based a bad assumption. Simply put, in examples like this, the lamenting woman has presupposed that prior to her man's "changes", their relationship was actually good, and he was actually happy. Then he ruined everything by reading some bullshit online that told him how his relationship ought to be, then trying to implement it.

This begs the question: If the relationship was fine before the boyfriend went all Red Pill on his woman, why is he trying to change things? Why did he go on the Internet and seek out the manosphere? If he's happy with his relationship the way it is, why is he trying to find ways to improve his sex life and become more assertive? (All of this, of course, assumes that a) the stories presented on Reddit are true; and b) the man actually sought out The Red Pill and didn't just stop kissing his girlfriend's ass for any number of other reasons.)

The Red Pill is here because men aren't happy. They don't want to be sweet and

sensitive and do things for women all day long and be the "perfect boyfriend," while having subpar sex once every six weeks, paying out the ass for expensive dates and gifts, sacrificing personal time, and getting bitched at and threatened with a break-up if any of this perfect behaviour ever dips slightly. They don't want to give back rubs and foot rubs, stay at home one weekend a month while their women have a night out with the girls, get disrespected and talked about behind their backs, get cheated on (but just harmless, meaningless mistakes that don't really count!), and get berated when they push back against any of this. They don't want to let women move in, rent-free, and get pressured to buy a ring for a four-digit number of dollars and tie their finances to someone who makes less than half as much money, just because they've been "dating awhile" and "it's time" and they're "supposed to."

Sure, everything's hunky-dory for these girlfriends, but for the men, everything is NOT happy. Everything is NOT going well. And men are sick of it.

When a 28-year-old man with an entitled bitch of a girlfriend of 5 years stumbles across the Red Pill, he reads stories about men not so much older than he is who don't have or want girlfriends. They don't need a girlfriend because they have four or five women fucking their brains out on a regular basis outside of a relationship. They barely spend a cent on dates or activities. They barely lift a finger to impress women. But girls can't seem to get enough of them.

And what these men do seems so simple. Work out, focus on your career, practice your social skills and get confident, develop useful skills and interesting hobbies – essentially, quit wasting time. Read non-fiction instead of fiction, watch less TV, play less video games, quit jerking off to porn, spend that time doing something that makes you physically, mentally, or socially better. The Red Pill tells men that their time is valuable, and to use it well. Hand in hand with that, The Red Pill tells men that since their time is their most valuable resource, quit wasting it on women when you're not getting something of equal value in return. If your girlfriend is ugly, sexually ungenerous, lazy, or just an entitled bitch that expects you to do all kinds of crap for her just to maintain the pleasure of having a girlfriend, is it really worth all of the time and energy you expend? When you

could be doing something that actually improves your life?

The Red Pill exists because many men aren't happy. Because these relationships that are allegedly "just fine" are very much NOT just fine. Because men are giving so much to their women and getting so little, with the assumption that merely existing – merely being a presence in the man's life – is all a woman needs to do to become his highest priority. That men should be falling over themselves getting in line for the right to say "I have a girlfriend," and nothing more. Men are sick of this.

Guys in the "my man went Red Pill and ruined our relationship" Reddit posts probably aren't actually going to Internet sites to get an instruction manual for how to piss off their girlfriends. They're just normal guys who know in the pit of their stomach that something is wrong – that they're wasting their lives, and that they're not happy. It's not their girlfriends' fault, it's theirs. And they decide one day, for whatever reason, to try to take control of their lives, of their relationships, and build something they're actually proud of. And steps 1 and 2 of that process involve asserting yourself and living the way you want, and expecting the people with whom you associate (e.g., your woman) to add value to your life equal to the value you're expending. The rest of the world shorthands that behaviour as "being an asshole," and "ruining relationships." How sad is that? Honestly and confidently pursuing the life you want, and expecting others to hold up their end of a relationship is the new Hitler.

The Unbalanced Sexual Marketplace

By IllimitableMan.

Comment link from a larger article.

And we'll discover that the real victims of modern feminism are, of course, women themselves, who have been left lonelier and less satisfied than they have ever been.

I find it hilarious how much of the article basically outlines how the typical woman treats the average man like a pile of fucking shit, and then concludes that in their hostile ignorant arrogance, they end up being the real victims due to loneliness.

Men always want to go to bat for women, and that shit fucks me off. It must be genetic or some shit because I see men in TRP doing that shit too "don't be mad at tuh womenz brah, u just bitter OK? I get LOADSA PUSSY, you gotta lift and man up brah, stop being bitter brah" I get fucking tired of that retarded trite dumb testosterone monkeys spit. Fucking retards who lift a bit of metal and fuck a bit of pussy who are totally ignorant to what's going on, but think they're a boss because they can get laid and are constantly high on fucking TREN and a post workout buzz. Just because you lift and get laid, doesn't mean society isn't fucked up. Their opinions on life and women are basically some retarded flow chart:

- Do you lift brah? (Yes/No) No? - If not go lift brah.
- Do you get laid brah? (Yes/No?) - If not go tinder brah.

Tinder not working? You need to cut brah. Already doing both? Then there's no problem, you be trippin' brah! GYM AND TINDER FO LYFE!

See, these fucking idiots think being jacked and getting laid is all you need to be fulfilled in life, and that's fucking bullshit. Men outside the manosphere could collectively go lift tomorrow and it wouldn't change the legal system, it wouldn't get rid of feminism, it wouldn't fix the fucked up education system or the shit economy and it wouldn't give men game/social awareness. It wouldn't change a sweet damn thing for the overall condition of men as outlined in this fucking article.

For some reason, there are a sub-section of men who want to go to bat for women, and the more pussy your typical man gets, the more he thinks "hey you know what, women are fine, I have great times with them, you must be the problem BRAAAAHHHH ain't nothing wrong with women BRAAAAAAAH you're the problem BRAAAAAAAAAH." They don't wanna explore really what the fuck is up. It's just the guys fault. It's close-minded bullshit. Fuck exploring shit, and god forbid blaming a woman, they are poor innocent wittle victimz and as a man, it's all your fault if she's a cunt! The old hypoagent-hyperagent bait and switch gets annoying (men take blame for everything, women get blamed for nothing).

Look, if we're not blaming women FOR ANYTHING, and NOTHING IS THEIR FAULT even if they're HUGE CUNTS, then we can't treat them as equals. We can't respect them. We must see them as inferior children (hence the sidebar post "she's the most responsible teenager in the room").

If we treat them as equals with agency, then we have to hold them to account and stop fucking blaming men for women acting like cunts. You, you vest wearing juicing fuck, need to stop telling men they are fucking bitter because they have genuine rational grievances with bitches. You need to stop looking down on men who don't follow your self-prescribed juice/lift/Tinder lifestyle, shut the fuck up gloating/going to bat for women and realise you're a fucking idiot so high on juice and pussy that your opinion amounts to jack fucking shit. You're a dumb bitch-enabling ape looking for his next orgasm, that's all you are. You may physically epitomise masculinity, but mentally you're as bad as the fucking mangina feminist David Futrelle.

Please, pick a fucking side, because I'm tired of the bait-and-switch in play that is used whenever it is beneficial to serve the plight of women. Men taking the blame for shit outside their realm of control is, in my opinion, full warp speed male hamster.

Women always need the #1 spot in the victim Olympics don't they? And men and women collectively enable that bullshit mentality. Society needs to figure the fuck out whether it wants to treat women as agentless puppies that need to be fed and watered all chained up in their kitchens, or to treat them as fucking people with equal agency, which means stop going to fucking bat for them and validating their bullshit with "as the man, it's your fault she's a cunt, you should have used your super man powers to stop her being a cunt. You should have treated her in such an ALFALLLLLFA way that the very base of her nature changed and caused her to change into what you wanted her to be. SHE IS THE WAY YOU MAKE HER. If you were a real man, she wouldn't be a cunt." Because you know, the fact she has daddy issues and feminism taught her that anything with a dick is a symbolic incarnation of Satan is irrelevant, it's ALL YOUR FAULT if it don't work with these bitches. And so the masculinity shaming and blaming continues in it's epic as ever fashion.

LOOK: both MEN AND WOMEN are sick right now, in fact the whole damn society is. Women are too mentally violent and feral, the worst of their femininity is running amok. Men are too confused, passive and directionless. That's where TRP comes in, but men should only be taking responsibility for their own destinies, not blaming themselves for the inevitable theatrics that come as part of the package in dealing with your average day loony toon of a woman. I never subscribed to the "as a man, it's your fault she's a cunt IF she's a cunt mantra," and I never will. Some women are just fucking cunts, plain and simple, and you're an idiot if you think you can make poison drinkable, or tame the untameable serpent. It takes a whole fucking society to bring bitches in line, and society has failed all of us.

This whole, she's got no agency when she's playing her victim card, but she's as

equal as you with as much agency as you when she needs representation and respect is fucking bullshit. The mixed messages are what really fucks shit up. And that shit really fucks up young men, men in general and the sheer prospect of an LTR for a man. It's such a head fuck that I understand why a lot of guys think "fuck this shit!" and look for escapes. I don't fucking blame 'em, they're doing what they perceive to be the rational thing, they just want to be happy. Most men are simple like that. They don't need all the head games and politics that comes with being in a relationship or even associating with women nowadays.

Anyway, intentionally vitriolic and provocative rant aside, I thought that was a really good piece. But women the real victims? Fucking please. 15-30 is a non-stop party for them. After that they either experience what young guys did, but the girl world equivalent, or they find a beta bucks, get dicked by one of the last remaining alphas this effeminate society has, and then fucking cheat on the beta and swindle him through divorce/child support etc. Which I'm sure some self-assured cunt on here will reply with "that's great for me BRAH, MORE PUSSY FOR ME BRAH!"

Anyway, great share bsutan, really enjoyed the read.

I hope I pissed a few people off who read this, you gym rat cunts know who the fuck you are. A man with the body of a demigod and the mind of a pissant is a caricature of masculinity, you cunts make me sick. If you lift, you better fucking read too (its the mental equivalent of lifting) and cut out the chest puffing "everything is a man's fault" bullshit.

The Red Pill is Pro-Woman

By Archwinger.

Article link.

There's a post floating around one of the other subreddits telling the tale of a 17-year-old girl and her controlling, manipulative, abusive 23-year-old boyfriend who took great pains to isolate her from her friends and family, demand sex on every occasion they would meet (and threaten to dump her or kick her out of his house if she didn't comply), and some other really shitty behaviours, like physical violence and driving off and leaving her in another state. Needless to say, this guy isn't the "alpha male" a Red Pill guy strives to be. He's a snivelling loser who had to resort to insecure, jealous, and controlling behaviour because he didn't have options with other women, wasn't an attractive or valuable man, and was desperately afraid of losing this girl.

Somewhere in this story, the woman tosses in the fact that this shit head she was dating was obsessed with reading The Red Pill, which, of course, led to the usual Reddit bandwagon about The Red Pill being a haven for virgin loser sexist rapist abusers. Conveniently brushed off was the fact that this woman, for five years, stayed with her boyfriend, had sex on demand every time, came back to him after every breakup, and put up with all of his crap. Everyone simply concludes, obviously, that this woman had psychological issues, was young and naive and inexperienced, and that her boyfriend "took advantage" of her and "manipulated" her. Because of the way he "made her feel," she was forced to stay with him, forced to have sex with him on demand, and prevented from leaving him.

This standard surfaces again and again, in various examples - I'm just pulling this one because it's recent.

If a man were to approach a "normal" woman he was dating, with no deficiencies, no issues, no perceived power disparity or significant age difference or anything like that, and if that man were to say, "Have sex with me or we're through," the assumption for this baseline, normal case would be that the woman has two choices: have sex with him, or end the relationship. Also assumed in this normal, baseline case is that the woman has the capacity to make whatever decision she feels is best for her. Maybe she wants to have sex anyway and likes sex with him. Maybe she doesn't, but gets something else out of the relationship she appreciates. Or maybe she's offended by this kind of demand on principle and dumps him. But it's her choice, right? She has agency and makes the best decision for herself.

The modern, anti-Red-Pill viewpoint is that no woman would ever put up with that garbage. The only correct choice is for that woman to dump the "abusive" shit head she's dating (because any attempt to coerce a woman into sex is automatically "abuse." You're supposed to buy her jewelry every weekend, not say a word about sex, and hope she fucks you out of the goodness of her heart). If a woman does agree to sex when demanded like that, that's obviously the wrong choice, and it is clear, simply due to the fact that the woman made this wrong choice, that she is psychologically impaired and not responsible for her bad decision. Her abuser somehow had power over her and she couldn't see the truth.

That's the standard. Essentially, if a woman makes a choice our detractors agree with, she's responsible and made a great choice. If a woman makes a choice they disagree with, then she was clearly manipulated, controlled, abused, and not responsible for her bad decision – blame the man.

That's the blue pill, feminist, anti-Red-Pill way. "The choice I would have made is the only correct choice. I'm so right that anybody who does differently is mentally incompetent by definition, and any man who causes a mentally incompetent woman to make a bad choice is an abuser who should have recognized that the woman he's abusing is mentally incompetent simply by virtue of the fact that she did what he wanted." That's the standard. It's on you, the actor, as a man, to recognize whether or not a woman is competent to make a decision on

her own behalf. It's up to you to know everything there is to know about her and the totality of her circumstances, and to assume that women are mentally incompetent and can't make good choices unless their circumstances are absolutely ideal. And even then, maybe not.

Ironically, the Red Pill is much more pro-woman. We assume that women are reasonably intelligent people, capable of making reasonable decisions that are best suited to them. That's where the whole hypergamy thing comes from – we assume women are smart enough to make the decisions that get the best possible outcome for themselves. Likewise, when a man gives a woman a choice: put out or get out, we assume a woman is intelligent enough and responsible enough and reasonable enough to decide which of those two choices is the best one for her. If she walks, great. If she stays, then maybe she wanted sex, or maybe she's getting something else out of the relationship that she appreciates. But it was her choice based on what she felt was the best outcome for her.

The Red Pill gives women the benefit of the doubt. The Red Pill believes in a woman's ability to make responsible decisions for herself. Our detractors assume women are idiots, and therefore, it should be a federal offence to ever attempt to coerce a woman into sex, because women that agree to be with such men are apparently, by definition, mentally impaired. You can't put women on the spot like that! They can't be expected to make the right decision in those circumstances!

That's the world of "feelings." If you pick up a woman at a bar, and she goes home with you that night, but tomorrow morning, she regrets the encounter, then you "manipulated" her into sex. It wasn't her decision, it was your abuse.

But even if she doesn't regret her decision, our detractors don't take her feelings into account at all. They only consider their own. They never would have gone home with you. The only correct decision was to turn you down. Because she made a decision they disagree with, by definition, you abused and manipulated and controlled her.

Thankfully for women, we assume better of them. We're far more pro-woman

than most feminists.

Being Controlling is for Losers!

By Archwinger.

Article link.

Many detractors of The Red Pill find the men who subscribe to this body of information to be "controlling." Nothing could be farther from the truth. The Red Pill promotes something that's not immediately obvious at first: the complete abdication of any attempt to control anything, except for the one thing you can actually control. Yourself.

We can't control women. Women are going to live the lives they want, date the men they want, fuck the men they want, marry the men they want, cheat on the guys they want to cheat on, divorce the guys they want to divorce, and live completely normal and happy lives with guys – or live completely normal and happy lives without guys -- and do exactly as they please, whenever and however they want. And they should. Women have the right to do whatever they want with their lives, and to pursue whatever kind of happiness they want, however they want to go about it.

You can't control a woman, nor should you try. All you can control is yourself. You can choose to become physically fit, you can choose to become professionally successful, you can choose to become socially apt and well-connected, you can choose to learn useful skills, you can choose to pursue interesting hobbies – you can choose to live a fulfilling life, all on your own, with or without women.

When a man posts something on /r/asktrp, lamenting that "My wife/girlfriend never has sex with me" or "doesn't respect me" or "flirts with other guys in front of me" or "cheats on me constantly" or "is a total bitch about everything all the time" – Nobody ever responds, "Rape her if she won't have sex with you. Beat her until

she respects you out of fear. Lock her up and keep her in the basement to keep her from the outside world. You should CONTROL HER!" Nope. Never that. In fact, the exact opposite is what's expressed.

Let it go, they're told. You can't control her. Focus on yourself. Become fit, successful, social, skilled, and interesting. Raise your own value and don't worry about her at all. Live your own fulfilling life independent of her. She'll either come around, or she won't. If she does, great. If she doesn't, any number of other women will want to be with you now that you've focused on your own life. Don't worry about controlling her. Just focus on you.

If the situation is especially egregious, the advice usually given is: "Next." That's right. Don't control her at all. Don't even try. Let her go. Let her live her own life. Cut her loose and live yours. Being jealous and controlling is "beta."

Where The Red Pill and modern feminism and other detractors diverge, however, is that the others will tell you that self-improvement is cheating. It's "manipulation." If you become muscular and hot, you're just manipulating women with your good looks. If you excel professionally, you're manipulating women with your money and status. If you're awesome socially, you're just gaming women when you go out and wow them with your social network. And so on.

When you withdraw your attention from a woman that's behaving undesirably and focus on yourself, that's dubbed "manipulative." When you improve yourself such that you're attractive to your woman (and to other women), that's manipulative. When you dump a woman who's not measuring up to your standards, that's manipulative. Essentially, by not attempting to control the situation (e.g., control the woman), that's seen as an attempt to manipulate her. Because the very fact that you're not being controlling will influence a woman to think or feel a certain way. The very fact that you're working on your own life will influence a woman. And doing things that influence women to think or feel something is evil manipulation.

The solution is simple, of course. Live in your mother's basement and only

come out to go to work. Give all of your money to the nearest woman since you're not paying rent. Repeat. Or you could just tell the rest of the world to go fuck themselves and live an awesome life, and let the few women lucky enough to be a part of that life enjoy the ride.

Is Your Girlfriend Cheating On You With Her Guy-Friends?

Or How Modern Relationships Are Flawed For Men.

By Hinsbock.

Article link.

Some thoughts I had, when I was thinking about power dynamics in (open) relationships and how something seemed flawed for men in todays society. (Disclaimer: This is just a generalization. In reality its not just black/white and there will always be exceptions. Everything follows the law of the gaussian distribution.)

What I think I know: Men and women are different:

- Women are the gatekeepers of sex.
- Men are the gatekeepers of commitment.

Cheating during relationship:

- Women are most hurt if their partner would cheat emotionally with them.
- Men would be most hurt when their girlfriend would have sex with another guy. (http://www.counselheal.com/articles/8945/20140310/men-women-hurt-different-aspects-cheating.htm)

Men and women enjoy sex:

- Men enjoy it most when they're able to fuck as much different woman as possible.
- Woman enjoy it most when they're able to fuck the best they can possibly

get.

Male and female SMV differ:

- Women reveal their low SMV if they give away sex easy (slut).
- Men reveal their low SMV if they give commitment away easy (time ho / beta).
- A man can show his high SMV if he shows he is able to sleep with other women (dread).
- A woman can show her high SMV if she shows that she can have guys committing to her (sex-rival). (http://washington.cbslocal.com/2014/12/02/study-women-with-more-male-friends-have-more-sex-because-partners-fear-sex-rivals/)

Man and woman can't be friends (quick examples: https://www.youtube.com/watch?v=T_lh5fR4DMA):

- A man (in a relationship) having a female friend always wants to have sex with her, because she has high SMV for not wanting to give away sex easy for him.
- A woman having a male friend doesn't want to sleep with him because he has low SMV for giving away commitment easy.
- Edit: Male counterpart:
    - A woman (in a relationship) having a casual sex partner always wants him to commit to her because he has high SMV for not giving away commitment to easy.
    - A man (in a relationship) having a casual sex partner doesn't want to commit to her because she has low SMV for giving away sex easy.

Big leap but, correct me if I'm wrong, this all would lead to:

A woman with a guy friend or sexless orbiter ("we are just friends") who validates her and actually "commits" to her equals a man who has casual sex with

other women without commitment.

Basically this means the concept of relationship is always inequitable for men, because:

- Having "guy friends" (orbiters) is socially accepted for women.
- But having casual sex during a relationship is not for men.

A fair monogamous relationship would mean men can't have casual sex, and women can't have guy friends.

Edit: A fair more free relationship would mean a man can have casual sex and woman can have guy friends.

Everything above that is polyamory.

Society Likes To Ignore A Woman's Past Sexual Behavior When Judging Her Character. Don't Fall Into This Trap

By TRPsubmitter.

Article link.

There's a top post today about a guy who found out that his GF got rammed in a fivesome in a public restroom. He found out she lied about this AND her total partner count. Of course, the girl is "soooo confused" as to why her BF has now shut her out. "Eww why r menz so intimidated by an strong, outgoing womyn?!?"

This comment caught my eye:

It could be the number that threw him off, or the fact that you lied to him. You'll have to figure out which one it is.

This is indicative of how wider society views this issue. Whereas everyone agrees that it's bad that she lied, society gives women a free pass on their high partner counts and past orgies/threesomes/etc. as if they are totally irrelevant to a woman's character/sexual attitude.

"How did we come to the point where we judge/predict someone's future behavior based on past actions for virtually EVERY facet of their lives... except for sex?"

Who is most likely to blow their money at the casino... The person who's never touched a blackjack table or the person who has a gambling problem? Who is the better employee... The person with an excellent work history or the person who has been fired 5 times for negligence?

While the answers to the above are obvious, we live in a society where men are encouraged/forced/shamed into ignoring a woman's past partner count when trying to figure out what kind of future wife/GF she will be.

The truth is that a woman's past sexual behavior (partner count) is a GREAT predictor of her future sexual behavior.

There is literally no better predictor of future outcomes than past empirical data. And one key piece of data that determines how you view sex... is actually how much you've had sex. Duh.

"Why does this issue exist?"

As with most RP issues, the existence of the problem can be mostly attributed to: a) women will act (even subconsciously) in their own sexual self-interest, unless men/society hold them accountable. BUT b) Newsflash: bluepill men don't hold women accountable because they don't want to "ruin their chances" of getting their dicks wet and/or can't stand up to women shaming them for actually wanting to be men.

In that context, we can realize that women want the freedom to behave a certain way (which is fine) but without any consequences (which is not fine).

In RP terms, they want to maintain their access to high SMV men while ALSO engaging in low female SMV behaviors (i.e., sleeping around). However, women don't realize that they forfeit their exclusive access to high SMV men the instant they stop acting like high SMV women (i.e., feminine/non-slutty women).

On a side note, it's interesting that the only times women "complain" about men refusing to date them for their sexual past is when it's high SMV men. No woman complains about the beta, because they know they have the betas on lockdown. It's only when a high SMV man like George Clooney continuously dumps his aging GFs (thus denying her access to his money/status) that women get all fussy and accusatory.

"Ugh, why do menz even care about this?"

Because men value sex. A lot. We don't go around telling women not to look for high SMV/Dread game/asshole men (at least RP men don't), because we understand that security/money/power/status/height/etc are all important to women. We're over our butthurt and now strive to excel in as many of those areas as possible because we know that's what women respond to.

So when it comes to something that we as men value, we are going to judge women harshly on that. Telling men to "grow up" is not gonna change our nature as determined by evolution. In short, men wanna fuck but we don't want to fuck something worthless.

Beyond just fucking, we want to make sure our long-term investment is sound. We want good GFs/wives/mothers. We don't want to make a mistake. So when a girl is confused why her 80 partner count bothers men, we perk up and think "Ya know... this girl had sex like it was nothing... so she probably will again."

And if you're a woman asking why men would ever come to that conclusion, you should reflect and ask yourself how the hell are you NOT coming to that conclusion?

"But I'm a new person now! That was my past & you're the one I choose to be with!...oh btw, I won't do deepthroats anymore like on that past sextape, mkay?"

This is a manipulative tactic employed by women with regards to this issue. It's also incredibly disingenuous.

It shames men for predicting a woman's future behavior based on her past (which we've already established is normal for pretty much everything in life). It also allows women to escape judgment and once again redefine themselves as high SMV women, which they are NOT anymore.

It also fundamentally misunderstands what is important to men. The solipsism of women assumes that because women's long-term goal is a steady beta bucks relationship, that must obviously be the most important thing to men as well; men should want to give beta bucks away. Thus, all of her past is null & void, because the "important thing" is that she is ready to commit and settle down RIGHT NOW. Nothing else matters to her... so why should it matter to the man?

Chalk it up to the male ego or pride, but men take "ownership" of mostly everything in their lives. As fathers, husbands... even as car owners (guys have named their cars/boats female names since ages ago). The role of men is as stewards of society and family units... and what those in our charge do definitely reflects back on us. Men are also competitive and a perceived inability to handle our shit is poisonous to our self-image.

In that context, one can easily understand why we don't like the idea of our GF getting pounded 5-ways in a bathroom and then our friends/family finding out about it. We're now the BF who allowed our GF to get nailed to the urinal wall. No thanks.

Love is Irrational

By IllimitableMan.

Comment link from a larger article.

We have a love-hate relationship with women. I mean speak for yourself but I don't love women. Seeing them for what they are I appreciate what a minority of well-raised women can contribute to my life and I can see how men are idealistic romantics that need/crave a woman in their life to "have that connection they can't have with another man," but by the by women are nothing to be lauded or worshipped. Western women in general are just shitty people. We have all the reason in the world to hate them but being hateful doesn't help you improve yourself so you have to look past it for the sake of your own mental health. You do this by being selective with your women and employing RP strategies to hold frame/maintain dominance, enjoying their positives whilst mitigating their negatives and if necessary dropping them like hot shit when they cross the line. Which many, if not almost all, will.

I think loving as in, worshipping women or even preferring them to men, despite having read a lot of TRP material is not RP at all, but really, blue pill gone full circle. It looks something like this: you were BP because you were ignorant. Then you 180'd to Red Pill and bitter. Then again you 180'd so now you're purple pill and wilfully ignorant because RP truths were painful. Only now you have no ignorance to blame, just the fact that reality hurts and you can't deal with the pain it causes you. To be honest I don't know what's more pathetic, a dude who never knew better or a dude who knew better but couldn't handle the truth. Not meaning to present a false dichotomy as it can certainly be more nuanced, but you get my drift, I'm not trying to get too deep with this specific idea.

Ultimately I think we're fighting our instincts. Our instincts are to romanticize

women, care for them, provide for and protect them, seeking sexual favours in return to pass on our genes. Meanwhile our culture has made our instincts deadly to our own survival, exacerbated by cultural marxist indoctrination which makes us ripe pickings for women who have been trained to be less empathetic, more narcissistic and more predatory in both their view of and relation to, men. Women are manageable when their egos are kept in check (this is why negging works) but allowed to get high on "you go girl!" instant validation for the tiniest and most asinine things (such as a selfie) they become incredibly narcissistic. Combine that with man's natural predisposition to romanticize women and woman's inherent Machiavellian instinct and what we have is a disaster waiting to happen. What we have here is a culture that brainwashes men to give into their romantic instincts instead of utilising them selectively and giving into them sporadically; whilst dissecting and supplanting their masculinity to populate their psyche with feminine viewpoints. These feminine viewpoints then get mixed in with male protector/ provider instinct (man's in-built masculine concept of romanticism) as to make them hard to tell apart from one another. In part, this is why guys sometimes pathetically bicker over "what being alpha is", especially in relation to women and long-term relationships which are no doubt the trickiest sphere for any man, let alone an RPer.

Feminism as institutionalised as it is in society is responsible for exacerbating female narcissism, encouraging them to monopolize and exemplify their worst traits (hypergamy/entitlement and solipsism) to scapegoat us collectively (as men) for their own material betterment. Effectively today's generation of women have been trained to hang men out to dry rather than learn to love and work with them in spite of our monumental gender differences. Part of the facilitation of this is making it so women can't love/trust/pair bond to any one single man by encouraging them to be "sex-positive" aka huge sluts. This is great if you want casual sex, but it's bad if you actually want to be in love. The more partners a woman has had the less capable of falling in love she is. A woman who's had many dicks and relationships no matter what she rationalises is near incapable of pair bonding. These women are often bitter and they feel owed something from their chain of suitors as a symptom of their latent narcissism. Resultantly they view men collectively as an arbitrary segment of the population that can be exploited for self-

gain.

Where it was traditionally incentivised for women to depend on men, it has now been demonised. Instead, women now depend growingly on men indirectly via big daddy government's wealth redistribution efforts. When opting for direct dependence on men they opt for insidious methods (wilful manipulation and gold digging) rather than cohesive and functional methods (a promise of sexual loyalty and a union focused on family creation/maintenance.) We, as a species, may be naturally polygamous, but our civilization is based upon monogamy, thus we are at the impasse where we must choose what is more important to us. Hedonistic sexual freedom or family? You enjoy the decline or you endeavour to rebuild civilization one long-term relationship at a time. Most guys seem to have given up hopes of a family, others naively hang on. Some are reasonably competent in "maintaining a woman" within the long term despite all the odds stacked against them, but shit's grim.

Without a patriarchal society in place to enforce honour, our ability to love women is diminished because they have the ability to destroy us and get away with it. Due to to a few core differences: their lack of logic, their lack of honour and their exceptional ability to rationalise and delude themselves that the bad things they do are necessary for their own emotional well-being and therefore "just" and perfectly acceptable (this is aided by weak logic and is an instinct that will even override women who uncannily possess strong logic), they simply do not hold themselves to account in a way that a man would. Neither does society. By making them our legal and social equals (well actually, superiors) without them being our logical and spiritual equals, we have upset the balance between leader and follower, captain and first mate, and left ourselves susceptible to the impulsivity of their emotionally driven whims. What has this done? Destabilised society, utterly. This has resulted in divorce, suicide and a whole bunch of other fucked up crazy shit that no hot chick's soft touch, sweet voice, long hair and gentle kisses is worth. For all the flak they get, the MGTOWs are the rational ones here. They're rational in pursuing their own happiness, however from an evolutionary standpoint they're irrational for effectively consenting to end their own genetic line. If there was ever a war between nature and nurture, this is it and it's socially engineered human

reproductive kryptonite.

Yes, we may be biologically programmed to romanticize women so that we pass on our DNA, but no, it's not rational to "love women" from a contemporary perspective. I fear men who give themselves over to irrationalism are doomed no matter what they know about women because they are willing to overlook all manner of red flags for the sake of "love." Women really are man's ultimate weakness, as distasteful as that is to acknowledge. What all men must know is this: you never get to "just fall in love with a woman" and give into the deepest romantic yearning within you. This is a privilege reserved for women. As a leader, you may not let love consume you. You must always manage her for the benefit of you both and the success of the relationship. Where she will not yield or allow you to do what needs to be done - you must walk away. This is probably one of the most bitter pills to swallow that there is. You never "just get to be in love." Ever. You don't. You don't get to be complacent.

The Redefinition of Marriage

By Whisper.

Article link.

I think there is no group in America quite so awful at explaining its point as the so-called "Religious Right", that group of Christians-with-a-capital-C who are the populist voice of social conservativism in the American political landscape.

Their grasp of apologetics, outside of a few voices like Dalrock, is so bad that no one outside their community even understands their talking points.

When they said "family values", everyone else thought it was a code word for hating sex. When they say "defense of marriage", everyone else thought it was a code word for hating gays.

But the truth is more complicated.

The core of religious values, for almost all religions, not just Christianity, is reenforcement of existing social structures. Now, the construction of a mythological framework for that is just what most religions DO. But when that framework becomes the only reason for those values that people understand, then they cannot explain the values to anyone who doesn't share their supernatural beliefs.

CCs (conservative christians) can't explain their values, because they don't themselves understand the real reasons behind them.

It never occurs, not only to cultural Marxists, SJWs, and other ultra-liberals, but also to the average moderate, that these values are wrapped around a correct idea.

This idea is that the basic unit of a society is not an individual, but a family. A society composed of weak, disconnected, or broken families is a broken society.

And the way our society has traditionally formed families is marriage. (Followed by children.)

Now, marriage, at its core, is a contract. (Just like pretty much any human relationship that is formalized.) Contracts have a couple of things that distinguish them:

- They have terms. (These theoretically benefit both parties.)
- They have consent. (Both parties agree to the terms.)
- They have enforcement. (Some negative consequence to the party that breaks the agreement.)

Now, in the idealized version of the past that CCs want to return to, all these things supposedly worked.

- The wedding vows were the terms.
- Informed consent was obvious, because both parties recited the terms out loud.
- Enforcement was a social act by the community, because the vows were spoken in front of that community, who would socially enforce them.

Now, CCs think wedding vows are spoken in front of "God", but when was the last time you saw god punish a cheating wife, or a neglectful husband? No, the real enforcers of wedding vows were the tight-knit local communities people lived in. If the marriage contract was broken, the community would judge who broke it, and ostracize that person. Effective.

But because marriages have consequences in civil law, the government needed some notion of who was married. And this was the thin end of the wedge. Once people started having to sign papers declaring that they were married before the

law recognized it, the enforcing authority passed from the hands of the community, and into the hands of the law.

And the law, in its need to standardize everything, began to standardize the contract.

So now, what do we have?

- The wedding vows are just poetry. The law defines the terms of the contract, and it can and will retroactively redefine those terms at any time.
- Informed consent is impossible, because the papers the couple sign don't contain the terms, which occupy volumes of law books unavailable to most couples, and which can change at any time.
- The law does not enforce the marriage contract (no-fault divorce), it simply recognizes the dissolution of the contract, and divides the assets of the partnership (money, property, children) without any regard to who broke the contract.

So, when the modern couple gets "married", they are agreeing to terms they don't know about, breach of which will not be punished, and the dissolution of which will be handled by a templatized process that someone else has decided is fair for everyone. Is it any surprise this doesn't work? The favoritism courts show to women doesn't even enter into it. The problem runs deeper. When the government defines the terms of a contract, the parties to that contract do not know what they are agreeing to.

This is what CCs are on about when they don't want to let gays get "married." They have no idea of the reasons underlying their own values, and they're closing the barn door decades after the horses have fled, but they have some vague notion that the government mishandles the institution of marriage, and they want to resist that somehow.

So how should we fix this problem?

We shouldn't, you fool. We can't. Have you forgotten where you are? You're reading TRP. We are not here to fix society, because our society eats self-sacrificing heroes for breakfast, then demands they buy it lunch.

We are here to survive the collapse.

So how do you do that? DON'T GET MARRIED, DUMBASS.

- It doesn't matter if you want children.
- It doesn't matter how much game you have.
- It doesn't matter how ironclad your prenup is.
- It doesn't matter how high your SMV is.
- It doesn't matter if you could have another her in thirty seconds.

You are still signing a contract you don't get to read. Would you hand a stranger a signed blank cheque? It's just retarded. There is nothing that all the redpillian advice in the world can do for you, if you are such a rube that you sign things without reading them.

Observations on Gender Behaviour

The Red Pill Is Even Tougher To Swallow For Girls

By Popeman79.

Article link.

You know this bitter, harsh taste of the red pill that men have to swallow:

- There is no such thing as everlasting love. The moment you stop improving and you lost the admiration of your significant other, it's over.
- Women don't care if you're a good person. They care that you have dominant, alpha traits to give them the tingles and impregnate them; or provider, beta traits to support them and provide for them and their offspring.
- Women are only attracted to guys of higher value than them, and they are hypergamous. As long as they can safely branch swing to a guy with higher value, most of them will do it. They'll rationalize it by feeling that the love is gone between you two.
- Don't trust women. Lying and manipulating is to them what resolve and hard work are for us: our weapons in life.
- **You're only as important to others as what you bring to the table: so lift, grow, become better. No free pass for any man.**

Well, this is a (very resumed) tough pill to swallow, but no matter at what age you swallow it, you can still grow and improve, get better women, follow your interests, try and build the life you want.

Women, on the other side, have a very tough pill to swallow too:

- Since you can remember, life has always been awesome: people love you, treat you nice, opportunities present themselves, you're never alone. You

have no reason to doubt that it will never change. Well, it will. And it will change abruptly when you hit 30. Nobody tells you that, and you're unprepared.

- You think you're attracted to nice guys, but really you're not. You like charismatic, strong men that you can't manipulate – men that are socially above you and treat you accordingly. Unfortunately, a lot of those men are assholes. Deal with it.
- You think you have a great personality because everybody tells you so, and that you have a sense of humor because everybody laughs at your jokes. Newsflash: people only do so because you're young and hot. In ten more years people will start treating you like shit (like people treat men all the time).
- Nobody cares that you have a degree. You can climb the corporate ladder as a single, independent woman, and think you're happy, and you will be for a few years, but you'll probably end up alone, or in an unfulfilling relationship, and you'll be miserable. You'll wish you married that nice guy you turned down when you were young, and who ended up becoming an amazing man. Now he doesn't even look at you.
- No matter what feminists tell you, you won't feel fulfilled if you don't have a household or a family of your own. You don't realize it now because you're young and everything revolves around you, but when you're older you'll notice that your life feels empty. Just look at those 50-year-old women with no kids or loving husband, they are truly miserable and bored to death.
- **You're young and have all the power in the world, but it's granted to you for a limited time. Don't waste it in multiple meaningless flings. Find a good man, use your love and knowledge to push him to become great. Build a household with him. You only have limited time to find prince charming and build the life that will make you happy.**

A guy that finds The Red Pill in his 30s, 40s, even 50s, can still change his life for the better. For a girl it's not always the case, there are mistakes that cannot be undone. They can hit the gym at 40 and change their attitude, but for a lot of them it won't change anything, and the realization that they made poor choices will hurt them. That's why women don't swallow their own Red Pill.

Featured Comment

By IllimitableMan.

Women shine brighter but burn out quicker.

Men start out as candles that keep getting blown out in the wind, but end up becoming the fucking sun itself (if they apply themselves rigorously enough).

It may be harder to be a man than to be a woman in many ways, men may take the bulk of the responsibility, but I would infinitely prefer to endure the trials and tribulations of men than the mediocrity inherent of feminine kind. Clearly a lot of women agree being a woman is boring, because the craziest, biggest, man-hating feminists always take on male qualities and become completely unattractive in the process. They have Freudian penis envy on steroids, they are totally and utterly jealous they weren't born men because they defy femininity and it's rather minor responsibilities, instead gravitating towards the masculine. These are usually your naturally high T girls/tomboy types, but feminism as an ideology mandates low T women should aspire to live their lives in much the same way. They use female herd mentality/groupthink to shame and boss low T women into high T female behaviour, essentially, more masculine behaviour.

Women's biggest philosophical conundrum is this:

Do I want to be attractive to men, or do I want to be interesting/have a career?

Because you can't have both. Sure a career woman can get a man, but not a high quality man, not a man she wants or will "be in love with." So what is more important to her? Love or money? Lifelong high quality commitment or academic/business success? The men she wants aren't interested in her. Women always think

they can have the best of both "I'm a mother and a CEO!" but they can't. Career mothers breed fucked up kids and expect the father to take on a motherly role. If he won't, the kids are raised by complete strangers (the tale of every rich kid ever in the modern age).

Most women indulge the power of their beauty in youth, then start developing an actual personality around 35 once their looks die out and they need to find alternative means to maintain their power in society. Unfortunately, anything women can do, men can do better. Their beauty is their biggest selling point, so the personality they create to make up for the loss of looks is rarely ever as developed as a man's, who has had to develop a strong personality from a very young age just to get by in the world. Women being coddled and flattered and catered to so much is really what makes them, in many ways, as weak and needy and inferior as they are. I do believe women can be a lot better/higher quality than they are, but they'd need to find RPW at a young age. Being a post-wall hag on RPW, or a reformed slut will not get you a male 9 or 10 unless you luck the fuck out. Women past the expiry date have to accept a man will take other mistresses if he is alpha and she waited post-wall (once she lost her youth) to get serious, that or she can monopolise a beta she will never truly "be in love with" (get tingles for). Every woman wants to monopolise an alpha, but very few have the sheer quality necessary (beauty, intelligence, good disposition) to warrant alpha provider commitment (which is basically RPW endgame).

Do I feel sorry for women? No. They get to have 15 years of bliss whilst we sweat and toil. We earn our accolades, they just get born with a vagina in a first world country. They don't give a shit about your struggles either, your sympathy will get you nothing from women but exploitation. Don't feel too sorry for them, they reap what they sow. It's easy to see women as victims, I believe as men we are instinctually inclined to perceive women as such. But they play on that and will fuck you over when it becomes apparent you're a schmuck. So OP for the sake of your own best interest, keep a lid on that shit.

"Why Would That Matter? I'm The Girl"

By magx01.

Article link.

This was the response I got to the following question I asked a girl I know who was complaining about there being "no good men" left (and listing a TON of qualities she was seeking in a mate (many contradictory ones of course)): "That's quite the list. Well, let's reverse that. What do you have to offer them?"

She looked at me like she had never, EVER considered this nor been asked it and then responded with the quote in the title.

This is what guys today are dealing with out there. Girls who have mile long lists of what they expect in a man (perfection and contradictory traits, doing the job of multiple men and then being shamed for not succeeding) yet never once even consider what they themselves have to offer (which, these days, is quite often laziness, a lack of accountability, solipsism, debt, poor career prospects, entitlement galore, etc.).

New Members, This Is Fundamental

By projectself.

Article link.

I am just going to talk about a simple fundamental topic. An essential core of Red Pill. She doesn't love you the way you expect her to. She is incapable of that, and it is not reasonable for you to expect it.

All our lives, we were told someone will love you for you. That's a lie. You certainly can find love, tons of it, passionate love, nurturing love, forgiving love, and you can find it over and over again. But what you cannot find, and what does not exist is unconditional love. She does not love you for you, and she never will or can. She loves you for how you make her feel.

She loves you because of how other people in the room look at her when she is with you. She loves you because you are strong when she needs to yield and recharge. She loves you for the entertainment you bring: guitar, jokes, stories. She loves you for the security you bring: financial security, emotional security, physical security.

Relationships are work, everyone knows that. But the bullshit is that we were told the "work" is more communication, more understanding. It is not, it is more masculinity, it is more strength. She brings nurturing love to the table, a deeply feminine energy; that means you have to damn well bring the masculine energy to match it.

There is a balance, and if you act in a feminine way, if you regard the relationship as more important than she does; she will grow in masculinity to offset your weakness. And she will resent you for it. Be the 100 year oak tree in her life,

be the strength and let her be woman. She will shower you in love. But you have to do the work. You do not have to do it perfectly, you just have to do it.

She Doesn't Love You

By SoftHarem.

Article link.

She doesn't love you. She loves her attraction to you.

I'm going to repeat this because it is that important - She doesn't love you, she only loves her attraction to you.

Make no mistake, fellow high value men, women have no loyalty beyond their own narcissism. The days of the lifelong partner your grandmother was to your grandfather have been put to rest. The instant validation and unnecessary amounts of attention your average attractive woman get are completely out of control, and they thrive on those high dopamine levels. Combine that with our post-feminist society which never tells women "NO." and you have the current mess. What does this mean for you? Well, its quite simply really, maintain attraction.

Lift. Dress well. Don't take any shit from anyone, and be the man who puts her in her place. Women crave leadership and dominance, regardless of what all those pseudo-husband feminists might say. Just don't think for one second that she loves you, because she doesn't. She loves the tingles you give her by not being like all the other pandering low value men who have been trying to beat down her door. She loves the primal orgasms from being held down and ravaged. She loves how her friends pine over the new mysterious guy, and most importantly she loves that you maintain your frame when she is being completely irrational, but she does not love you. Remember, she'll get her dopamine fix with or without you so you might as well get your dick wet for your troubles.

The worst thing a woman can do is accidentally fuck a beta. Provider type men

used to be something noble, something to strive for, but in an age where we have abundance in every facet of our lives - they're redundant. Women do not have to worry about food, shelter, or security. It is all taken care of by Big Daddy GovernmentTM (or beta men) so they are free to pursue all their deepest, darkest fantasies with little to no repercussions. How many threads are posted here regularly that tell the same story? Happy relationship, good sex, everything is going well but she wants to "mix it up" (ride new cock) and usually the guy caves. Her attraction is waning and she needs her fix. Movies like Eat, Pray, Love make this idea popular. Why work on your marriage and care about your family when you can go get some HOT FOREIGN STRANGE?! Exactly. Don't be the chump husband, be the hot foreign strange, or, if you're a Heinz 57 like most of us just have enough Dark Triad traits that give her the tingles.

And please, for the love of FSM, don't fucking talk to me about this unicorn you heard about from a friend of a friend. We deal in probabilities in this community, and it is highly unlikely you are going to meet an attractive woman with any sort of loyalty. Yeah, they're out there, just like winning lotto tickets and Google start-ups are out there. Don't be a victim of regret rape because you caved to her bullshit and she needs to save face because you are no longer attractive enough to brag to her friends. Be the attractive guy who holds his space and is ready to replace her at the drop of a hat because that is exactly how quick her attraction can nose dive. I shouldn't even need to write this last paragraph, but we've had an explosion of growth lately and with that come the newest flock of people on the fence. Also, ladies, we don't want your advice. If you want to drop some "truth" about how there are all kinds of attractive and feminine women out there and we're just going after the insecure bar sluts I will swiftly remove your cliche cellulite ridden ass from our community.

Women Don't Give a Fuck About Your "Feelings"

By too_long_didnt_read.

Article link.

Lately we seem to have received a new influx of newbies who think that clicking "subscribe" to this subreddit is all that's required to "take The Red Pill", and more arrogantly, that their beta outbursts from that point onwards constitute Red Pill behaviour. This post aims to address one particular irritation I have with these people and Red Pill confusion - their feelings.

More and more I see the nonsense peddled that to "front up", "grow some balls", and "tell a woman frankly how you feel" is Red Pill behaviour. Worse, that it's some kind of success story for an obvious beta orbiter to come here, read a few headlines, and then profess their feelings to their disinterested target and awkwardly break free from their orbit by stamping their feet and whining that "they just can't do it anymore" (waa waa waa). It isn't, and the quite frankly ridiculous up-voting of the positive comments to such behaviour is a worrying development for the signal to noise ratio of this subreddit.

When it comes to feelings start by remembering this - woman discuss their feelings (mostly for the same reasons that they do anything else, for validation and attention), men simply act on them.

There is no reason, at all, ever, to discuss your feelings with a woman. Firstly it's a waste of your time because they don't care (they get no validation or attention from it after all), and secondly it does irreparable harm to your frame and SMV, and is a sure fire way to render any vagina as dry as the sahara in minutes.

Why? Because women don't care about how YOU feel, they only care about

how YOU make THEM feel. They care about the tingles you give them when you maintain your alpha frame and the SMV you have in public, they care about the protection they feel when they are out in public with you, they care about the direction and purpose you bring to the relationship and in turn their lives, they care about the financial security and social status you bring, they care about the orgasm you give them when you let your testosterone take over and give them the rough fucking they so desperately crave.

Women are programmed to be nurturing towards their young, not their men. Men are there to provide and protect while they raise their young, and if they have to be nurturing towards you too that means you're a poor protector and provider. Displaying any trait that reflects poorly on your ability to be a strong protector and provider is infuriating to a woman, because nothing annoys a woman more than accidentally fucking a beta.

For their men they are simply interested in what you can provide, and what they have to do for you to keep providing it.

Do yourself a favour gentlemen, keep your feelings to yourself.

"I've Been Hurt in the Past"

By Archwinger.

Article link.

I used to meet a lot of women who allegedly loved me more than any man they'd ever had previously, but went to great lengths to never, ever have sex with me. They weren't virgins; many had quite the history with men. But I still never got anywhere. Their reasoning was grounded in woman-logic: "I've been hurt by a lot of assholes in the past, and I really care about you, so I want to do this right" or some variation of that.

If you're a loser, upon hearing that, you'll think to yourself, "Oh, joy! I'm totally not an asshole, and she notices that and is rewarding me with a real [non-sexual] relationship instead of a shallow one that's going to fail! I'm so lucky! I'll wait forever for such a wonderful person! I should find something nice to do for her right now to let her know how grateful I am!"

Here's how that woman-logic sounds to a real guy: "Other men worse than you have gotten farther with me, in less time, with less of an emotional and financial investment. But because I care more about you, I am making you jump through hoops and making you spend a greater amount of time and resources to get less far with me. Because I care more about you. What? Why are you looking at me like that? This makes perfect sense. Yes, giving less to people I care about more makes sense."

Here's what the girl really means: "I've pegged you for a chump. I don't think you have options with other women, and I don't think you're willing to walk away, so I'm going to frame this relationship on my terms. We fuck when I want to, and that's going to be after I've made you jump through a bunch of hoops to prove

you're my little compliant bitch who's going to give me all the time, resources, and validation I want, at will. If you were a real man, you'd have fucked me already, but I've cast you for the role of bitch. I don't care about you. I care about me. I don't even like you. Sex is reserved for real men. You're not a real man. You're my bitch."

Here's the kicker: Most women don't know that they really mean this. They just know that the validation feels good, and that a guy who keeps validating them without sex makes them feel powerful, happy, and better about themselves. When any woman hears the line of girl logic, "I've been hurt in the past," it makes perfect sense to them – she's screwed up by giving it up too easily before and wants to stop screwing up. By stop screwing up, they mean that she needs to do a better job of withholding sex to bait men into doing shit for her to earn it. They don't know they mean that, but that's what they mean.

Only in the eyes of a woman does it make sense to give less to a man that you love more. But that's the rationalization kicking in. If a woman is giving you less, and making you do more for it, that's the exact opposite of loving you more. Being stingy with affection is the opposite of love. Requiring an exchange of favors rather than just giving of yourself is the opposite of love.

It's a difficult truth to admit and to accept, not just for us, but for women, too. I think on some level, they want to love that nice guy who's going out of his way for them, but they just don't. They can't. But they tell themselves that they do, and that they're just taking it slow to avoid getting hurt like they have in the past. Because they love him more. And if things don't work out, he's still a great guy – the chemistry just wasn't there. And if they slip up and screw some hot guy from work, it was a mistake. They don't love that guy. They love the nice guy, don't they? They were just drunk.

"I've been hurt in the past and want this to be different," is nothing more than an insidious shit test. By complementing you, telling you that you're different from every other guy, that you're not an asshole or a douche, and that she loves you more than every previous man, you're off-guard when in combination with all of

that praise, she denies you sex. Because she loves you more.

A Red Pill Take On "Why Is Men Feeling Entitled To Sex Is Being Discussed While Women Feeling Entitled To Friendship is Not?"

By bsutansalt.

Article link.

I saw this thread earlier and it got me thinking about how it's seen as entitlement or sexism one way, but women's prerogative the other:

https://archive.today/BSiWf

First off, IMO it tracks to female entitlement and the ongoing pathologizing of male sexuality. You've all heard it before, some iteration of "guys can't just put in nice guy coins and expect sex in return." The Red Pill reversal of such thinking is "women can't just put in sex tokens and expect commitment from a guy." The reason it's so rare to hear this reverse position IMO is because of how gynocentric our society has become.

Many women typically feel they are entitled to friendship when it suits them, and many don't even give it a second thought that a guy might deny being friends with them if she turns him down sexually/romantically. What it all boils down to is a type of frame control. Often times they're expecting you to just go along with it, so when you stand up to her in a sense and say "he'll no," soooo many times I've seen the women lose their shit. They've just never been told no or been rejected before. Men deal with it regularly, so we're sorta numb to rejection, but when it happens to women, especially attractive women it has a much stronger impact.

As a commenter in the linked threat stated, many women will use a man as

utilities in lieu of a boyfriend, all without granting him any of the benefits of dating. For some reason society expects men not to have a problem with this.

If I had to sum up the point of this thread, it's that men need to stop allowing ourselves to be used by women in this manner as they aren't treating us as actual friends. If a woman wouldn't come to your place to move furniture, or pick you up at the airport, or help you around the house when you're sick, like you helped her, is she really a friend, or is she just using you?

If you need a way of gauging whether or not you're being used, request some investment on her part on par with that she has asked of you...and judge her on her behavior. Investment should be mutual between friends, so if you find you're investing more than she is, then odds are she's using you and you've found yourself in the friendzone or are an orbiter and don't even realize it. In other words you are still plugged into the Matrix.

Featured Comment

By IllimitableMan.

Women have a great capacity for using men for as much as the man will allow himself to be used for whilst granting him nothing in return. Capitalising mainly on the attraction said man feels for said woman, which she does not reciprocate. Instead of being open and honest and letting said man know she isn't interested, she exploits his attraction for personal gain. Women hamster around this shit and pretend they are legitimate platonic friends and that nothing is one-sided (a very rare arrangement) but really she just has him pegged as a bitch - he is what is known as AN ORBITER. Someone who is constantly around and available to her, a phone call away, ready on her whim to carry out whatever favour of the day the bitch in question needs. That's not friendship, that's exploitation. Especially if she expects that because "she's the woman" but wouldn't do it in return.

Women see orbiters as:

- Backup dick for when shit hits the fan with the BF. The hotter she is, the more orbiters she'll have. The #1 orbiter gets to have emotional pity sex with her when she's low and she splits with her BF. She'll either be so damaged from the break-up she'll actually downgrade to #1 orbiter as an LTR, or she'll get back with her BF tell the orbiter it's a mistake and how she never should have done it and they were better off as friends and she doesn't want the sex to ruin anything and blah blah blah. Basically a flowery version of "get back in the friend zone bitch."
- Sympathisers who will come to her aid when having problems with said BF or a female friend, an employer etc
- Validation givers/ego feeders/narcissistic supply
- Favour givers - help her move, taxi her around, buy her some food, get her a drink, do shit for her to make her life easier in general, involves you spending money on her without actually giving her money, saves her money on getting her own shit, paying for an actual taxi, buying her own food and etc.
- A way to make their BF jealous and leverage him, basically dread game. A BF whose girl has 5-10 male friends is going to be way more paranoid than a guy whose girl only has female friends. Of course if the guy voices his paranoia, she will shame him as being unreasonably paranoid, controlling and blah blah blah and that she's known these guys a long time and won't get rid of them for anybody. Basically it's manipulative bullshit.

I remember once a girl I knew was trying to get me to orbit (co-worker), but I had no interest. She asked me if I could help her carry some furniture (I'm built) from the store to her house. Her house wasn't far from the store, but it was heavy, and she had a lot of stairs to go up, as well as lots of long winding corridors until you got to her apartment (it was in a block.)

I said nothing... gave her a funny look and she said "I can pay you." I said, "How much? make it worth it" and she just dropped the conversation. You see she

didn't want to give me value for helping her do something that adds value to her life, she just wanted to use me as a tool for adding value to her life. She said she'd pay me as a shit test hoping it'd activate my "kindness" and say "oh no don't worry about that, you ain't gotta pay" so then she could go go "oh really are you sure? you're so kind" and get a favour out of me, or some shit like that. It's not like we were good friends, and she's asking me to put myself out for her in a way that MY REAL FRIENDS VERY RARELY ask me to. Note my real friends are all men. Not someone abusing the label of "friend" or "acquaintance" to try and get favours out of me.

I have practically no white knight instinct in me at all and see right through these stupid games. These stupid games where they FALSELY offer to pay (be it a date, or some fuel money, or for helping them do something) and only do so for plausible deniability hoping it will entice you TO OFFER IT FOR FREE so then if you ever use it against them or realise they are taking the piss out of you they can go "WELL YOU OFFERED I DIDN'T MAKE YOU" and then they can frame you as the bad guy and convince the hamster that they're the victim and you're the one in the wrong (women need to do that to fuck with you.)

However, if you actually take them up on their offer of payment, they'll roll their eyes like "this guy doesn't get it, you weren't meant to say that, you were meant to just be a good little beta and offer me free shit" which will elicit a raised eyebrow back of "I do get this shit, and that's why I'm not fucking helping you with your shit." You see when male friends offer to pay their way it's because - THEY DON'T WANT TO TAKE THE PISS BUT NEED MY HELP. These bitches expect benefits/perks for free BECAUSE THEY'RE WOMEN HIGH ON THEIR OWN SELF-IMPORTANCE TRYING TO ENJOY THE BENEFITS OF FEMINISM AND TRADITIONALIST CHIVALRY AT THE SAME TIME. So you accept their FAKE offer of payment and they back the fuck down with a "never mind" or they pay begrudgingly, giving you a funny look or some shit like that.

Friendships with women are one-sided. 99% of the time they aren't even fucking friendships. It's her getting you to do shit on her terms that benefits her knowing the only reason you do things for her is because you think she is hot, but

she wont fuck you, because she knows as soon as she fucks you once you'll expect it repeatedly and she'll lose leverage over you. These bitches are relentless, utterly manipulative and shamelessly selfish. Female sexual strategy 101 - swoon after guys out of your league and collect betas in your, slightly above your, and beneath your league as a social cushion. I'm quite sure some women actually collect betas just for all the prizes and feel good emotions.

Be careful being friends with women, especially if she's attractive/you find her attractive or you're beta with a scarcity mindset. It's not usually worth your while, and you're usually just getting pegged for a specific role in her cuddle bitch hierarchy. You can be #1 cuddle bitch that gets to spoon with her, you can be the bitch boy that goes shopping with her, you can be taxi guy, you can be Starbucks + gossip guy, you can be "male perspective" guy, you can be "gay best friend" guy, you can be "I see you like a brother I'm in love with how safe you make me feel because you're tall and I love the commitment/puppy eyes you give me but I don't wanna fuck you" guy. You can be a lot of different roles that a boyfriend should provide for her, in fact you can be one of many things which are all contradictory in one guy and thus need to be spread out upon multiple guys so she can enjoy all the varying elements of "the being in a relationship experience," Except you don't get to fuck her, you don't get to go past hugging, even a kiss is too much - and if you do - she will try and shoot your shit down like you're some kind of creepy cunt whose face belongs in a pedophile mug shot. She will make you pay in shame and emotional pain for your transgression of the firm boundary she has in place.

You chronic fucking nice guys with your 1,000,000 female friends who "get on better with women than they do with men" have been fucking warned. Men may be less superficially warm and fuzzy but at least they are straight with you. They don't fuck with you like this, they don't lead you down the garden path and raise your hopes up about what your friendship means only to DENY you every time you leave your boundaries, just to shame you back into place so you continue providing them one SPECIFIC benefit. That's not a fucking friendship, it's a one-way street of exploitation that she calls a friendship to give the sordid arrangement some veneer of otherwise non-existing credibility. Obviously assuming you're not gay, there's no sexual tension, so that makes shit easier, but the why's are largely

irrelevant - it is what it is.

Now alphas and men on top of their shit can turn this crap around and get women doing shit for them, they can flip the dynamic with their higher SMV, and that does happen, and again, that's not real friendship. Legit platonic two sided cross gender friendships are rare, generally speaking the chick should be UNATTRACTIVE to you. Or a hot "wing woman" you use for dread/preselection but don't fuck because you want to retain her for these roles specifically. The average guy however should just stay the fuck away, she will out-manipulate you and play you for a fool. You'll think she is your friend because you're an idiot, but you're just orbiting, waiting in a long line of other clueless men who are all hoping to fuck her one day whilst dispensing favours out the ass.

The Female Imperative

By GayLubeOil.

Article link.

Men find joy in creating value. Men are obsessive in this pursuit, whether by improving themselves, developing an idea or creating something. This obsessiveness is why men can spend years on a painting, waste months on a Minecraft creation or spend all of their free time in the gym. Men have a drive to create, invent, improve and innovate, which is why everything of value on this earth was thought of, invented, created and built by men. Its also why women's history is a joke.

The female imperative on the other hand is to attract men of value. Clothing, makeup, Instagram selfies, parading around in front of horny dudes in gyms and clubs is all a means for women to attract men of value. Now chances are a woman is going to read this last sentence, and release the hamster "I do these things for myself and not to attract men." So let me get this straight you wear tight reaveling clothing, accented with eye catching neon around men not to attract their attention? Exercising is about muscle activation, and we all know that our friend Dorian is getting way more of that, then fitness slut. Next time your in the gym watch what the women are actually doing, 90% of it is stupid fucking bullshit.

Women love drama, precisely because it gives them the opportunity to get the attention of high value males. If you've worked as a manager, your attention has been diverted from important shit, to women shit countless times. Let me illustrate this point with a classic biblical story: two ratchet hoes are arguing over who is the mother of some dirty baby. Of the hoes one of them fucking knows she didn't birth the little shit, but she hamstered herself into believing she did. Eventually shit gets so out of hand that King Soloman's attention gets diverted to resolving the

problem. In a stroke of pure alpha/autism King Solomon says: I don't give a fuck cut the baby in half. Then the real mother comes forward and everything is resolved. The moral of this story is if you're a woman and create a fuss over some stupid shit; eventually a supreme alpha will get involved. At which point there is a chance he might fuck you like queen Sheba.

The value of the output of any place is inversely proportional to the number of sluts roaming around. Potent start-up companies and aren't plagued by attention whoring business sluts. Hardcore gyms are all business and don't have spandex distractions. Some of the most productive men in the world were either celibate or closeted homosexuals.

Women especially the modern western variety are a distraction. Hiring a bunch of squabbling hens isn't going to help your business. Staring at gym ass isn't going to make you any bigger. Listening to female rationalizations isn't going to expand your mind.

Focus on your dreams and creating value. The women will show up after you are a success. It is their biological imperative.

Why Girls Get Over Guys Quicker

Author unknown.

Article link.

In going through a breakup right now and dealing with the knowledge that my 2.5 year relationship was extremely simple for my ex to shrug off and find someone new after 2 months, I re-read the sidebar links. I followed links within those links to a post entitled "War Brides." It explains why women are so good at moving on. I think I can sum it up, better:

She gets over you quick because you are disposable, and she has to be ready to say goodbye in case you are disposed of.

Back in the day, it could have been because of war or hunting accidents, or what have you. But now we're here. Since men are disposable, women are the ones that have to put up with the consequences of our disposal, so the quick moving on is a defense mechanism. Since women are not disposable, we never had to acquire this ability.

Might have been nice.

Featured Comment

By author unknown.

There is no short answer, so this will be long.

Surprisingly, the most troubling aspect is the shock, the defeated expectations - the realization of another shitty thing to worry about, the need to rethink your outlook - which will be a less optimistic one the more you know. It's like getting insurance/warranty for something and finding out it's useless - you just have to be more selective.

It's actually in society's best interest for men to be blissfully unaware of how women actually conduct themselves. This way men can work and be productive members of society without all those extra sources of stress. Women embraced it since a good image is crucial to their social success.

The thing is most RP theory is nothing new and revolutionary, these things were known hundreds of years ago, just read some philosophy. The only thing that changed in the last couple of decades is the social discourse, in the last 50 or so years postmodernist blowhards have been endlessly pushing down society's throats that women are special bastions of all that's good and fair in the world and men are dumb animals that need to be less themselves.

That's why the answer is nothing new either. All the naive bullshit has done is to shift your mentality from individuality and self-validation, to woman-centric view and dependent on outside validation (women - through sex).

As long as the most important parts of your life aren't centered around women (and their loyalty), then the damage will be minimal - if it goes bad.

If possible, don't get married, don't cohabitate, build a vast social circle, with a couple of really close friends (the type that you can really depend on), have fulfilling hobbies/interest and a dream in life (not just professionally). Attain wealth and power if you can (but don't consume every second of your life trying)

If you really want a LTR/marriage situation, learn to pick up on red flags...even pink flags, small things get more annoying after 10 years together. Read a lot of material on psychology and behavioural science, learn to be an excellent judge of character.

Test potential mates, it's not manipulative to find out who you're spending the rest of your days with - ignore the shaming caused by this - low quality women hate being vetted, it makes them doubt their (over-inflated) worth. If a woman gets angry for something she does herself (testing you) she's not LTR material.

Tests:

- Sympathy tests - great for avoiding alpha fucks beta bux - women generally lack (beyond superficial levels) the ability to care for anything that does not affect themselves (or their children). So fake a personal issue that affects you (and not at all her) deeply, see if her instinct is to support you and care for you. If she shows indifference/repulsion/pretends to care - either means your value in her eyes is not high enough - in which case hypergamy will be ruthless to you, or she lacks the ability to pair bond (bad at LTRs)
- Loyalty tests - she mentioned/showed signs that she considers someone you know attractive ? Have him hit on her (or any equivalents), see how she reacts - does she shut him down? does she respond in a non-decisive way ? does she tell you about it?. A woman who clearly respects her man is a woman with a higher ability to control her hypergamy.
- Compliance tests - make a couple of irrational demands (not illegal) with conviction, making sure she understands how important those requests (you made of her) are to you. She asks why, you tell her "because it's important to me." The more argumentative a woman is over big things, the higher chance of her being argumentative/combative over the small things once that "harder to leave" contract is signed (marriage). Any woman worth spending your life with will gladly submit/self-sacrifice a bit to show her commitment to you.
- Hypergamy tests - purposefully act like a beta for a couple of weeks, be indecisive, follow her around the house, ask for her approval/validation, be emotional and reactive, supplicate and pedestilize her - flowers and gifts and all that jazz. A quality woman will tell you (first in a covert way then in an over way) that your behaviour is a turn-off, and she'll give you time to bounce back before reacting accordingly to your new self. If the sex stops

suddenly and she gets cold/distant, that woman's attraction (and respect) for your is fragile - most likely the type of woman who will never stop shit testing you - very hypergamous types.

Also look for good habits, like having a healthy lifestyle (diet and exercise), a great relationship with her father (in general with her family), low prevalence of sex outside of relationships -> higher chance to pair bond.

Red Flags - character

- any signs of a disorder - eating/personality disorders - learn to recognize them.
- arrogant
- argumentative - it's gets old real fast.
- bitchiness - it's not cute, and it does not mean she's just opinionated.
- feminist
- "sex positive" - rebranding of the word slut
- victim (abuse) - you don't need all that trauma hanging over your happiness - pick a happy and balanced partner.

Red Flags - past

- party girl
- relationships with criminals - she's heavily into bad boys, and you'll never be as bad without breaking some laws.
- single mom - just common sense - why sign up for extra baggage and beta bux.
- split-roasted/gang-banged - she's just not the "brunch with hubby" type.
- unfeminine/large tattoos - sign of a past that includes the above

Red flags - behaviour

- excessive attention seeking - especially male attention
- excessive social network use - sign of the above

- emotional eating - chances of getting fat come wall.
- keeps in touch with exes - hypergamous
- keeps orbiters beyond 6 months into the relationship - hypergamous + lack of respect.
- uses sex as a reward/currency - deems you low value (or just beta bux)
- tries to guilt you into spending less time/cutting ties with your friends - classic cunt.
- nagging - it can only get worse once married
- overly eager to give you sex - if you get a weird vibe, like she's trying fake a ultra high sex drive - standard beta bait for marriage - pretty much any time she seems to have sex with your for anything other than sex/intimacy it's a bad sign.

Red Flags - social circle

- party girls / ex party girls - needs no explanation
- divorced women - there was a study posted around here - in short- divorced women praise other women who get divorced (self-validation ahoy)
- mostly male friends (without having male interests/profession) - hypergamy/ need for male attention.
- lack of female friends - women can spot a bad seed - and shun it.
- radical feminists/social justice types - if she's attractive this won't be the case, but if it is, she's probably some sort of crazy/messed up.

Why Women Like Unemotional Men

By SmellyJelly22.

Article link.

Men and women both suffer from what I call the "weak" emotions. The weak emotions are fear, anxiety, depression, angst, boredom, distraction, worry, etc... There are many different types of anxiety and they combine in weird ways to cause a plethora of mental problems of women. I can't make a complete list of the weak emotions, but you get the point. I call these emotions weak because they make a person weak: confused, listless, and unable to pursue or achieve any worthwhile goal. If you've ever been under the spell of anxiety or depression, you literally feel a weight on your body that prevents you from doing anything positive. Crazy thoughts race through your head that prevent you from focusing on anything, sleeping, or enjoying your life. Worst of all, the weak emotions are constantly changing, coming and going, so a person feeling them has no way to battle them or a solid footing to rest their thoughts and emotions on. Some scientists have argued that the weak emotions have an evolutionary purpose, but as a matter of practical reality in the modern world the weak emotions usually just cripple people and serve no good. The weak emotions are very difficult to overcome and basically make life shit for anybody experiencing them. This is a wild oversimplification, but mental illness is basically when a person's weak emotions become too strong and a person's logical mind cannot control them.

There is one thing that can conquer the weak emotions: masculinity. What is masculinity? It is difficult to describe any human emotion in words, but I will attempt to define masculinity as an emotion (or a series of emotions) that make a person feel powerful, confident, competitive, aggressive, focused, etc... In other words, masculinity is an energy that makes one feel they can overcome any obstacle life throws at them. It is probably the result of various chemicals in your

body. The precise definition of masculinity is beyond the scope of this article, but you know it when you see it. The only thing that can conquer an emotion is a stronger emotion, and masculinity is stronger than the weak emotions so it can conquer and silence them. A person who can focus his masculinity with his logical brain can plow through the weak emotions, focus on his goals, feel powerful and dominant, and become successful. Masculinity clears all the emotional debris and useless thoughts floating in a person's head and focuses them.

Just as both men and women feel the weak emotions, both men and women are capable of masculinity. Women who have no men in their life oftentimes are often forced to become masculine. Women also naturally become more masculine as they age, perhaps because of their body produces more testosterone. Both and women enjoy feeling masculine because it kills the weak emotions.

Now here is where the misogyny starts: because women are less masculine than men, they feel weak emotions on a stronger level than men. Studies have definitively shown that women experience anxiety and depression at twice the level men do. Maybe the chemicals in their brain produce more anxiety and depression, or maybe they just feel it worse because they don't have masculinity to combat it. Who knows? Feminists argue that women feel anxiety and depression more than men because society is tougher on women, but they're probably just creating a bullshit explanation to explain data that is not favorable for them.

Because women feel the weak emotions on a stronger level than men, they have historically been stereotyped as "emotional," "weak," "irrational," "hysterical," "crazy," "unstable," "constantly changing their minds," etc... Women being emotional has historically been the excuse for not giving women rights, because women are just as smart as men. Women in power are often considered "bitches" probably because people suffering from the weak emotions are more likely to feel anxious and threatened, and lash out and become defensive. Another reason women may become "bitches" is that they are trying to fake masculinity – but because they don't have the actual emotions that accompany masculinity, they come off as unconfident and vindictive.

Please keep in mind: women don't like being tortured by their weak emotions. They know they are crazy. They know nothing good comes from anxiety. WOMEN HATE THEIR OWN EMOTIONS. That is why women are often disgusted by men who probe their emotions and want to "fix" them. They know there is nothing to fix. Their concerns are stupid, illogical, frivolous and constantly changing. There is no rhyme or reason to them so trying to satiate, address or fix them won't solve anything. Women know they are being crazy and a man who enters the world of their emotions is just losing himself in a maze with no exit. Women would oftentimes rather men dismiss or ignore their emotions rather than to respond to them as if they were legitimate concerns. They also prefer a man "listen" to their problems rather than offer a solution because they know there is no solution. They don't want their problems "solved" – they want to be in the presence of masculinity so they can forget their problems.

Because women hate their weak emotions, they are attracted to masculinity. They admire anybody who is calm, collected, unemotional, focused, ambitious, motivated, unshakeable, confident, powerful, and happy. They also like people who are disciplined, live by rules, and have strong boundaries – because those things break weak emotions. Depression makes you want to sleep all day – well you can conquer depression if you are forced to wake up at 6 AM to go the gym! Women are also attracted to men who are not afraid of other men and cannot be broken or intimidated by other men (or nature). If a man is calm, focused, and driven, and can also defeat other men in whatever competition exists, then there is nothing to worry about in life and no cause for weak emotions. He can obtain food, a place to live, comfort, security, happiness, etc... He may not be able to deliver those things today, but he has the emotional make-up for it. Women need that.

The reason men act "beta" around women because they don't understand how awful weak emotions make women feel and how amazing they feel to be around a man not affected by those emotions. For example, it's dating 101 that a man should take the lead on a date, choose the restaurant, guide the conversation, choose the next bar, etc... Most men don't know this instinctively. Instead, they think "well I don't really care where we eat – I'll ask her what she likes." But in a woman's mind, making any choice invites them back into the hell of their weak emotions. "There

are so many restaurants. Which one? What if the Italian place is closed? What if he doesn't like it? Etc..." Picking a restaurant gives the woman the same angst as picking a college would for a man. That's why a woman would much rather the man just pick a place, even if its not good. The anguish of eating at a shitty restaurant is not nearly as bad as the anguish of the weak emotions attacking her brain as she makes this decision.

Women attracted to masculine men like to feel men's masculinity vicariously through the man. In other words, a man can lessen a woman's weak emotions by channeling her emotions through his own masculinity. Let's go back to our date example: if a woman wanted to go out to eat with her girl friends there would be a lot of anxiety as to which place to pick. The women would pick a place, but it would be a tough, annoying decision. She would be tortured by weak emotions. But when she's with a man, he makes that decision for her. BAM! Weak emotions destroyed.

Another example is known as a "shit test." A shit test is basically when a woman challenges a man with a bit of anxiety she has been feeling. If a man reacts with masculinity, he passes. If he reacts with anxiety, he fails. For example, let's say the woman says "why are you talking to me? I'm not that pretty. You must be a player." Here, she is expressing anxiety. Her anxiety is that you might be a player taking advantage of her. A lot of guys might respond with a long speech about how they are not a player. But that doesn't make the woman feel better because she is still feeling attacked by her weak emotions and nothing he can say can definitively convince her he is not a player. A good response would be the following: "I might be a player. I might not. You're just going to have to take a chance." This response says to the woman "I am not allowing you to entertain these weak emotions. You will either fuck me or you will not." While it may seem wrong to dismiss her concerns about you being a player, the fact is that there is nothing you can say to convince her either way, so you might as well just dismiss that emotion before it annoys her.

Here's another shit test: she asks me to buy her a drink. I say no. She calls me cheap. Once again, her calling me cheap is an expression of anxiety. You may think

her anxiety is that she doesn't want to be with a cheap guy. Wrong! Her real anxiety is that being insulted makes her feel bad, so she wants to insult me and see how I react. If she insults me with what she KNOWS to be a frivolous insult and I act upset or insult her back, she loses attraction because I am displaying weak emotions. If I can show the insult doesn't faze me I show myself to be a suitable partner because I can destroy weak emotions in a way she can't. So when she calls me cheap I respond "yeah, that's why I have a lot of money. I don't spend it on stupid shit." I make it clear that I am not going to tolerate her feeling weak emotions about me being cheap and I will not feel insulted or make her feel shitty either. That's why it's usually good to respond to a shit test with a joke – it shows that you are not under the grip of any weak emotions at all.

It is said that women are more "compassionate" and "sensitive" than men. This is sometimes true – because women feel the weak emotions more strongly than men they are oftentimes more compassionate to people going through those things. However, women can also be more cruel and heartless than men because when a person is under the grip of the weak emotions and feels threatened, they will lash out in incredibly vindictive and destructive ways with no regard for the feelings of others.

It is said that women like "assholes." This is not exactly true – women like emotionally unavailable men. Why? Because men when a man displays emotions, the women is reminded of her own weak emotions, and becomes disgusted. Many of the emotions that make up "love" are weak emotions – weak, transitory, changing, irrational, etc... Women don't want a man who loves them, but a man they can love with no problems. It is much more attractive to a woman to see a man be passionate and emotional about something other than her, but also to let her tag along so she can channel her emotions through him and feel masculine through his life. Another reason that women like "assholes" is that society teaches us that if a person displays weak emotions we should respond with concern and compassion. But as we have learned, that's not what women want. Women want a guy who will oftentimes dismiss their concerns.

So the upshot? When dealing with women, the man has to be an unbreakable

pillar of confidence. He has to show little to no anxiety and if he does show anxiety, he must immediately have a solution for it. He must smile and have fun, because that is what people without anxiety do. And when the woman expresses anxiety through her words or behavior, he must immediately set her straight.

These facts are difficult to accept and apply. For one thing, men naturally want to make an emotional connection with women so it is difficult to extricate from yourself that situation and remember that you can't display or encourage weak emotions. I have dated girls that were going through difficult times in their life but my "advice" only made me look unattractive. Furthermore, nobody (men or women) knows these truths, so you have to interact with women as if they were your equals. You have to dismiss women's anxieties without looking like an insensitive jerk (most men fail on this point). Women still need love, compassion, and attention, they just need to have their weak emotions shut down. Finally, sometimes women DO have legitimate concerns, and they need to be addressed. It's your responsibility as a man to figure out which one of their concerns are legitimate and which are weak emotions.

Why Women Love Assholes (An Alternate View)

By trpMilo.

Article link.

I've been developing a theory that I think might add a bit to TRP thinking on this topic.

Men are sexually attracted to traits in women that are fully observable when they first meet (i.e. physical beauty).

Women are sexually attracted to traits in men that are only partially observable when they first meet (i.e. social status, confidence).

What does this mean for dating? Well imagine a world in which the traits men find attractive in women are partially unobservable. Specifically, let's pretend women walk around in full burqas on the streets and in public, but otherwise act just like Western women. You can see if a woman is overweight or not, but otherwise you can't tell if she's hot. After a few dates though, you get to see what's underneath. These women are relatively experienced, they've dated men before and shown them what is underneath their burqas, and thus these women know their own sexual market value.

Now, you approach a woman on the streets who looks decently in-shape and you think might be attractive. She is very receptive to your approach. She's kind and sweet and seems excited to go on a date with you. What do you think to yourself? "Shit, this girl is probably ugly."

You approach another girl. When she sees you, she is cold and standoffish. What do you think to yourself? "Awesome, this girl is probably so hot. I better try

harder."

This is the world women live in. When they meet you, they can't really tell how attractive you are. So they rely on your behavior to tell them. The less interested in them you are, the more options they think you have, and the more attractive they think you must be. So when you treat them like dirt, they think you must be god's gift to women.

It's only later that they find out whether or not you really have those qualities they are looking for. This is your "burqa" coming off. If you want to keep a girl after that point you better be as alpha as your behavior implies, but before that point they only have your behavior to go on.

12 Irresistible Bad Boy Traits Women Crave

By redpilldad.

Article link.

Raising the quality of your life and developing the swagger of a Bad Boy persona can do wonders for game... As a married dude, I was surprised to find how effective this shit can still be.

With her dual sexual strategy, she's either looking for Alpha Lover or Provider Guy. What sets these categories distinctly apart are the way you make her feel. What do you portray and offer - thrills or security?

Alpha Lover offers the Desire Path by giving her a sense of danger, excitement and adventure. Provider Guy offers the Love Path by giving her comfort and protection.

You can trigger her Desire Path by displaying Bad Boy traits. That's what she looks for when shit testing... to see if you're a badass or a wuss. She also wants to see if you value your freedom, and consider your SMV higher than hers.

12 Irresistible Bad Boy Traits Women Crave:

1. Confidence - cocky to the point of brazen (versus meek uncertainty and insecurity).
2. Directness and Decisiveness - say what's on your mind and clarity about what you want (versus waffling and meekly tiptoeing around).
3. Dominance - command respect with social, intellectual, emotional and physical power (versus putting her on a pedestal and acting subservient).
4. Indifference - remain aloof, less reactive and not concerned about what

others say and think (versus being an overly-attentive "try-hard").
5. Entitlement - feel unconstrained to take/demand what you want (versus feeling unworthy).
6. Exciting - take risks, seek adventure and lead a more interesting life (versus seeking comfort and security).
7. Freedom and Selfishness - rebel's attitude, say and do what you want, uninhibited and self-focused (versus conforming and attending to others)
8. Leadership - lead yourself/others to reach goals (versus passiveness and uninspired).
9. Masculine - exude a rugged, controlled mannerism (versus a soft, caring feminine energy).
10. Menacing - disagreeable, dangerous vibe (versus friendly and harmless)
11. Mysterious and Unpredictable - contrasting qualities that stimulate curiosity (versus boring and predictable).
12. Teasing - playfully disrespect her, intentionally ruffling her feathers (provoking her instead of trying to put her at ease).

Bad Boy behavior indicates power and higher status. Acting in an uninhibited, entitled, powerful and dominant manner persuades her to categorize you as a Lover rather than a Provider.

If you smile too much, lavish her with attention and act like a perfect gentlemen, you'll kill the seduction. Why? She craves drama and excitement, not comfort alone. And acting eager and polite is indicative of Beta status. She knows an HV Guy would act far more aloof and indifferent.

In her eyes, that cowboy wearing black is much sexier than the one in white. That bad boy lifestyle is a roller-coaster of excitement, while the steady positive force of the Good Guy is comforting, but dull.

She's Going To Get Away With Whatever She Wants. Accept It. Stop Caring.

By Schrodingersdawg.

Article link.

A lot of guys on here take some satisfaction in talking about some stuck up 27 year old cock carousel rising cunt is gonna slam into the wall face first and regret her years of slutting around. I have bad news for those of you who think there's going to be some karmic fairness to this.

She's not. Most of them are gonna lock down some poor beta sap.

That girl that you know banged 3 guys at that party? She's going to get her wedding, with $30,000 flowers at the ripe age of 30 to some virgin beta provider that she only has sex with twice a year. She's going to continue to find alpha cock, have a kid that's not his, and divorce rape him and make him pay child support.

That girl that smashed a guy's head with a beer bottle? He's going to get beat up by a horde of white knights if he tries to retaliate.

That girl in your Computer Science class? She's going to get betas doing all the work for her and a fast track career in Intel or Apple due to feminists claiming women need more help in STEM.

She's going to get her way. Just because you shut her down, doesn't mean that there aren't 1000 other horny blue pill men trying to build the greatest pedestal since the Tower of Babel for her.

So let go. Accept that she's going to easily win by virtue of her second X

chromosome. We do not choose who we are born as.

You could be a starving African child who's never drunk clean water.

You could be a child soldier.

You could've been born in North Korea.

You could've been Princess Diana's oldest son.

Appreciate the fact that despite this being an unfair world, you got a pretty good deal. Appreciate that we have no control over our birthright, but control over our lives.

There are people above, and people below. Realise that this is not just between men and women, but those of all social classes.

Let the anger drive you. But know to let it go. Learn to find more meaningful reasons to excel.

The sooner you accept some people have it much better for much less work, the sooner you will decide to improve instead of complain.

Because all feminists do is complain.

Outrage will not help. Anger only makes you seem bitter to others. And nothing is a bigger turnoff than bitterness.

Lying About Sexual Partners

By We_Are_Legion.

Link comment from a larger article.

Women lie on surveys all the time, at a rate up to twice that of men, to reflect more socially acceptable answers. So much so, researchers say such surveys are nearly always inaccurate. This holds true even if the survey is anonymous with no risk of repercussions. Its almost... like they're convincing themselves of something.

Examples (the news articles just summarize studies):

According to a study done by Ralph Johnson of Sacramento State College, 48% of men, but only 5 percent of women, expressed a desire to engage in extramarital sex. Yet in actual frequency of infidelity cases, women managed to engage in extramarital sex almost equally. (Source; David Buss, link, text excerpt)

- http://www.newscientist.com/article/dn3936-fake-liedetector-reveals-womens-sex-lies.html#.U74XdPmSzHU
- http://www.theguardian.com/world/2003/jun/18/gender.comment
- http://www.dailymail.co.uk/femail/article-2572202/Do-YOU-lie-sex-number-Women-reduce-figure-men-exaggerate-lovers-theyve-had.html
- http://researchnews.osu.edu/archive/sexsurv.htm
- www.dailymail.co.uk/femail/.../Women-lie-sexual-past.html
- http://www.abc.net.au/science/news/health/HealthRepublish_896698.htm

I find this one sort of funny (2013 sequel to 2003 study reported in new scientist above):

http://www.medicaldaily.com/men-and-women-lie-about-sexual-behavior-meet-

cultural-expectations-246302

Influenced by cultural expectations, men and women will lie about their sexual behavior but not about whether they engaged in other gender-related behaviors, a new study finds.

These results confirm a 2003 study by Fisher in which she found that women who weren't hooked up to a lie detector reported fewer sexual partners than men. But when they were hooked up to one, their numbers evened out with the men. In this new study, the number of reported encounters surpassed men.

"Society has changed, even in the past 10 years, and a variety of researchers have found that differences between men and women in some areas of sexual behavior have essentially disappeared," she said.

The same research reported here has a clearer summary: http://articles.latimes.com/2013/may/29/science/la-sci-sn-who-lies-about-sex-more-men-or-women-20130528

The study mirrored results of an experiment Fisher conducted in 2003. However, in that study women who were connected to a fake lie detector -- "bogus pipeline," as psychologists call it -- admitted to having, on average, the same number of sexual partners as the men.

It was unclear why, 10 years later, women were now reporting that they had a greater number of partners than men.

"With research like this, it's always difficult to separate out whether the change is in actual behavior or whether the change is in willingness to admit the behavior," Fisher said.

Oh, and if you're wondering, the results from the earlier 2003 one were this BTW:

2.6 Partners: When they were asked face to face by the researcher

3.4 Partners: During an anonymous paper survey

4.4 Partners: When under the fake polygraph test

And its not just about partners they lie:

Studies also show that women also often lie about their age of first sexual encounter as well as their use of pornography and masturbation. So when it comes to sex, don't expect to get a straight answer from your woman.

Of course, women weren't the only ones lying, but they were certainly doing so at a hell of a suspiciously higher rate than men. (Wiederman, 2001 concluded that the data from sex surveys was almost certainly skewed and offered hypotheses as to why: http://www.mindingthemind.com/reprints/Truth.pdf)

How To Know You Are Dating A Slut. Source: I Married One

By improvy.

Article link.

So long story short, I am in the process of divorce. My wife cheated on me less than three fucking months after our marriage. It was later disclosed that she had sex with a guy in a public park, without a condom, before we were married but while we were living together. I am a total beta in recovery, and slowly reading up and working on myself. Here is a pattern that my slut wife exhibited and I'm sure applies to many more sluts in the wild that you should be aware of.

1. She approached you. Because you are such a pussy, momma's boy faggot, its most likely that she picked you and not the other way around. She gave you strong signals of interest and pretty much took the lead.
2. She is more social than you. Because sluts and whores crave attention above all, they tend to be heavily involved in social events, parties, get togethers and just overall more outgoing than you.
3. She is not feminine. Well you are not masculine yourself, buddy, so you get your equal SMV match. A lot of sluts are tomboys, active and vocal. They can dress slutty, but often don't have the classic feminine characteristics like long hair, feminine hobbies and interests or knows how to cook.
4. She has mostly guy friends. Not many girlfriends, cuz ya know, "Girls are so weird and mean." But plenty of male orbiters that are just long time friends. If she has more male friends than you, that's a problem. 9 out of 10 times some of those guy friends already fucked her/made out with her and will jump on any physical opportunity when she is alone, single or not.
5. She has daddy/mommy issues and/or divorced parents. Well, in our day and age, being a child of divorced parents is becoming the rule and not the

exception. But still, most sluts come from ugly divorces and she has some major relationship problems with her parents. Especially with the Father.

6. She was molested in her youth. This is no joking matter, and nothing to goad about. But still, experience and various statistics show that a negative and inappropriate sexual history in her teens is a solid precursor for a problematic sexuality in the present. After learning about this point, I totally went "white knight" and tried to hamster her behavior and make it fine. Fellow men, remember this: You can feel sorry for a woman and sympathize with her but you DON'T have to be with her. It doesn't make you a bad person. Everybody have issues and a fucked up history, the real test is how we scratch our way out of the hole and become adults. Most hardcore criminals in prison have a messed up upbringing. Do they get a pussy pass? No.
7. She is bad with money/supported by her family/shit job. It is very likely that she is financially irresponsible, has some debt over stupid shit (clothing and various vocations vs school debt). It is also likely that her parents help her out financially for years, and there is this dark shit cloud of money=emotional control bond between her and her parents. More often than not, they have a dead end, shitty job with very low prospects into turning it into a full blown career.
8. People hit on her in front of you. Plenty of harmless and innocent "misunderstandings." I cringe when I type this, but it was not uncommon for guys to hit on her while we were hanging out together or sharing a space. Bars, work, and definitely when she was by herself. She will laugh it off and say she is just so social, and guys always pick up on the wrong signals. She will not mention being in a relationship and she will radiate sexuality and approachability via her body language, eye contact, intense and intimate conversation, smiling or clothing to other men. "Didn't you tell him you were not single?" "Oh, it just never came up." Yeah right.
9. She likes to drink. Sluts at their core know that their behavior is wrong and they fear being judged by their peers. They will cultivate a holy than you approach in her social circle. Drinking will make all those responsible pesky feelings and thoughts go away and she will embrace alcohol with a vengeance. If she can drink as much/more than you; Bad News Bear.

10. She smokes. Smoking is a great and wonderful outlet for women to be in a very intimate one on one situation with a man with a perfect deniability of intent. If you do not smoke, don't date somebody who does. You will always wonder what is going on in the smoking corner, or be that clueless beta that stands near their smoking spouse and other smoking persons being the only straight edge one. Most escalations with taken women that happen at parties follow a similar pattern: Drinks with a guy, Smokes with a guy that will turn to intimate conversation and then to an inappropriate behavior. IF YOU DON'T SMOKE AND SHE DOES DANGER WILL ROBINSON.
11. She likes to go without you and drink. It could be ladies night out, it could be a guy friends house party. If she goes without you and gets drunk once a week or more that is a bad sign.
12. She is jealous at you more than you are jealous of her. This is a strange one. I had complete trust in her and always complimented her, with very seldom expressions of jealousy and insecurity on my part. If a girl even smiled at me wrong or lightly flirted with me when she was around she would get extremely jealous turning it into a four hour insecurity accusation fest. It is ironic that the person most being afraid of being cheated on (My slut wife) ends up doing the repeated cheating herself.
13. She cheated previously on somebody else. Well, no shit Sherlock. But when you are "In Love" and she is sharing a beautiful pearl of truth like that with you, don't assume: "She was young and inexperienced, the guy she dated was abusive/shit/low quality. We on the other hand have True Love and this will never happen." Think instead, "How many months in is she going cheat and with how many people?"
14. You started an LTR shortly after a crazy sex on the first date situation. You started to date after a first meeting one night stand, thought it was a magical connection. "Yeah, it was sleazy all right, but she is not a slut or gives sex easily. We had this once in a lifetime connection and the fast and easy sex just meant how in love she was with me.) No it wasn't you fool. When you bang a chick you don't know, with no rubber, in an open space, with people not far away, it's no Disney Love Story, you dumbass. You just banged a Hoe. Most men bang them and call it a night, they certainly don't date them.
15. She had multiple abortions. I don't have anything against abortions but it

does show poor planning, poor impulse control and just stupid immature character. Use pills, make the guys wear a condom, get on permanent birth control (IUD's). If you have 2+ abortions before you are 24 years of age, that is a major red flag.

To summarize. Don't be stupid like I was. Sluts; Fuck em, don't marry them.

User submitted additional signs:

1. She has major emotional stability issues (i.e. Bipolar, BPD, etc). When going through either manic phase (or sometimes even depression), some girls will want to fuck, and if you are not around, anybody will do. User kranos33
2. She has gay friends. Because they are non judgmental "you just sucked a guy in the toilets? You go girl!!" User Movonnow
3. She gaslights, e.g. creates a problem and then blames you for it.
4. Is insecure about her image and seeks validation by the act of sleeping around. User Year3030

A Woman Cannot Tell You How You Must Proceed. She Can Only Tell You What She Wants To Experience

By Whisper.

Article link.

It's well known that women give incredibly poor seduction and relationship advice. It's also well known that they are completely unaware of this.

But what if we were to ask ourselves "why"? What is the common thread in all bad female advice that makes them think it's good? How does it look good advice from their perspective?

The answer is female solipsism.

When you ask a woman for dating advice (not that you should, unless you could use a laugh), she is incapable of imagining how the world must look through your eyes. Therefore, she can only tell you what she wants it to look like from hers.

A woman who says you should do X or Y, therefore, isn't talking crazy talk. Just self-centered narcissism talk. She's giving you good information... IF you insert words like "I want it to look/feel like" or "I want people to think" in front of every statement.

Try it as a mental exercise.

"Just be yourself" == "I want to look like you're just being yourself."

"Act natural, don't force it" == " I want it to feel natural, not forced."

"Love will just happen when you meet the right person." == "I want it to look like it just happened without effort, because he was the right person."

"Be honest" == "Sound honest."

All the quotes on the left are bullshit non-advice. But the ones on the right describe the seduction magic we work to create.

Does it work on other statements women make, too? You bet it does.

"I want to be independent." == "I want to look independent." (I don't, however, want to actually take responsibility for myself. That's hard work.)

"I would never do that." == "I wouldn't want anyone knowing I did that."

"I am a good person." == "I want you to think I am a good person."

"I am spiritual, but not religious." == "I want you to think I am deep, but I do not want you to think I am dogmatic."

We can see that pretty much every a woman says makes perfect sense if you proceed from the assumption that she is the center of the universe, and hers is the only perspective there is. If we think about, we can even start to have ideas about where female solipsism comes from.

Women are both evolved and raised to deal with people, not things. In the world of things, there is one true set of circumstances, the way things really are. Fail to grasp it, and you can't get anything done. Your machines don't work, your bridges collapse, your software crashes and brings down the New York Stock Exchange. But in the world of people, what's important isn't what's really there, but what you can convince other people of.

To a woman, truth == consensus. It isn't important what's true. It's important what you can make people believe. And telling any literal truth just weakens her

ability to sell the story she wants to sell.

So when a woman tells you something, she isn't stupidly unable to know she's bullshitting you. Nor is she maliciously trying to pull your leg. It's just that, to her, communication consists solely of people trying to bullshit each other. Any other possible way of communicating doesn't enter into her awareness. That's why you can stand ten feet from a woman and scream "What I mean is the literal content of the words I just said!", and she will look for the hidden meaning in both that statement and the one before.

Someone steeped in that environment has no incentive to imagine what the world looks like from someone else's point of view. To attempt to do so would be a great weakness, because it would spoil her ability to push her own point of view.

Just remember that almost anytime a woman says "this is" or "do this", she is actually saying "this is the illusion I desire."

Women are Incapable of Change

By redpillschool.

Article link.

"I'm working on it." "I'm trying..." "I can't change overnight!"

Raise of hands, who has heard one of these before? Who has heard all three from the same woman? Who has heard all three from every woman?

Women are not agents.

Women, be it learned or ingrained, have no capacity for change or self-improvement. Their default position is hypoagency, they are acted upon, but they do not act. You can see it in every part of their lives:

- Their communication style is primarily covert and passive aggressive, remaining behind the guise of plausible deniability. Women can petition for their desires secretly, while never being directly responsible for said communication.

Example:

Him: "Are you ok?"
Her, tersely: "I'm fine." //covert communication, she is upset.
Him: "Why are you upset?" //overt communication
Her: "Did I say I was upset?" //plausible deniability

- They are not responsible for their actions. Women are so disconnected from consequence, they rarely acknowledge or understand consequences when

their actions cause them. They are culturally considered perpetual victims, and do not receive harsh criminal sentencing, often receiving little to no punishment for crimes that men are punished severely for. Women are regularly shocked when faced with a consequence from their actions- as evidenced by their solipsistic attitude. Women will find it completely acceptable to lie to maintain plausible deniability, or to keep themselves out of the spotlight of responsibility.

Examples:

"I didn't want to cheat on you, I was drunk..." or "He took advantage of me..."
"I'm not trying to do this, it just happens! I can't help it!"
"I can't, it's hard, you don't understand..."

Trickle truth is a prime example of this behavior, as it allows women plausible deniability by not revealing anything (lie by omission), and looks plausible when she admits and apologizes for small segments of her lie only after they are discovered.

Women are incapable of change.

The mindset required for the above behaviors, as well as the mindset created by the above realities conspire to create a creature with no functioning understanding, desire, or comprehension of change. It requires too many understandings not present in the female psyche:

- Understanding that one's actions can affect future consequences.
- Acknowledgement that one is in control of one's actions.
- Acceptance of potential future failure.

All of these failures are consistent with the hypoagency exhibited in women. These failures should not be a surprise, but instead expected based on our understanding of women in culture.

So, how many times have you heard the phrases...?

"I'm working on it." "I'm trying..." "I can't change overnight!"

It should come as no surprise, and our experienced members can likely relate- these phrases are rarely, if ever accompanied by actual change.

While women can be forced to acknowledge shortcomings ("this is not a behavior I tolerate..." "I'm sorry!"), she will appear sincere in her desire to fix it and be what her man wants her to be. But the very fact that the phrase "trying" is in her vocabulary means she has already admitted she does not have the faculties of mind present to understand what a change would entail.

A boy who puts his hand on a hot stove once, learns to discontinue the behavior.

The boy does not say to his mother, "I'm trying to learn this behavior needs to change..." nor does he take the next month of continued burns to let it sink in. What would any prudent person think if the boy did? A boy who puts his hand on the hot stove repeatedly is mentally ill.

Many often criticize my decision to leave "Women, the most responsible teenager in the house" in the sidebar, but I have yet to see any compelling evidence that this is not the case- or even that this article is not too lenient! "I'm trying" is the placating cry of the female, helpless in her endeavors to understand the connection between herself and the world around her. Events happen around her and to her, by others, by fate, and by the alignment of the stars. The world must be a fascinating thing through the eyes of a woman. Buckled in safely for the ride, watching as the trees go by.

There is no "try" in men's vernacular. There is do and do not. There are mistakes, and there are outcomes. But a behavior that is understood to be wrong creates a consistency of mind. When processing external details and circumstances- one does not process these details through a state of mind one does

not have! Instead, he understands and plans responses to his surroundings with the understood consistency of his mind. Things he has reasoned to be true and untrue weight on this processing. There is no mistaken desire to put one's hand back on the stove unless he is not truly convinced it is disadvantageous. A man will not behave in a manner he believes to be disadvantageous.

Now, he might act in a manner that is still disadvantageous, but only because he has not yet reasoned out why this may be so. Once he understands that it is disadvantageous... it is not a process of change, but instead a change of process.

Women, however, do not function with this presence of mind. You will hear "I'm trying" which betrays their intent, because women are incapable of change. Why would they say "trying" if it were any other way?

Do not expect change.

Caveat: I do believe proper discipline within the framework of a relationship is necessary, beneficial, and ultimately an effective tool. I consider this method of change a series of conditioning rather than an internally-driven desire or ability for change.

Featured Comment

By Ill_mumble_that.

Women can change when they are molded to by strong men in their life. Every woman I've ever been with has changed to become more like me, without fail. My wife is now interested in Star Trek, surfing, snowboarding, and baking. Previous to me she had 0% experience in any of those and even told me she wasn't interested in those things. When I met her she was all about shopping. I removed that habit from her and switched it to online deal hunting, but even that is minimal in

comparison to what she once was.

Women are water that will take for shape of the strong manly container that they end up filling.

If your woman is boring, it's because you are boring. If your woman is fat, it's because you put up with it. If your woman isn't happy, its because you aren't happy and you aren't asserting yourself. As a man you have agency and with that comes all of the responsibility for both you and any women that you engage in long-term relationships with.

When you have a strong manly frame, your mission will become her mission. She will follow you and become your strongest supporter, given that you don't allow her to be lazy. Use the Benjamin Franklin effect to your full advantage. Tell her to do stuff, and do so constantly. By no means order her around 100% of the time, use some psychology.

When you want a woman to do something, give her a few options "honey please choose A, B, or C" and just be sure that the one you want her to pick sounds much better to her than the other two. This gives the woman the illusion that she has agency and freedom to make guiding choices in the relationship, which is is exactly what she wants. She wants the illusion of power, she wants to feel important, but she doesn't want any actual power or any of the responsibility that comes with that so don't give her any. That's on you as a man to maintain.

I've Become Too Critical Of Girls

By IllimitableMan.

Comment link from a larger article.

The Red Pill does this, you realise women typically have nothing to offer other than their body. They know it because they spend all their time narcissistically trying to look good, accentuating the only real asset that they have to fly by in life.

But in words uttered by the mouth very few women will actually admit they are nothing other than a glorified excuse of a series of fuck holes, because such "de-humanisation" harms their ego, damaging the core of who they are that they've built up around themselves, the very narcissism they look to re-establish and reinforce via external social validation (cue dopamine hits from Instagram filtered selfies and Facebook likes and her inability to put down a smartphone) and a rigorous routine of makeup application and carefully selected clothing choices.

Patrice O'Neal demonstrated it best when he asked an entire crowd of women what they would do to keep their man if he was thinking of leaving them, most of them said they would fuck him. When asked what they would do if they had no vagina? They said blow him or let him stick it in the ass. Women objectify themselves but don't have the clarity of mind neither the narcissistic inclination to admit it, Patrice had to deceive them with a little game to get the truth out of them.

Having any negative opinion on a woman, be it well justified or well reasoned is automatically misogynistic in the eyes of women as you not only harm their egos to be as critical of their group collective as they are of men, but their addiction to emotion means they become lost in indignation and all the wrath which that calls forward, rather than to critically deduce truths from your logic, in short, they do not respect logic and truth like men do, they respect feelings above all else, and

making them feel bad in a critical manner is in and of itself a misogynous act as a far as a woman is concerned.

Most women are fucking disappointments in comparison to all the hopes and dreams we've ever had and were ever fed in regards to them, it's the fucking Disney shit making you feel let down. Typically one should expect very little of women as so few are worthy of anything more than a fuck, even good conversation tends to be a rarity, quite many of them lack the ability to be mentally stimulating. Occasionally you may be surprised and in such a circumstance you run the risk of falling very hard for her as she stands out so prominently, however no matter her difference she is a woman like any other - she has the same needs and will run all the usual shit tests, making the same demands and etc.

For those who can be bothered and are in the right phase of their life to do so, if you want yourself a desirable woman you will have to cultivate femininity and desirability into her yourself, such is the extent of the Red Pill woman project. Red Pill women are works in progress, being guided by a good social network and the desires of the man she has pledged to give her long term allegiance to. For those of us who have neither the time nor the inclination to practice the patience required to effectively create our own Red Pill woman, that shit isn't an option, and believe me when I say that all Red Pill women are trained by men, they are not born out of the womb, whether that man is her husband or her father, she is trained by a man.

This is why women with poor relationships with their fathers are a massive red flag. Absent fathers are a red flag. Weak fathers are better than nothing, but typically you want her to have had a father who was a patriarch, a dominant man who taught her discipline so that her base schematic of "what men should be like" is healthy and isn't formed from unhealthy feminist stereotypes and the ramblings of a bitter and romantically unsuccessful single mother, but even then that isn't always enough to ensure a quality woman as the prevailing socially engineered cultural forces around her proactively do their best to undermine the will and intent that her father's best interests have for her.

Red Pill women are not unicorns, they're women capable of curbing their

instincts and using logic to be more desirable in order to secure provisioning in their old age. They are women who will compromise and work with a man who is strong enough and patient enough to deal with them. Everything is a compromise with all women, whether she's a cunt, BPD, unintelligent or as high caliber as a well cultivated Red Pill woman.

No matter the woman, she will test your patience - this is just women, full-stop. Not got a lot of patience? Women are gonna just piss you the hell off. It helps when they can offset this inherently annoying trait by bringing more than a vagina to the table, but know that an inherently irrational being is going to do nothing but antagonise the patience of someone who thinks in logic rather than the cognitive cartwheels of reactive transient emotionalism.

The biggest flattery of all to women, which only an intelligent woman will realise, is that despite the sheer frustration and pain she causes him, he still chooses to stick with her. A female's self-awareness of his sacrifice and a declaration of appreciation for that sacrifice goes a long way to help reconcile the huge fundamental differences in expectation that men and women have of each other, women being far more audaciously demanding and needy by nature of their disposition than men. It's somewhat insane how the appreciation of an irrational woman is indeed valued so intimately by the disposition of a rational man. It is true after all that we value that which is hardest to obtain, and a woman's appreciation is scarcely given in earnest.

Further Reading

http://illimitablemen.com/2014/03/21/women-of-substance-are-made-not-born/

I Don't Hate Women, I Just Don't Respect Them...

...and unless many changes within their gender come about, I never will.

By bitchdantkillmyvibe.

Article link.

The Red Pill gets regularly blasted for 'hating' women. TRP does not hate women, bar the vitriolic men usually new to TRP who are still overcoming their understandable bitterness and resentment. TRP just sees women for what they are, and the ways they behave, and treats them accordingly. In short, TRP does not hate women - TRP does not respect women, and they give us reason after reason not to.

There are a number of reasons I do not respect women. Again, as creatures of fun and entertainment, I love them. I never feel feelings of hatred towards them, more annoyance, disappointment and, as mentioned, a severe lack of the respect they claim they so desperately want.

Here are just some of the reasons I will never respect women on the whole:

The fat acceptance movement

We've seen a lot of this on here recently and it was what initially inspired this post. The fat acceptance movement is one of the clearest and best examples of how women completely lack any sense of agency and how they demand the most respect for the least amount of work or effort.

That article currently on the front page has a woman talking about going

through a lot of work and effort to convince herself her body is fine the way it is, without realizing the reason it took so much 'work and effort' is because she has practically had to implement a delusional way of thinking to do so.

In reality though, this is nowhere near the level of work and effort that is implemented in actually losing weight and keeping up a healthy appearance. She wants the world to accept her how she is without striving for any self-improvement at all. She wants the world to enable and actually embrace her lack of motivation and apathy.

In reverse, you never see anything close to a fat acceptance movement among men, when men still face a lot of the issues about image and self esteem. Men get just as bombarded by the media about what is attractive and what isn't, and instead of trying to rewrite the rules to our benefit, we either shape up, or don't.

That's our choice, not all men decide to improve themselves, I'll admit, but we don't try and create an entire movement to make us feel better about our unhealthy lifestyles. I've started packing on a few pounds myself, and instead of thinking "I need to convince myself, and others, that this is okay", I think "Fuck, I really need to get to the gym. This is not good."

Child custody laws

I understand that some of the problems surrounding child custody laws in modern day fall on our broken legal system, but my issue is the way women actively and intentionally recognize and exploit these broken laws.

The way women embrace the broken system surrounding child custody laws is another example in women's solipsism, and worse, their complete disregard and almost sociopathic lack of care for not only their husband/partner/lover, but the father of their child, their offspring, who without, would never have been able to grant her such a gift to begin with.

In my opinion, the way women abuse child custody laws is reason enough to

lack complete respect for women and is the biggest reason, personally, I will never respect their gender. Taking a father's child away from him is one of the most horrible, disgusting, vile, vindictive, malicious and heartless things you can do to a man. I don't care how much he may have hurt you, or how badly you want to get back at him, taking his seed away from him eclipses almost any wrongdoing he may have done to the woman.

This shows the true nature of modern women - that they only care for themselves and lack compassion almost entirely. I wouldn't take a man's child away from him even if he was the lowest of scum. I wouldn't wish that on my worst enemy, and for women to do that to someone they once loved and who once loved them back, and most likely supported them in a number of ways, not only dumbfounds me, but it scares me. Not only do I disrespect women for this crime against nature, I fear them for it.

The feminist movement in its current state

One may argue that the feminist movement was a necessary way of bringing women into the modern world and earning them the rights they believed they deserved. I'm a bit conflicted, because while the feminist movement did succeed in earning women some basic human rights that they shouldn't have been denied, it is also largely responsible for the dismal state of the modern woman now.

After the world gave women almost everything they demanded, they still want more. The feminist movement in its current state is little more than a joke and an example of how women will continue to victimize themselves despite an ever increasingly ease of lifestyle. For all this talk about 'male privilege,' if you are born a white women with relative attractiveness, you are living life on easy mode. I don't give a fuck what you say, this is the truth. This is why women bitch over people not accepting them for being fat because they are literally left with nothing else to complain about.

The feminist movement is now about the most trivial 'rights' being awarded to women and continuing to uphold the image that women are 'oppressed,' when this

could not be further from the truth. Women are more privileged than ever and get more pussy passes than in any point in history. Yet, the sob story continues.

The feminist movement is an example in how if you give an inch with a woman, she will take a mile. We were wrong to entertain their demands to begin with, thinking that if some of their demands were appeased, they would be content and more productive members of society. But that is the curse of logical, rational thought impeding the modern world and being taken advantage by women. Women must always be the victims, even when they aren't, and no matter how much more we continue to give them, they will never be sated and never feel content.

False rape culture

Again, for all the talk about 'rape culture', we are living in a society where women are taking more and more liberties with the law that already aggressively favors them by accusing men of rape for their own benefit. Here we have another example of the vindictive, hurtful nature of women, where they only care about themselves and benefitting themselves, even at the behest of another man's livelihood. Note, it's not because they hate men - it's because they hate everyone, or more appropriately, women are completely solipsistic and anyone's wellbeing outside of their own is an afterthought.

This is the real reason 'rape culture' exists, to continue the victimisation of women and the benefits they reap by being society's victim. They create a problem that isn't there so they can exploit it to their own advantage. They willingly destroy men's lives, careers and reputations, marking them permanently for the rest of their life, purely for their own gain. Men are completely disposable in a woman's eyes, and this again is reason to not only disrespect them, but fear them.

There are many more reasons but I won't go into them, I've ranted enough, but these are the main reasons I find myself incapable of respecting women, and I feel justified in this. For all of men's downfalls, nothing comes close to the manipulative, cold and psychopathic nature of women, not to mention that many of

the slurs launched against men only apply to a small subset - rape is minimal and women are lucky to live in an age where the overwhelming majority of men view this as a most heinous act. Domestic violence, again, occurs in minorities, and reports even suggest it is more common with women.

However, the reasons I have listed here apply to an overwhelming majority of modern women, hence the entire movements often backing them. These are things we see on a regular basis, implemented by women daily, enabled by our media, things we hear about so often, we have simply just come to accept them in defeat - think child custody laws. No one even bats an eyelash when a woman wrenches the very seed from a man, when this should be viewed as an act of ultimate disrespect and any woman who does so should be shamed for the rest of her life. Instead, her behaviour is enabled.

Until these fundamental changes occur within the female gender - which I highly doubt they will - women will never be deserving of our respect and for them to demand otherwise is completely laughable. Again, I do not hate women - I love women, I love fucking them, I love laughing with them, I love having fun with them, and even sometimes losing myself in the emotional roller coaster that is their feminine nature which I am unable to experience. But respect them? Never. Not until these horrible rituals are called out as the disgusting, inhumane practices they are.

Women Want A Wedding, Not A Marriage

By theinfamous1124.

Article link.

As a young buck in his mid 20s, I'm seeing more and more of my peers getting engaged or tying the knot. Per usual, social media platforms are the relied upon methods by these couples (read: girls) to get the news across. In most of the posts are either pictures of the engagement ring or the wedding dress or other ceremonial nonsense with herds of womyn congratulating the recently engaged or wed (read: jealous that they don't have what the other woman has). We can also see this obsession with fantasy weddings on television shows like Say Yes to the Dress among others.

What struck resonance with me was the overwhelming sense that these fantasy weddings and exciting engagement announcements were marketed for women by women. Never mind the fact that a lifetime commitment (read: 5-8 years) was about to be forged.

I strongly believe that most women lack the fundamental ability to look past the gaud of their fantasy weddings and honeymoons and the influx of praise and attention they receive from their peers at their announcements and ceremonies and this lack of foresight leads to a declining marriage (read: not haaaapy anymore).

This concept also gives credence to the notion of: She doesn't love you, she loves the idea of you. She loves the tingles her fantasy wedding gives her. Gentlemen, if you must marry, find a girl who couldn't give a shit less about the gaud and showiness that will cost 99% of men tens of thousands of dollars.

The Modern Woman's Sexual Strategy

By RedPope.

Article link.

I'm calling this The Modern Woman's Sexual Strategy. It is their formula. A woman's default script for her 30s and 40s.

/u/Kill_Your_Ego posted a controversial FR. He is fucking a woman, knowing she keeps a BB in reserve. He made a joke, saying he should knock her up, since her BB genuinely seems like he'd make a great dad.

One TRP member was disgusted. His comment and OP's response:

I would not let a beta raise my son.

LOL. As if you even have a choice.

His answer is the absolute truth and the correct response. It may make you angry. It may make you sad. Put emotion aside for a moment and we'll examine the topic in depth. I'm assuming you've skimmed the sidebar. You've been beaten over the head with AF/BB, but go reread Briffault's Law if you can't remember it. In this article, we're going to put 1 and 1 together and make 2.

AF/BB + Briffault's Law

Right now this woman wants the AF. Once she's pregnant, she will want the BB. She does not want OP raising her kid. According to his story, the one and only

benefit he provides is sex. Why the fuck would she keep OP once pregnant? His job is done. His desires are irrelevant. AF is sexy and cool, but unreliable and distant. BB has a 6 figure salary and stability. No contest.

And so she will do the responsible thing and "outgrow" her AF bad boy. She will "settle down" and be a get married to BB. She will even convince herself BB was the one she wanted all along. Her true love.

(In the event she marries the AF, or BB is the actual biological father, results do not really differ. She will work tirelessly to domesticate him into a BB role.)

The wedding is expensive and wonderful. The highlight of her life. She will become a true and faithful housewife! Long enough to get the kid out of diapers, anyway. Long enough to get a new car. "We need an SUV to fit the stroller!"

Her next choice then depends on if she wants a second kid. If so, she revisits AF (or finds a new version). During this time, BB husband will enjoy an increase in sex. He'll be convinced the marriage is finally back on track. BB is happy. Of course, she just needs him to be convinced the second spawn might be his. Maybe it is. Doesn't matter.

If she doesn't want a second child, she visits a divorce attorney. Gets an estimate on what she should receive in child support. The attorney also informs her how long she has to remain married to get alimony. Year or so? She'll rough that out while branch swinging. More than 2 years? Well shit. Might as well have that second kid after all. She'll get so much more child support.

Quits her job, if she hadn't already. Three years later, second kid is out of diapers now. They've been married 7+ years. First kid is in school. She convinces BB to trade in for a newer SUV. No matter how much he earns, she's slowly maxing out his credit cards. Meanwhile, the steady decline in duty sex has finally reached dead bedroom status. She is unhappy. BB doesn't understand why. He is giving her every material thing she requests.

She heads back to the divorce attorney. If she's lucky, BB sought out some brief solace with a slut or prostitute. He takes all the blame, and in his guilt, gives her everything, uncontested. Otherwise she gets the minimum package: 2-5 years of alimony (aka spouse support) plus 15-16 years child support. Primary custody, the SUV, all her jewelry, half the equity in the house, and half the savings. A few crocodile tears and BB will probably sweeten the deal (extra furniture and cash), just to get it over with.

I don't even consider this "theory" anymore. Go buy a pitcher of beer for any of your 30-something divorced friends. Get them talking about their marriage. This same script gets repeated again and again and again.

The newly divorced woman is now in her mid/late 30s. She probably isn't rich, but she'll be comfortable for a decade or more. Alimony goes quick, but since child support doesn't count as income, she qualifies for every government welfare program. She's driving a $70,000 SUV while on food stamps.

She may hit the bars now and then, hook up with an aging silverback for the trill. But mostly, she's hunting for secondary BB. Online dating is a godsend. Eventually she meets some nice guy with a mid-level caeer. Tells him how her ex was abusive. "Will you sit with me when he picks the kids up for his weekend visitation? He intimidates me." How angry and sad the ex looks. Maybe her story is plausible. New BB feels like a protector.

She milks him for a vacation or two. Some extra cash so her kids can sign up for little league and summer camp. Lots and lots and lots of dinners out. But he's boring, and not near wealthy enough, so she goes back to dating. Rinse and repeat. Meanwhile she eases her way back into the workplace. Child support will be ending soon.

Post menopause. She does a half-assed job at work, but it doesn't matter. Soon she'll be a double (or triple) minority. Untouchable. No AF in years now. Even BB are only good for the rare meal or weekend trip. She is sad and frequently broke,

but she has her cat and church groups. Kids don't visit often enough. Ingrates. After all the sacrifices she made? Their real dad ran off before they were born. Her ex-husband abandoned her. The government? No help at all. She did it all herself. But what was the point? No one appreciates her. Thank God for Xanax.

Another Take On Why TRP Is Loathed By Women: AF/BB Has To Be A Secret.

By gekkozorz.

Article link.

Everyone has their own theory about why TRP is Reddit's favorite source of jimmie-rustles. Here's mine.

First of all, the reason which TRP is hated in general is just because of pure groupthink. The average Redditor needs to have other people do his thinking for him, so when The Everyone Conglomerate says "TRP is just bunch of women hating rapists, you need to hate them," he obeys without question, without actually bothering to learn our philosophy or anything about us.

But the hate had to start somewhere. For some reason, in the early days of our sub, some women had to drop in and see what we were all about, freak the fuck out about something in our message, and declare to the world that we're the worst thing since the Holocaust.

I think I've figured out what that something is. Alpha Fux/Beta Bux only works if the betas don't realize how badly they've been lied to.

I recall there was a time when a TRPer showed his sister this sub and asked her to read over our content to see what she thought. "This isn't right, none of this is right," she kept saying. "How so?" the guy asked. Eventually she came around to the truth.

"You guys shouldn't know this stuff."

We have unravelled many of the mysteries of the female mind. One of the most significant is that women want to get fucked by weightlifting frat bros who give them dark triad gina tingles, and want to get flowers, money, emotional support, and post-wall commitment the weaker men who don't have so many sexual options.

So think about what happens when those betas start to discover this sub.

"Wait a minute," they say. "You mean that when I was composing her love letters, buying her plane tickets so she could visit her boyfriend on the other side of the country, being her shoulder to cry on when she got dumped by her boyfriend, holding her purse while she was getting fucked in the bathroom stall in the club, assuring her she was beautiful and perfect like a wish wrapped in a dream, and being her faithful orbiter all those years... she didn't ever have any intention of having sex with me?"

And just like that... the veil is lifted, and the bux stop.

It's like a horse is following the apple dangling from the string... and then suddenly it realizes that it's not actually getting any closer to the apple by walking forward, so it just stops walking, and is then of no benefit to the rider.

Some people have pointed out that TRP can be beneficial to women, because we can learn how to properly be the kind of man she is attracted to.

That's useful if she wants our fux.

But she still needs those bux just as bad, maybe even more so. Free meals, free drinks, emotional support, companionship, validation, and most importantly, unconditional commitment even though she's halfway through her thirties with a beer gut and kid to take care of.

A beta male may be as sexually appealing as a piece of driftwood, but he can certainly have a purpose. He can provide some really vitally necessary services

which women cannot live without.

And if these scrawny, sexually useless betas ever wake up to the fact that these bux they're providing aren't doing anything to get their dicks wet and cancel these bux accordingly, that's bad. That's really, really bad.

Thus the fact that AF/BB is kept as an Area 51-grade classified top secret.

And here we are yelling these facts from the street corner - thus the fact that women protest against this sub with the rage of a starving tiger.

And that's my $0.02 of the day.

Dating and Relationships

The Two Most Powerful Weapons In A Man's Relationship Arsenal: Stepping Out, And Walking Away.

By excessory.

Article link.

1. Stepping Out: If she's not giving you sex, you can go get it from someone else.
2. Walking Away: If she's treating you like shit, you can leave her and never come back.

These are your two most powerful weapons.

Her weapon of withholding sex is only powerful if you won't get your needs met elsewhere.

Her weapon of disrespecting and bitching is only powerful if you won't ever leave her.

Marriage is the surrender of these supreme male powers, and that's why it's so potentially dangerous, and so rarely successful.

These are your nuclear options, and it's better if you never have to use them, but it's foolish to give them away without very careful consideration.

The Most Unattractive Trait Of All: Trying To Attract A Woman

By Archwinger.

Article link.

There's a post today about a very pathetic man. A man who went above and beyond to try to woo a woman. The specifics don't matter, but since the post was strongly up-voted around here and clearly resonated with a few people, I'll expound a little bit: Some jerk-off loser got dumped and created an overwrought romantic website to try to get his ex back. Naturally, the entire female internet community pissed all over him and mocked his efforts.

Surely, some women at least recognized and appreciated his effort, but figured that his ex just wasn't into him, or maybe he just wasn't their type, right? I mean, any man who makes that kind of effort to woo a woman is worth something, to someone, right? Wrong. Women everywhere pissed all over him. They called him a loser.

These facts don't matter. You could replace this idiot with any penis-owner, replace his website with any romantic gesture large or small, and replace his ex girlfriend with any female anywhere in the world, and the response of women-at-large would be the same. Pay attention to this part: if you are attempting to romance a woman, you're a pathetic loser. This isn't just what The Red Pill thinks. It's what women think.

It makes no sense, right? I mean, don't women want romance? Actually, it makes perfect sense. Let's explore the reasons why, viewing the universe through the eyes of women:

If you do something with the intention of making a woman like you that's manipulation in their eyes. Note the italics – to make a woman like you. When you're trying to make her like you, you're not really romantic, you're not really nice, you're just creepy. It doesn't matter if you're actually nice, if you're actually genuine, if you're actually romantic, and that you weren't trying to be manipulative at all. If you're doing something that seems like you're trying to make a girl like you, you're a creep. Because trying to win a girl's affections with your behavior is trying to circumvent nature. You're trying to turn something thousands upon thousands of years old, inscribed into our genetic code, into a transaction. You're trying to buy sex or a relationship with romantic gestures and niceness. Women hate that, because if you could influence their emotional state like that, you'd be taking their power away. You don't choose whether she likes you. She does. And any attempt to influence her decision is subversive and creepy. You're supposed to "be yourself" and maybe, if you're really lucky, she'll pick you if she finds herself naturally attracted to you. Trying to convince her to pick you automatically takes you out of the running, loser. Because trying to convince a woman to want you is what losers who can't get women the real way do.

The way to make a girl like you is to do the exact opposite. Look like you're not trying to win her over. Do your own shit, and blow her off to do it. Be too busy for her. Be dismissive of her. Do shit that improves you and benefits your own life. Shit that makes you a better man, who's attractive to women, without actually trying to attract women. Because remember: actually trying to attract women is creepy. It's manipulative.

Girls don't even appreciate that you're trying. The very fact that you are making any effort at all to attract a woman instead of just doing your own shit is controlling. You are trying to control a woman's emotional state by acting in a manner intended to influence her. They hate that.

That's why gaming women and PUA tactics and becoming a "Red Pill" man work incredibly well in the real world, but women who read about all of this on the internet hate the hell out of it and call it creepy, rapey, manipulative, and swear that it would never work on a smart woman. Because when they read about game on

paper, it's an action you're taking to try to attract women. That's creepy and could never possibly work, because trying to attract women is manipulative and automatically fails. It disgusts them to read about it and they couldn't possibly be less attracted after reading that text. When they experience an evil Red Pill man in the real world, however, he just seems like an attractive guy who's different from all of the other creeps who are trying too hard. A confident man who has things going on and doesn't really care if she fucks him or not. He's totally different from all of those pathetic losers trying to buy sex from her with kindness, complements, and drinks. I guess webpages, too.

Gentlemen: Stop trying to attract women and focus entirely on yourself. I know it seems counter-intuitive. I know some guys around here worry that if they just do their own shit, no woman will ever notice them and they'll never get laid again. If that's the case, you're doing the wrong shit. Quit playing video games and eating Oreos in your mom's basement while jerking off to porn every day, and start working out, eating right, excelling professionally, and learning skills. It's hard work, and far less pleasurable than just screwing around all day, but you get a reward. Not women, a real reward. You get to feel like a badass every single day of your life. You get to wake up excited every day, full of energy. You get to love your life, which is far more rewarding than loving a woman. And by the way, women fuck guys like that without them having to do much more than just walking up and saying hi – your wives and girlfriends are fucking guys like that right now.

Red Pill vs. Blue Pill Dating Behaviour

By nicethingyoucanthave.

Comment link from a larger article.

Who has actually had success from [TRP] philosophy?

Answer: everyone who has tried it.

Let me paint a Red Pill vs. blue pill picture for you. You tell me who the real winner is.

Blue pill guy

Sees a girl at some social function, or maybe in class. Fantasizes about her. Imagines that she's just the best thing ever. Over the course of weeks or months, finally works up the courage to ask her out. She says, "sure okay, whatever." He's over the moon. He plans every detail of the date. He literally loses sleep stressing over it. On the day of the special date, he texts her that he's looking forward to it. She doesn't respond for several hours, but then eventually she says she can't make it.

Texts her the next day, still hopeful. No response until the following day. She's still busy. This goes on for a while. Finally she tells him to leave her alone.

Blue pill guy meets a girl through friends. Fantasizes about her. Imagines that she's just the best thing ever. Over the course of weeks or months, finally works up the courage to ask her out. She has a boyfriend. He continues to crush on her for years.

Blue pill guy meets a girl through friends. Fantasizes about her. Imagines that she's just the best thing ever. Over the course of weeks or months, finally works up the courage to ask her out. She says, "sure okay, whatever." He's over the moon. He plans every detail of the date. He literally loses sleep stressing over it.

They go on the date. He shows her his quirky, nerdy, shyness. But he also shows her what a total gentlemen he can be. She tells him he's the best friend ever! Over the course of months or years, they continue being "friends" with him buying her stuff and helping her move. They never so much as kiss.

Red pill guy

Sees a girl at some social function, or maybe in class. He says hi to her that day. He tells her about what he's doing that weekend and invites her along. She says "sure okay, whatever." Then he forgets all about her. He goes to another social function and chats up other women.

Red pill guy understands that most women are going to flake on him, or they're going to "better deal" him (meaning, they'll hang out but if something better comes along, they wont show up). He doesn't care. It doesn't bother him anymore than water being wet bothers him.

Some girl texts him Saturday and says she can't make it. She's really sorry. He replies, "lame!" He isn't remotely bothered. Another girl texts to confirm that she's in. He hangs out with her. He attempts to make something sexual happen. Maybe she's into him, in which case they fuck. Maybe she's not, in which case he doesn't care.

Red pill guy meets a girl through friends. At the very first opportunity, he asks her out. She has a boyfriend. He says, "that's cool" and thinks no more of it. Later, when she breaks up with the boyfriend, she considers going out with him.

Red pill guy meets a girl through friends. At the very first opportunity, he asks her out. When they go out, he remains somewhat aloof and distant, he teases her

appropriately, and he unambiguously communicates his sexual interest. If she's into him, they fuck, if not, he doesn't care.

If they decide to be friends, he holds her to the same standard he would hold a guy friend - if she asks for a favor, he says "sure, just buy me a beer" or something like that. He doesn't let her take advantage of him, and he doesn't harbor unrealistic fantasies about her.

This is what I mean if I advise guys to not care. Note that women aren't "flocking" to The Red Pill guy. It's just that he doesn't get encumbered with any one girl that he hasn't had sex with. He keeps a lot of irons in the fire (another way of saying he spins a lot of plates).

You Only Want Me for Sex!

By Archwinger.

Post link.

I'll chat about this point with an anecdote rather than a bunch of dry theory, because stories are way more interesting than lectures, and I'm about the farthest thing from a professor on the planet.

Back in my pre-Red Pill days, about once every month or two, my wife would snidely declare to me that I only want her for sex. This insidious and offensive declaration always coincided with the one time every month or two that I would ask for sex. Because we were having sex about once every 1-2 months. The ritual would go that after my attempts at advances and escalation got nowhere for 59 days, I would finally break down and actually talk about sex (because open communication is the key to a great relationship!) That conversation was immediately met with defensive snarking.

How dare I imply, by the mere act of asking for something, that my wife is imperfect? I am a mirror, after all. And every time my wife asked me to do anything, it was never a request. It was a message, always delivered with a choice of tone and words that said: "Why haven't you done this thing you should have known to do already? Why am I even having to lower myself to ask you to do this at all? You're not worth a shit." My wife never asked me to do anything. She accused me of being a loser, under the guise of a polite request, and when confronted about this would always respond, "What? I was just asking you to X. Why are you getting so defensive? Feeling guilty?"

So naturally, whenever I asked my wife for something, no matter how innocently I meant my request, what she heard was a reflection of her own

thoughts: "You're not doing something you should be doing unasked." And because that statement (which the old, beta me never meant) was 100% true, those unsaid words stung her even more. She knew she was supposed to have sex with her husband and wasn't, and my asking for sex shone a light on her failings.

Thus, an innocent question from an innocent beta husband provoked an astounding, almost suspicious amount of defensiveness. "We haven't had sex in two months" was unfailingly met with, "I'm always tired because you never do X, Y and Z and everything you do its always half-assed because you're such a selfish loser, then I have to do everything myself! And I don't feel like having sex with a selfish loser! All you ever talk about is sex! You only want me for sex!"

Even beta-me from years ago was taken aback by that statement. Because beta-me was still a highly educated nerd, and as a nerd, he knew that 1 divided by 60 is less than 2 percent of the time, and that words like "all" and "only" used in that context really didn't apply to something that happened less than 2 percent of the time. Beta-me also understood that going to work every day, making 80% of the family income, cooking every meal, doing the laundry, paying for maid service, and handling a good chunk of the childcare duties made statements such as "I do everything" from his wife seem like a little bit of an exaggeration.

So instead of saying, "No, baby! Don't say that! I love you for [insert validation here] and it's not about sex at all! And by the way, I'm a supplicating loser not worthy of respect or fucking, as evidenced by the fact that I don't even have the balls to stand up to such a blatant falsehood for fear of angering you!" Beta-me said, "Wait a second. I'm pissed off here. Not about you accusing me of wanting sex, because wanting sex is normal. But because you're essentially calling me an idiot. We never have sex. Like once in forever. If I only want you for sex, then what you're saying is that I'm so fucking stupid that I don't realize that we never have sex, and that I'm so fucking out of touch that I think this is normal. Or that I'm such a loser that I think the once in forever that we do have sex is the best I can do. You know what? Forget it. I don't want to have sex after all."

Fifteen minutes later, my wife had cooled down and said, "It's fine. If you want

to have sex, we can have sex," in a very resigned tone of voice, making it clear that she was making a great sacrifice to do me this incredible favor. That got me all pissed off again. I told her to fuck off and that I wasn't turned on by the idea of having sex with someone who just called me a loser five minutes ago. Not the most "alpha" of replies, but it got the message across. She stormed out of the room, tears in her eyes, slammed the door, and slept on the couch for three or four days after that, thinking she was teaching me a lesson. It was strange, though. I slept really, really well that night. I don't think I'd ever rejected my wife before. I'd probably never been that honest with her before either. Not really.

While I was typing this bullshit last night, intending to make a more generic point about shit tests, Rollo posted a new article describing the difficulty women experience in separating their worth as a human being from their sexual worth that seemed to at least partially apply here. I say partially because my story illustrates a seeming contradiction. On one hand, rejecting my wife sexually made her feel worthless, not just as a sex object, but as a person. On the other hand, the very thing she accused me of was only valuing her for sex while neglecting her value as a person. However, this contradiction is an illusion if you think about basic Red Pill 101: pay attention to a woman's behavior, never her words.

"You only want me for sex" is a shit test. Men aren't supposed to ask for sex. Ever. They're supposed to just be attractive so that women want to have sex with them, without them having to negotiate for it. The sex is supposed to "just happen." When a beta husband asks his wife for sex, however innocent the request, what the woman hears is two things: 1) "I am a loser, unworthy of sex;" and 2) "You are sexually failing me." She responds to both of these statements you unwittingly made in one fell swoop. She doesn't want to have sex with you, because you're a loser, so she attempts to shame you for asking by accusing you of not valuing her as a human, only as a sex object. But at the same time, when you indicate that she's sexually failing you, she experiences this not just as an attack on her value as a sex object, but as an attack on her very value as a person. You indicate that she is failing you sexually, and she responds by defending her personal value, not her sexual value.

Today, whenever my wife screeches that I only want her for sex, I calmly respond that I also appreciate her carting our daughter around and keeping the house clean, so "only" is a bad choice of words. But yes, I definitely want her for sex. She storms off in a huff without fail every time. I then set a reminder in my cell phone to beep at me in 48 hours. Every time we're having sex, she stops and asks, "What's that beeping?"

Refusing The Gift

By brandor77.

Article link.

One of the more common shit-tests my wife gives me is, "Say something nice about me."

This usually happens when we have been around each other for a while but nothing of significance has been said. I will have come home from work, we've eaten dinner, shared our daily war stories, put the kid to bed and be in the middle of a movie. Suddenly, she gets in my line of vision and demands compliments when my brain is practically inert.

For years, my reaction to this type of thing was to give her what she was asking for. My efforts would be unsatisfactory because the compliments always sounded forced - which of course they were. My resentment of this built over time, and eventually I had a script ready-at-hand for responding to the question. It was a resigned, here-we-go-again routine where I sounded like I was in a call center. A few times I tried confronting the situation head-on, telling her she couldn't just push a button to have me dispense heartfelt compliments at a moment's notice. Logical and accurate? You bet. Did it work? Nope.

It was only after TRP that I considered refusing to engage in her demand at all.

Nowadays, this scenario rarely comes up. When it does, as it did yesterday, I sarcastically reply: "Something nice about me."

Not the response she wants! She gets a sour look. I give her a shit-eating grin. Then I grab her face and kiss her in a way that says "you are so silly, but I love you

anyway." She resists – how dare I not take this seriously! A playful struggle ensues. She doesn't resist the second kiss. Then she's off and away, acting like she's pissed but unable to contain her smile.

For years, I tried to accept and process her emotional insecurities, make them my own, and try to address them. That's the playbook we were given. And yet, only when I started disregarding these scenarios as the childish games they are did we become happy with the results.

There is a fairly well known internet tale about Buddha refusing to accept a man's "gift" of anger. The TL;DR of it is that Buddha refutes an angry man's frame, displaying his own emotional independence. This parable applies not just to anger but to a wider range of human interaction.

In our daily lives we are surrounded by people who try to manipulate us by activating our anxiety. The kid that throws a tantrum, the car salesman that sits the customer in the 'negotiation' room, the wife pestering her husband for compliments - they are all attempting to influence behavior through emotional discomfort. I don't want to hear the kid cry. I don't want to sit in the tiny room. I don't want her to be upset with me.

In TRP parlance, a shit-test is emotionally manipulative behavior, and we are shit-tested constantly - not only by the romantically interesting women in our lives, but by almost everyone we meet. Most people don't realize what they are doing; they are simply using learned behavior that has often yielded results. So why is this learned behavior so effective?

As Chuck Palahniuk put it, we are a generation of men raised by women, and as Dr. Glover points out in *No More Mr. Nice Guy*, many of us (and I would argue a majority of us) grew up in a situation where we were abandoned or abused. Developed in childhood, our coping strategies tend to be about appeasing others to the detriment of our self-interest. The indoctrination continues as we grow into adults. Our educational system compels us to artificially enforce self-esteem and confidence in others, regardless of merit. Our media deludes us with the chivalry-

is-rewarded, true-love-conquers-all, happily-ever-after myth. Our legal system and corporate policies place our lives and our livelihoods in the hands of those who may punish us simply for upsetting their sensibilities. Failure to make one's life partner adequately happy will result in the loss of the life you worked so hard to build.

In short, we are being taught cradle to grave to take ownership of the anxieties of others because that will give us validation and preserve us from harm. The corollary is that if there is a lack of validation or harm befalls us, it is because we did not adequately address those anxieties.

Dealing with this shit crushes a man's spirit, so he will spend a lot of time trying to predict how his own behavior might generate anxiety in others so that he may avoid, deflect or manage it. He pushes his own needs to the back while he attends to others, and isolates himself to reduce the sickening workload.

This is the primary ingredient of the Blue Pill.

Therefore, I propose that the axiom of the Red Pill is to refuse the "gift" of negative emotion from others, expressed or implied. The guy who tells you your shirt looks stupid. The girl who asks you to buy her a drink. A clingy mother. A verbally abusive father. All trying to move you via negative emotion. All different, yet all the same.

It's not about fighting back – it's about refusing to engage at all.

Easier said than done, of course. I am certainly nowhere near perfecting my Inner Julie Andrews. But the first step is awareness. Here is how I started down this path:

The first sign you are being given a "gift" is when your interaction with someone is making you feel compelled to do something you don't want to. When you find yourself in that situation, take a moment and ask yourself, "Is this what I want to do/say?" If not, refuse to comply. Just say no. It is almost certain that other

person will increase the pressure. How dare you not do that thing!

It is there, right at that moment, when you feel that increased sense of guilt, the need to appease and not rock the boat and make that person happy, that you are feeling the withdrawal symptoms of the Blue Pill. Note it. File it. Embrace it. Make it your companion. Then double down on your refusal to do something contrary to your own desires and self-interest.

People around you may not like it. Some of the more demanding people in my life have become extremely put out by my new lack of compliance. "What happened to Brandor77?" they ask. The worst offenders - siblings who believe 'blood' is a valid reason for me to repeatedly provide them money and shelter after their bad decisions leave them destitute - now won't talk to me, angry at the audacity that I should refuse them. They lay on the guilt and talk poorly about me to others.

I am working hard to refuse the "gifts" that are offered to me every single day. If people go away because I don't take their gifts? Good riddance. Because you know who is happier for the change? I am. And that's refreshing.

You're The Island, And She's The Seagull

By leftajar.

Article link.

Guys, the #1 mistake that men make is projecting their own traits onto women.

Getting shit done, which is squarely the domain of men, requires teamwork and alliances. Loyalty and trustworthiness are the literal CURRENCY of male relationships. Think about that for a moment.

Women simply. Are. Not. Loyal.

Super-high SMV guys are rapping about it.

Towards that end, I've developed a useful metaphor: the Island/Seagull concept.

As a man, YOU ARE AN ISLAND in the middle of the ocean. The better your SMV, the cooler your island. More food sources, better weather... generally a rockin' place for a seagull to hang out.

If your island really kicks ass, the seagull might stay there forever.

HOWEVER.

Seagulls can fly. They're designed for it. If they catch whiff of a better island, and they think they can make the journey, they'll go. Period.

The corollary to this is: it is USELESS to try to convince a seagull to stay there. Because fuck you, they can just flap their wings and adios.

All you can do is make the island a place where seagulls would really want to hang out.

Also, it's absolute lunacy to give a seagull domain over your island. Because they'll just eat all the food until there's none left, and shit everywhere. When there's nothing left to take? Adios, on to the next island. You'll just be a barren, shitty rock on the open water.

BTW, do you lift yet? You should go do that.

Don't Just Make Her Do What You Want. Make Her Want To

By Archiwinger.

Article link.

I made a comment last night in the married Red Pill sub that I really think ought to be elaborated on here, because it's something that doesn't always get discussed head on, and sometimes gets lost among other points.

When we talk about interactions with women and all of the things we employ – raising our value (physically, financially, socially), implementing "game," implementing "dread game," and so forth – the typical end result is to get a woman to do what we want. Usually sex or some other behavior that demonstrates submission to our leadership. That's a win, right? That's validating. When a woman does what we want due to who we are, what we're like, and how we behaved, we won, right? Honestly, I think that's a little incorrect. Not entirely wrong, mind you. Just kind of like viewing things when the camera lens is out of focus.

The goal is not for women do what we want. The goal is for women to want what we want.

It's a subtle difference, but a very important one.

If you pay a prostitute for sex, then you got a woman to do what you wanted, didn't you? Not really, because it wasn't sex that you wanted. It wasn't even free sex that you wanted. It was desire. You didn't want sex, itself. At least not only sex. You wanted a woman to want to have sex with you. Because that's good sex. That's validating.

The same is true if we swap out legal tender for different kinds of currency. If your girlfriend sucks and you attempt to try out some dread game and, whoops, you don't have a mind for subtleties or critical reading and accidentally blackmail the living fuck out of her, she might be desperately afraid you're going to dump her and kick her out of your apartment and on to the street. She might even fuck you out of fear to avoid that fate. Now you have a woman trying to manipulate you with sex, just like you manipulated her into sex. Neither one of you is happy or satisfied. The sex probably sucks, too.

Likewise, if a woman is nagging the hell out of you and being a generally disrespectful bitch, and you attempt to withdraw emotionally, and whoops, you accidentally become a raging, threatening, pissy asshole, your woman might think, "Shit, I just wanted him to leave the toilet seat down. Why is he acting like this? I don't want to deal with this any more, so I'll just shut up." She might even fuck you just to calm you down. Once again, you have a woman trying to manipulate you with sex, just like you manipulated her into sex. You're both unhappy and unsatisfied. And the sex sucks.

We don't just want our women to do what we want. We want them to want what we want. And that's a lot harder.

A woman will submit to you when you're a man worth submitting to. She will ride you all night long and let you plow her like a caveman if you're a man worth fucking. She will let you father her children, lead her family, plan all of your dates, handle all of your affairs, and trust in your judgment, but only if you're a man worthy of her trust. If you're a man who actually has worthwhile judgment. She's not going to hand the reins of her life to just anybody, and especially not the reins of her children's lives. You have to be worth a shit. But if you're worth a shit, you might have a dozen women lining up to turn their lives over to you, and all you have to do is say yes.

When we proudly declare "AWALT" (All [or at least mostly all] Women Are Like That), this is usually something we say in anger, when we're talking about a woman's propensity for selfishness, evil, and general disrespectful cunt bitch

behavior. But AWALT works the other way, too. If you're a man worth fucking, a man worth following, and a man worth giving your life to, women won't just do what you want – they'll want to do what you want. Your happiness will matter to them, and they'll want to please you. [Mostly] All Women Are Like That, too.

Every Man Must Always Follow The Rule

By dallz_beep.

Article link.

The Red Pill has all sorts of scientific studies, anecdotes, wisdom, bro-theory, and public commentary. But what should you do? Here's the most practical advice I can give in a single sentence. Introducing: The Rule.

The Rule: If she doesn't put out, then neither do you.

Or, more crudely phrased: Either fuck me, or fuck you.

Always follow The Rule and no woman will ever take advantage of you.

Explanation:

Most people here have listened to Patrice O'Neal. Once thing he pointed out is how men undervalue themselves. We might fuck women's bodies, but they fuck our time, our money, our love, our attention, commitment, energy, validation, support, protection, status, etc. Relationships tend to be a far better deal for them, even if you do get sex. Yet plenty of men "put out" the way women want even without getting any sex! We call these men nice guys/blue pillers/orbiters/beta bux. I call them easy sluts. They put out what women want for free, because they don't value or respect themselves.

How do you avoid being taken advantage of? By remembering The Rule: if they don't put out, then neither do you.

That's it. No more orbiting. No more beta bux. No more one-sided

relationships... unless it's you getting free sex and investment from her (they do it to us all the time, so don't think twice about doing it back).

It's shocking that The Rule should even need to be pointed out. Comcast cable internet aside, who pays for something, doesn't get it, and continues to pay for it? (That's for the American readers here.)

If every man followed The Rule, as I believe they should, society would immediately begin to fix itself. "Independent" women would actually need to be independent.

Quick rant: Some people criticize MGTOW, saying most of them are incel. So what? If you don't get any, then not giving any in return is the perfect response. They are following The Rule. Of course we as a community want to help out our fellow man, but let's face it, we can't all be alpha males. Being Mr. Alpha Fux might be better, but for those who are set in their unsexy ways, MGTOW > beta orbiter any day of the week.

Anyone who tells you that you should give women what they want, for free and unreciprocated, is your enemy. They're trying to make you into an easy, disrespected slut with no dignity. Fellow men, keep you legs closed and don't give women jack shit unless you're getting something out of it for yourself (i.e., pussy). It isn't selfish, nor is it misogyny; it's simply fair.

When dealing with women, never put out unreciprocated and they will never take advantage of you again.

TL;DR: The optimal attitude towards women you want to bang is The Rule: if you don't put out, then neither do I.

In other words: either fuck me, or fuck you.

Nice guys = disrespected sluts, putting out for nothing in return.

EDIT: The Rule is within the context of sexual strategy, which is what this sub-forum is about. I'm specifically referring to men who want to have sex with women. Of course there are other ways of interacting with women. I'm talking about getting laid here. Foolishly, I assumed this was obvious.

Be a Closed Book

By fluviant.

Article link.

There's a lot of talk about how the man should be the prize here at TRP. Women in this day and age, in Western Civilization, are so used to being pedestalized that they get a shock to their system when a man breaks the norm of bending to a woman's will. The shock, which may sound bad at first, induces a strong sense of tingles. There are (or should be, at least) plenty of field reports and Red Pill examples posted about guys here doing this after first swallowing The Red Pill and "seeing instant results."

For a quick example, I was recently at a party. One of the guys there is an überbeta when dealing with his very bitchy girlfriend with whom I haven't had so much as an introduction's worth of interaction. I was talking with a friend when she butted her way in. Trying to be a part of this two-man boys' club. My buddy and I, who has a semblance of TRP in him, basically told her that we weren't interested in what she had to say. After the rejection, she said, "well excuuuuuuse me!" *bitchy laugh accompanied by her storming off* As she got up to walk away, I responded, "You're excused." Stopped her dead in her tracks. She looked back at me with a face of "OMG I can't believe a guy would say that to me but I really, really, really like it!" and said verbatim, "fluviant, I like you! You're really funny!" Shock to the system. This chick has been waiting for a long time to be put in her place.

For the average man (read: beta male), a woman is an opportunity to prove his worth in the sexual market. Betas will essentially unload everything on the woman at first chance. Like verbal diarrhea, it all comes out and repulses the woman. Imagine a guy you just meet who tries to tell you about his life. You couldn't give less of a fuck about this shmuck. He does this with every woman he meets, though.

"How can I impress her? What does she like? Will this work on her to win her over?" This is what women are used to. You all are aware that this is the exact wrong way to approach the subject. The man is the prize.

One way to signal this value is by making the woman work for you. Don't give away information about yourself easily. Hold your cards close to your chest. At a base level, you may think this is a case of not having the time to relay your life story to a woman. But it goes deeper. You value yourself, your characteristics, your life experiences, memories, stories, etc. These things are what you tell people close to you who have enough meaning in your life to have earned the privilege to know you on a personal level. Only people of value with whom you want to associate get this treatment from you.

Set this stage from early on. Refuse to tell her the nitty-gritty about your past. Hold on for dear life until she has earned that privilege of knowing you on a personal level. A woman will sense a "mysterious" vibe when you raise an eyebrow to a question about your upbringing, job, etc. instead of answering with glee. She might even give a light shit-test if she's intrigued. Ignore and deflect the attempt to dig information out of you.

You're a closed book. She has to win your favor and adoration if she wishes to pry you open. And when she starts investing in you sufficiently by giving IOIs (and eventually sex), give her a page's worth of your multi-volume biography. Give her just enough to sate her for the time being. This will keep her hooked. Whenever she tells you you're "closed off," "mysterious," "emotionally unavailable," anything of that sort, tell her that you're a closed book.

She's an open book. What you learn here at TRP is how to identify the roguery of women's sexual strategy. Amused Mastery. You can see right through every act she puts on. It doesn't faze you. It's endearing, adorable, cute. You can read her like an open book. Not only is this little act of hers not fooling you, but you can predict her next move as if her strategy is laid out before you. And, again, tell her you can read her like an open book. This has many positive side-effects: the mystery of "What does he truly think of me?", "He's obviously experienced and must know

what women like", "He's had many women flock to him in the past", etc. You get the idea.

You're a closed book. She's an open book.

You have to be pried open. She doesn't stand a chance at duping you.

Now get out there and make women swoon.

Never Date A Woman Who Won't Do Sexual Things With You That She Did With Her Other Partners

By redpilltom.

Article link.

I know there is a bit of a divide in the amount of sexual partners that's "acceptable" for a woman. Some say none, some say between 3-8, some say just less than you, some don't care. To each their own, a woman's number count doesn't really matter to me, they'll all lie anyways. Personally, I don't mind women who have experience and can give good sex, I've taken virginities and it was always a bad decision that wasn't fun.

But if you ever, and I mean ever, find out that she did something with an ex that she refuses to do with you, drop her. Drop her fast and drop her hard. This goes from giving it up on X number of dates, to certain sexual acts that you want to do, to threesomes, to the frequency of sex. It is not only the #1 sign of being on the losing end of the AF/BB relationship, but it screams "Oh, well I felt I needed to impress and be good to them, but you seem easy enough that I don't need to put in effort." Do yourself a favor and move on to a woman who sees you as equal or better to the men who used to fuck her. Don't settle for being second best.

For the women who may be getting furious reading this, just imagine what it was like if you knew your boyfriend was rich. Imagine that he always brought his ex's out on really nice vacations, nice house, bought them really nice gifts, treated them like princesses, etc. But he refused to do any of that with you, he wanted to be frugal with you even though he has more than enough money to treat you. Wouldn't you feel a little bit weird about it? Wouldn't you question why you were different, why he didn't care to treat you the same? Why the sudden change?

Treat Women Like Children

By GayLubeOil.

Article link.

One of the key tenants of Red Pill is that women act like children. There are many reasons for this. Women are not held accountable for their actions growing up, so they are completely new to the concept of accountability. If a woman sucks a dick, she tells a really long story about how she was put in a dick sucking situation. Women don't really believe in their own agency. That's why they often believe in cosmic forces like fate and patriarchy, because nothing they ever do is their fault. If women don't take responsibility for their actions, someone else has to. That's why we have to treat women like children. Obviously, some woman is going to read this have a cascade of feels and then deal with said feels in the most immature way possible.

While Red Pill theory has definitely harsh view of women, the practical application isn't as anti-social as our detractors believe.

One of the things that children suck at, is regulating their internal state. They're too little to know if their hungry, sleepy or if they need to go for a walk. When a child throws a tantrum its often not about the toy, there is often some underlying issue you need to take care of.

As stupid as its sounds you can completely avoid a lot of arguments by ignoring everything she says and going for the underlying problem. I can't believe you never told me that you X! Aww is she hungry. She gets this way when she's hungry. Then just feed her some Greek yogurt or something, and the problem will go away. Or just take her for a walk around the block, because she;s just anxious from being at work the entire day.

Red Pill holds that male leadership is the cornerstone of a good relationship. Sometimes that means treating her like a child.

Featured Comment

By trudatness.

My wife deals with million dollar accounts and is leaned on heavily by super ultra serious business men for information that is imperative for formulating their business intelligence. She really is a brilliant woman and there is no doubt I am better for knowing her.

Having said all that, she constantly has to combat emotion in order to continue to make rational choices when dealing with clients. Early on in our relationship she was constantly saying "Because I'm a woman..." this and "Because I'm a woman... that."

She had firmly planted in her head this victim complex, that every person she dealt with in these male dominated circles had a bias against her because she was a woman. She observed that women populated support roles - worker bees - as she called it and men largely comprised the decision making roles. If she tried to contribute substantive perspectives to decision makers she was often met with resistance. She verbalized her frustration to me by saying I'm being told "Just go stand in the corner with your skirt on and we'll tell you when you are needed."

Obviously those words weren't being uttered to her, but that was her interpretation of the reactions she received.

I pointed out a local woman in her field who's a very successful business woman - and asked her why this woman is taken extremely seriously by her

business peers despite this bias she says is pervasive.

"Well she's a real bitch," my wife said. While this may or may not be true the perception among women is in order for them to break the glass ceiling they have to be cunts.

I told her she had to shed this victim complex. "But it's not faa-iir!" she told me. She had a bad case of solipsism and victimhood running. Through the course of our intimate discussions, I told her basically that men experience professional difficulty and lack of fairness all the time. Not every man gets promoted to management. Not every man gets taken as seriously as they want to by managers. I related many of my personal stories about being shit on by bosses.

Everyone gets shit on by bosses - it's called paying your dues. It has nothing to do with gender. What was holding her back was her personal victim complex - not bias.

Case in point - she has a client - biggest in the firm. The owner is a wise old fox - a Southern gentleman with largely a traditional view on life. Over the years, he has by and large defaulted all serious business conversations with the senior partner in her firm - who is male - even though she does all the work for him.

For a long time, this outraged her. Why wasn't she taken seriously? She expressed to me that she no longer wanted to handle this account because the old guy was a sexist asshole. This would have not been the wisest career move.

I remember speaking with her that night. Basically I told her what the man's personal opinion was of women was non-consequential. If he's sexist shitbag - who cares? You smile and work the account. You do what you have to do to keep the checks from his office continuing to roll in. Then when you get paid... You laugh all the way to the bank. If he wants to have austere convos over lunch with the senior partner - who he's known for 30-40 years let him - after all he's writing the checks isn't he?

I was a waiter for many years. Many, many customers treated me like shit. I had an iron smile through it all and gained glorious satisfaction from people giving me 20-30% even though they shit on me during service. It's not fucking personal - it's business. The question always is "What do I need to do to keep getting paid in this situation?" It's never "What does the customer/client need to do to make me happy?"

This concept was like a revelation to my wife. Is that how men think?

Fuck yeah it is.

So the next day the senior partner calls her into his office and asked her what was up with the account and what was her temperature on it..

"I just have to do whatever it takes to keep him writing checks to us," she told him.

"I knew I could count on you," the senior partner said.

That moment was like a break in my wife's mindset and her perspective dramatically changed.

Fast forward to now... It's my wife going on these business lunches and talking shop with the guys from this company - not the senior partner. Why? Because my wife shed her victim complex and focused completely on the task at hand. Even though old habits die hard, she's able to recognize when emotion is interfering with logic.

She'll bounce shit off me and I'll tell her my opinion and that has been a very successful formula for her.

I think this story ties in perfectly with what GLO is saying about women failing to recognize their personal agency. Women are not categorically inferior to men intellectually. They have all the ability in the world to be successful and achieve

professionally and personally.

What holds them back is a lack of personal agency. In the business world, this becomes a glass ceiling. In the world of sexual strategy, dating and personal relationships - the vacuum of personal agency has to be filled by men, because men desire relationships with women. This manifests in a myriad of ways - from biased family courts - to the moving goalpost of rape definition - to high divorce rates - and so on. Men are reacting to this increasing lack of agency on the part of women, by treating relationships more casually. Men are becoming more self-interested because their increased agency increases their risk. Some men are going their own way and not engaging in male-female relationships at all.

GLO playfully (as usual) says the solution is to treat women like crying toddlers and look past their whining and seek out root cause (Greek yogurt and walk). He's mocking women to get them to see their own folly (heh negging). My solution was to have a series of well made points - exemplified by personal experience. Once I convinced my wife to put what I was telling her into practice and she discovered the immediate success in it - she was a believer. Then again, my wife is probably more pragmatic than most.

Be A Good Person If You Want But It Won't Attract Women

By insickness.

Article link.

When I was first turned on to game almost ten years ago, it was because I finally understood its power. I began to study and practice game. It was an exciting time in my life, full of hope and wonder.

At the same time, I still clung to my nice guy ways. I always believed I was a good person. Noble. Kind. Honest. Caring. I'd make a great father. I'm a good human being who is considerate of his fellow man.

I grew up as the nicest of nice guys. As a nice guy, a lot of my self-esteem was constructed around what a good person I was. It didn't matter that women rejected me, they just couldn't see how great I was. There was something wrong with those women that they didn't appreciate a nice guy like me. My self-righteousness was the only consolation I had.

As I started to go out and approach women, I put myself out there. Due to my immense approach anxiety, it was one of the hardest things I would ever do. It took years to get to the point where I could start up a conversation with a woman without my heart racing and my blood pressure rising.

Along the way, I clung to my nice guy ideals. I tried to have it both ways. "I can be alpha and still be 100% honest with women," I told myself. I don't need to be an asshole. An alpha can still be kind and caring.

I couched my new found skills in socially acceptable verbiage. Instead of, "Women are attracted to assholes," I would say, "Women want a challenge." I still

believed women need a deep connection to have sex. After all, it made sex better for me.

I was a Red Pill apologist. I tried to reconcile my blue pill upbringing with my Red Pill discoveries. I protested from the rooftops, "You don't have to be an asshole to get women! You can be a great guy." I wanted to have it both ways.

As I experimented more, I gradually started to realize what actually works with women. I began to lose my naiveté. More and more--mostly due to my horniness--I began to mess around on the fringes of blue pill and deeper into Red Pill. I cut out every nice guy part of me I could. I realized it made women even more attracted to me. The less I got to know them, the more they wanted me. The more stand-offish and dickish I was, the more attracted they were.

There's been a shitty trend here in r/theredpill. You could see it in r/seduction as it got more popular and mainstream. The advice is watered down so that the nicest of nice guys can read it and still get something. It's the kind of dating advice you'd read in GQ. Very little edge. Everything is watered down to socially acceptable, feminist-approved messages. Have good body language. Be a leader. Take initiative.

It's not that this advice won't help you with women but it's the type of advice that helps guys to continue doing 99% of what they are doing wrong around women: being nice. Being nice was (and still is) a cancerous growth at the core of my interactions with women. I've spent years expelling and ridding of myself of automatically doing what I 'should' do around women. And I still have a long way to go.

We see many ugly truths in this sub. And it often seems misogynistic or like we're angry at women. We're not angry. We've just found out that contrary to how much we want to believe, women aren't attracted to the guy who walks old ladies across the street. She may like you as a person, but it doesn't make her want to FUCK you. There are many dark and unsettling qualities that attract women to men and game is about reflecting those qualities back to women.

I'm still a good person. I still walk old ladies across the street. But I'm not naive anymore. I wouldn't tell a woman about it. I would probably hide it. I know that when it comes to women's attraction, no good deed ever goes unpunished.

Men Opting Out of The Sexual Marketplace

By YouDislikeMyOpinion.

Comment link from a larger article.

Here's something to ponder: Maybe men of intellect and power individually came to the collective conclusion that men have been fighting a losing battle against women's nature for millennia. The opportunity cost became too high. The best option presented itself. Money, power, and personal gain became king amongst none other. And we now see the results.

What is a fact is that throughout the 20th century, men in a position of power who are able to affect the steering of the ship began to slowly back away from altering the costs and benefits associated with the cost benefit analysis that women use to make behavioral choices.

Post WWII, the world entered into an increased exponential integration stage. In the 1970-1990s, while news became more and more conglomerated, the laymen had no forum in which to deliberate together. Enter the Internet, the forum for the layman was created. PUA went mainstream in 05-06. Every girl knows about PUA now. RP went mainstream just recently. You could say that RP is a deeper PUA. PUA showed you what to do, RP shows you what exactly to do and why it works. Even I am reaching what seem to be hardcoded limits on human behavior when I explore them in women. With every personal failed attempt to disprove RP philosophies, I prove them even more by adding another RP data point. Men around the world have had about 8-9 years to collectively debate the merits of their philosophies of women. This is what we've accomplished. If RP is beyond a doubt the final wall to hit in terms of philosophies, then how long will it take for the collective to deliberate to the real truth of female behavior beyond a doubt? It's a learning process and we are all a part of it. We could be talking about a few years

here.

My bets are hedged on biology. Should society as a whole be able to transcend biological nature for mental augmentation, then I will happily merge with that society. Biological limitations define a very solid constraint for human actions. Theoretically everyone can transcend their biological purpose. In reality Winston Churchill's words describe this limitation well "The best argument against democracy is a five-minute conversation with the average voter." Theoretically, every citizen in the UK could be a productive member of a democracy. Theoretically, every girl could transcend her biological nature. The best argument against that is a five minute observation of the whole of a girl's past romantic actions. Do I think that women have the mental capacity figure "it" out before they are 25? No.

Where do I stand? The entire real value of a woman for me is hedged on her being my equal. She must be as good as me. I'm trustworthy, she should be trustworthy, etc. Because I feel that is right. I want no part in a real lifelong commitment without this and I have thrown out unicorn type girls who were 1 SMV point below and 1-2 Intelligence value points below, although at that point of consideration SMV wasn't of concern to me as long as she turned me on enough.

What do I see as the *Sexodus Part 2*? Men on a large scale opting out of the belief that mental ability supersedes biological imperative. Once that conclusion is apparent and accepted, women's limitation becomes definable. Whereas in the belief that mental ability supersedes biological imperative, any ideas seem rational, true love is possible and it is not based SMV, life drive, manliness, etc. What happens when women's limitation becomes definable? Calculated decisions can be made from that conclusion. Leading to *Sexodus Part 3*, either women pick bring themselves up to an equal level, or men opt out of true lifelong commitment. I can't guess what part 4 will be, but I'm sure virtual reality and sex alternatives will be a big player for a large part of the population.

That was what I wrote a response in another thread.

The relationship type that is reinforced in The Red Pill community is the captain - first mate type. You find a great girl who wants what you have to offer. You lead her into a proper dynamic. You are a rock and hold the reins. This is exactly the type of relationship where you are 1+ points above the woman in SMV / Intelligence. Her hypergamy is satiated, and you have to constantly put in work to maintain this. If you'll remember there were posts on TRP talking about how getting sick affects the delicate balance.

Think that's where it ends? No. There are still more things to deal with 5, 10 years down the line. That one coworker that she has that she clicks with. It's not her fault if she develops feelings for him, it's just biology doing what it's meant to do. You have to deal with that. The tantrums, female emotions are a fickle bitch. We all know how fickle they are, we've all been in a situation where everything is working very nicely and the turbulence in a relationship is caused by something from her side. Dealing with shit tests.

The market for pussy is a sellers market and this gives power to women. What women want from a man is already a price that is astronomically high. I'm supposed to do all these things for some mediocre pussy? Are you out of your mind? I am supposed to bend to her demands just to have a girl who is loyal and nice to be around for the most part? Rollo has a wife, I'm sure she's below him in SMV. If I recall correctly they married when they were young and his partner count is relatively low. It works? Sure, but look at the price that he is paying. He gave her his longterm commitment. She's below him in SMV, he plays his part and she plays her part, and her hypergamy is satisfied. But think about how much work playing his part involves. Most of you have been in a long term relationship. You remember how it is. A lot of it is work. I like to call a spade a spade. If Rollo wasn't who he is, his wife would leave.

Let's also reveal another spade and elephant in the room. From a 2013 Forbes article

That means only 1.7% of all billionaires are self-made women and that only 17% of the women on our list got there without inheriting a big chunk. Plus of

those 24, the vast majority of whom are from the U.S. or China, 15 co-founded their businesses with husbands or siblings. Among the 9 who went on their own are Oprah Winfrey and Spanx's Sara Blakely. In contrast, most male billionaires are entirely self-made.

0.017.17(9/24)= 0.1% of all billionaires are self made women who didn't inherit a big chunk of money or co-found their business with their family.

On the subject of members of each sex in the top echelon of society, men blow women out of the water. This isn't coincidence. These are real, visible effects of the differences between the sexes.

While the analogy that I am about to write will not be the best analogy, it is there to show a general idea of hypergamy's inner workings.

The men at the top echelons of society outnumber the women. Hypergamy would show that the best women would gravitate to the best men. The female 10s would hook a male 10. Once the female 10s run out, the 9s would go for the male 10s. Once the male 10s run out the 9s would go for the 9s, and so on. This will affect the chain all the way down to where most males stand.

What does this mean? There will always be someone better than you for that woman at the same SMV.

Is it really worth all that work to go the route that Rollo did? LTR -> Captain - First Mate -> hypergamy satiated long term commitment. Sure it may be fun. I've had my dealings with a similar situation recently and the opportunity cost of putting your foot forward in that regard is the sacrifice of many good things in your life. Remember how you don't really care about what a girl thinks of you? The mental satisfaction and calm that comes from that? Well, now you will care. You have to, it's part of the equation. You have to analyze what she is thinking, what you are thinking, how you will react. You need to do that with plates as well, but it's a split-second analysis that requires almost no effort.

Your time and your mental effort are markets. Think SMV, you wouldn't fuck a 5 if you are an 8. Your time and mental effort have a price. If I'm thinking about relationships or a oneitis, it takes away from other things I could be thinking about. Especially if you have good things going on in your life and you actually enjoy your time for the most part. If I have some spare time, maybe I'll watch a video showing the intricacies of filming rally sports using drone cameras, I'll learn something and watch a great video at the same time. Maybe you can start on that business idea that you've been planning for a while. It's no surprise that a lot of men coming out of a breakup start working out and increasing their salary at a much faster pace than before, it's because their time and mental effort can now be spent on other things. That is the opportunity cost with time and mental effort.

When we are looking at future trends, the best predictor has never been what betas do. The market deciders are alphas because of their position in the SMV marketplace, the rest will trickle down.

We aren't even close to being in the upper echelon of society, but all of us here have goals and a lot of us are going to make it into very solid positions in life. The conclusions that we come to in regards to women will carry forward with us in life and will be a force in the future sexual market place.

I don't know about where you stand, but I'm slowly becoming a real MGTOW in the sense that I am considering to seriously go my own way for a long time. It's not that I can't get a woman or relationship. I can and I have. I probably could have substantially extended the last "relationship" I had with a girl to about 8 months. Her SMV was very high and she was dating millionaires before me. It was nice and I was testing to see if I needed to game her. First week was great, then it became apparent that I did need to put work into it as does Rollo. As the incentives for a "relationship" started vanishing, I decided to drop her and replate her in a month or two. I'm not going to find someone as nice as her anytime soon, she's the closest to unicorn that I could find, so I chose to try that with her to actually give it a shot, I needed to personally know beyond a doubt that it doesn't really exist. Else I would regret it in the future, missing an opportunity like that. It would be nice to be in a relationship with a sane, sexual, good girl who actually has potential to grow with

you on your level and not underneath you.

I see other girls as chumps now. That girl had a brain, other girls not so much in comparison. Nothing really of value there except for having a good time and some pussy. No real incentives for any commitment. Actually there are incentives against commitment. I'll just keep spinning plates, having a main.

I see *Sexodus* Part 2-3 being men seriously opting out of commitments in general. Once that happens on a large scale it will have serious impacts on the future.

Guides to Success in Dating and Relationships

Guide to Social Game

By no_face.

Article link.

Many of you are fairly new and most of the standard advice will make no sense to you:

"Cure your oneitis, bro. Go sleep with 10 girls."

Seriously? You have oneitis exactly because you have no one to sleep with. The above piece of advice is useless to anyone who isn't already successful.

"Cure approach anxiety. Take four girls to the club. Bitches love pre-selection. You'll be drowning in pussy."

Again, useless advice. If you already are able to take four girls, you are not looking to cure your approach anxiety.

Many of you have no starting point and are wondering how the heck to start. Going to clubs is getting you shut down by overactive bitch shields. Girls simply use you for drinks in bars. Women hurry away from you when you try day-game. So what to do? Where to even start?

I posted an outline of how to swallow the pill in /r/TheRedPill/comments/2l52zg/a_7_step_guide_to_swallowing_the_pill/.

Roughly, the steps are:

1. Lifting/physical fitness: Strictly speaking, you could probably do

bodyweight exercises as well. There are so many resources on youtube and bodybuilding websites that I don't want to take up a lot of space on this, except to emphasize not to injure yourself and improve posture first.

2. Style: /r/malefashionadvice is a great resource, study it well.
3. Mission: This is something you need to figure out on your own. Look at examples from people you admire.
4. Frame: I'll create a separate post on this.
5. Game: My favorite game is social circle game. Even the biggest loser has a social circle and should be in a position to regularly interact with women.

The main components of social circle are:

- School/work
- Friends of family / family of friends / friends of friends
- Shared activities such as hiking club, gym, etc.
- Any place where you visit frequently and see the same people including your favorite coffee shop, bus stop, etc.

Step by step instructions for social circle game:

5.1. Go into monk mode: WTF does monk mode have to do with game? Its very simple. Monk mode is an excellent way to learn how to ignore women. Not how to pretend to ignore women, but how to actually ignore them without being perturbed. And why do you learn to ignore women? Because attention is the only currency women know and you need to learn how to stop giving it away for free.

Monk mode also removes you from the radar, allowing you unfettered time to improve yourself. When you come back from monk mode with a better body, more interesting life and better sense of style and a rock solid frame, mah nigga, you will be noticed.

Monk mode also tells you that you don't need a woman to be happy or content. You can live -- no, thrive without women. You are the one giving her a chance at a happier life. This builds confidence.

5.2. Confidence: Confidence is the precise knowledge of what you can do and what you cannot do. For example, you may be confident that you can squat 150 lbs and also be confident you cannot squat 300lb. The clear knowledge of what you can and cannot do enables precise decision making and prioritization and is of high survival value. When it comes to interaction with women, knowing what you can do to her and what you cannot is confidence. If you aren't sure if you can kiss her when you can, you are timid. If you put your arm around her when you shouldn't, you are creepy. Interacting with women is a skill you learn by practice and develop confidence until it becomes natural.

5.3. Improved SMV: You first need to accept that you are probably in the 4-6 range, which is average. 0 is dead, 1-3 are people with severe problems such as peeling, wart infested or otherwise troubled skin, grotesque appearance or deformed bodies, missing limbs, morbid obesity, etc. 7-9 are what we consider attractive. 10 is a theoretical maximum. Lifting makes your body more attractive. How many times have you seen a woman whose face was ugly but had a hot body and you thought "butterface, but I'd do her." Women think the same. Having a great body will make up for baldness, shortness (to some degree), ethnic background, etc. The key thing is that women will give you a chance, instead of automatic shutdowns. Having a unique sense of style makes you stand out and noticed and makes women curious. This combined with a good body will actually often make women open you. Once you begin interaction, a rock solid frame will build attraction. I give one point to each of these attributes, so that a 4 dude will grow into a 7 and a 6 will grow into a 9.

5.4. Reading signals: The first sign that you will notice as your SMV improves is that women will hold your gaze. If they hold your gaze for more than two seconds, its safe to approach. Nothing may happen, but you won't be shut down. The second signal you will notice is that women will smile or if they are with a girlfriend, they may turn away and giggle and look back at you. This is a better signal, you can approach will boldness.

5.5. Approach: Note that women in your social circle know about you and if

you have had recent string of successes or improved SMV, the women are talking about you. So you have a window of opportunity where you can approach almost any women. My advice is to approach all of them. Start by saying hi and making smalltalk. Your goal is to get used to approaching and talking, not to have sex. Approach women you would not fuck if you want to start with. Eventually, have lunch or coffee with everyone. When word gets around that this guy is very social, women will not think much if you approach them or no one (including you) will care if an invitation is declined. Women in your social circle are most likely to agree to go to coffee with you, especially if you are known to take everyone to coffee. Repeated asking women out and taking them to coffee with no sexual intention will take the edge off the anxiety and you will grow more and more confident when talking to women. Dividing your attention among multiple women is the best prevention and cure to oneitis.

5.6. Escalation: Occasionally, you and one of your coffee dates will have moment of connection. This is a good time to escalate. If you have never touched, hold her hand. If you have already hugged, go for the kiss. For the purposes of escalation, her social status (i.e. boyfriend, etc) does not matter. But ensure that no one she knows is around. Eventually, things will get physical enough that you two become intimate.

5.7. Chasing: Do not chase! Repeat, do not chase!! Your interaction with them should leave them wanting more and they should contact you almost every time. Ignoring a girl after showing her a wonderful time makes you irresistible. If she does not chase you, move on. If no one chases you, work on your interactions, be fun to be around. (This is a separate topic). Always be willing to let go.

5.8. Grow the circle: Always look to grow your social circle. Meet friends of friends and then their friends. Meet people through your mission. The larger your social circle, the more people you meet and less you care about the outcome with any individual girl. My suggestion is to also take guys out for coffee or beer. It will help you grow your circle.

General notes: Note that social circle game is slower than a club/bar or day

game. In a club you have an hour or two to do what you can stretch over weeks in your social circle. Social circle game also enables opportunities for long time frame pre-selection, show of leadership, etc.

Do not approach any girl who is in a relationship with a male friend of yours. Its always more useful to have the man as an extender of your social circle. "Bro's before ho's"

If a girl recoils from your advances, pretend you never did it and continue from stage before you escalated. Often, she will ignore it too. Next her, she's not into you. Surprisingly, some of these girls may end up chasing you but you should never think of her any more.

A List of Relationship Green Flags

By drrrrrr.

Comment link from a larger article.

Green Flags

1. She works out without wearing make up, can speak intelligently about her fitness goals, and doesn't need to be a part of a group like CF to go workout.
2. She asks questions and while you are speaking, you can look into her eyes and see she's actually paying attention. Most girls are thinking about what to yammer next (as are most betas, both parties are always thinking of how to make themselves sound cool, which is why dates suck so hard for betas). Tell her a story, she asks good questions. You talk about a hike you took, she'll ask what it was like at the top and let you answer rather than rushing to relate the story back to her and some stupid shit she did.
3. She doesn't know what Reddit is and doesn't have a tumblr or photography blog or Instagram. She uses social media sparingly.
4. She has actual interests of her own, which she brings up when you ask, but not just to blab about them.
5. She flirts well. Big green flag; she knows how to tilt her head, move her lips, flex her legs, etc. This by no means signifies she is LTR material, but if everything else checks out, it really pays to have this in a LTR. She knows how to rile you up and get you to the point where you want to just rage-fuck her. This is something that is instinctive; contrary to Reddit belief, a girl doesn't gain this by fucking the whole frat house. It's a natural part of the masculine-feminine dance that some women naturally understand better than others.
6. An extension to the previous point - her shit testing is FUN, not obnoxious. It's flirty shit tests, shit tests that make you hard because you know as you

dunk them you're breaking down that resistance. All girls shit test if they are attracted, but some do it in a way that is arousing for both parties, like the two of you are playing a highly skilled ping pong match.

7. She can cook. Enough said; it shows that she cares about herself and her health, AND girls who cook tend to have a good relationship with their mama. Cooking is the ultimate feminine skill and it's a green flag if she's competent at it, and a greener flag if she brings soul and artistry to that shit. It is not about the food, it's about what cooking says about her. It says that she was sane enough to stick at a non-fun, non-cool activity until she got good at it. AKA she has discipline.
8. She's sweet, not jaded. She believes the world is a beautiful place and she believes in the idea of love. All that shit. I love it. I want her to be an idealist, I want her to be stupidly un-cynical. I don't want her to be cold and calculating, I don't want her to know that love is chemicals and people are selfish, and she's only with me for SMV. I don't want her to have this biting way with words or this harsh, rugged individualistic way of navigating the world. I don't want her to be like me. I don't want her to have trauma or suffering or hatred or anger or any type of negative emotion fueling her. This is the most important - I want her to be unspoiled by ravages of the pessimistic, cruel world we live in. I want her to believe in the dream of love and raising a sweet family like her fucking grandma did. I have enough gritty realism to guide the two of us, I don't need it coming from her.

And BTW, this is reason #2 you don't fuck with high sex count women. They have all lost #8. It's all gone by the 4th or 5th relationship / dick. They no longer believe; their dorky girlish dream about the world they can build with a man they love has been replaced with baggage, snark, and fake, ugly imitations of masculine behaviors that they use as defense mechanisms.

"Take My Breath Away"

By diskotanssi.

Article link.

If you ever come to a point where you think you're being too aggressive with a girl, keep doing what you do. Let me tell you the tale of numerous experiences that have completely reshaped how I view women and their sexuality.

After ending an LTR earlier this summer, I went on a Tinder binge and had dates lined up regularly on Mondays through Thursdays for several weeks. It came to a point where every date was so methodical, that within an hour of meeting and shooting the shit, the chick and I would be sucking face in public. I didn't give a fuck if there were other people nearby, it just had to happen right there and then. Plus if a girl is a bad kisser, that's a deal breaker for me and I usually end up cutting the date short after that. These girls would come from all walks of life: teachers, receptionists, accountants, artists, recruiters, you name it. The one thing they all had in common is their undying love for literally having their breath taken away while being kissed. My methods for the fail-proof make out session where every chick gets absolutely wet is to have both of your hands on each side of her neck, manoeuvring her head left and right as you kiss her, with your fingers pulling a bit of her hair and massaging the back of her head. Slowly, but assertively, move either one of your hands to the middle of her neck and start applying slight pressure. We are not talking bedroom choking just yet, but this sets a nice pace of what's to come in the next few hours and days for her.

Absolutely, positively, 100% of girls that I did this too were gasping for air in the most sexual way possible. It was like an instant switch for the bedroom eyes, where she would look at me like a hungry lioness and start reaching for my cock. At this point is where I stop dead in my tracks and continue with the conversation,

usually by taking a sip of my drink first. You can just feel her heart about to jump out of her chest, it's beating so fast, that if I wanted to take her right there and then in the bar booth, I probably could. The revelation came to me last night after another first date with a chick where she said she absolutely loved how I took her breath away. At this point I got lost inside my head while remembering this song from my childhood.

The message has been there for us men all along. Women want you to take their breath away. LITERALLY. There is no underlying message about wooing her with flowers, or romantic gestures. It's that simple. Take her fucking breath away and enjoy the fruits your labour shortly thereafter.

The Definitive Guide To Shit Tests

By bsutansalt.

Article link.

The issue of what's popularly referred to as "shit tests", aka fitness tests, comes up often enough I've decided to write up a post so we can put this issue to rest for a while.

When it comes right down to it shit tests are typically women's way of flirting. Women generally do not shit test men they have no interest in, so if you're getting them then it's often a good thing. Let's look at what shit rests actually are:

Rapport breaks

Rapport breaks are a type of flirting where women throw you a faux indicator of disinterest to see how you handle it. If you respond in kind then you pass. In essence it is a form of mirroring each other's level of investment, or as they say, like attracts like.

So why are rapport breaks a form of flirting? The main reason is that it gives women a degree of emotional stimulation. Plus there's the fact that most men buckle to women's shit tests and don't respond in kind. This demonstrates a lack of social acumen and emotional maturity. Those who "pass" show they can handle the woman's BS and is "on her level", so to speak. This is where the evolutionary theory comes into play: you're demonstrating her faux negativity doesn't phase you and that you're an emotionally developed person who isn't going to melt down at the first sign of trouble. Ergo you'll be able to protect her when threats to her safety emerge.

In short, when women bust on you (could be a shit test or otherwise) you should reply in kind. When it comes right down to it this is the core essence of flirting.

My go-to advice for how to deal with shit tests are as follows:

1. Agree & amplify (to absurdity)
2. Change the subject
3. Ignore her shit test completely
4. Pressure Flip
5. The Nuclear Option (reserved for women who aren't flirting and are giving shit tests because they're deliberately trying to tool you, or worse)
6. Command respect

Note: Every single one of these is a form of rapport break.

Agree & amplify is usually the preferred method because they're often fun (read: stimulating) and non-reactionary. In my experience you'll get better mileage out A&A as well as it's less likely to blow up in your face/have a negative outcome than the other methods since context does still matter and the others are easier to misapply.

Changing the subject is pretty self-explanatory, as is ignoring her shit test.

Pressure flip is the idea is you're not phased by the question and answer so quickly that now the spotlight is on her, all because you're flipping the script with haste. For example:

Shit test: What kind of car do you drive?

Pressure flip: "Nameofcarhowaboutyou?"

The "Nuclear Option" is when you destroy their self-worth with the notion you do not find them sexually appealing in any way whatsoever. For attractive women this is in all likelihood the worst hit you can inflict on a woman's ego. Anyone

that's broken up with a hottie because her personality is shit knows exactly what I'm talking about. In other words you're nuking their ego/self-esteem from orbit. I strongly recommend reserving this option only for women who are on the offensive and deliberately trying to be a bitch for whatever reason and/or tear you down in front of others.

Commanding respect is especially important for the kind of testing where they're just being an annoyance and generally disrespectful. IMO disrespect should not be tolerated and needs to be nipped in the bud, and is an important way to maintain frame control. You simply need to be firm and treat her like a father would to their child who's being disrespectful. You don't get angry, you just call her on the behavior and let her know clearly that you won't stand for it. In a way this is almost a type of pressure flip. You're taking her negative energy and sliding past it and putting the onus on her to react by changing her approach to the topic. For example:

Her: Nag nag nag.

You: That is disrespectful and I will not tolerate it.

If you haven't read the sidebar material, particularly the Year One posts at The Rational Male, make that your next stop. I strongly recommend reading the writings on Frame Control, of which shit tests are a part of.

Be Selfish, Dismissive, Amused, And Communicate Less - The Keys To Success

By Archwinger.

Article link.

While exchanging text with some of our fine friends over at Purple Pill Debate, I accidentally came up with a four-point summary of the main concepts I've taken from the Red Pill that have resulted in the greatest improvement to my marriage. It actually sounds kind of simple when you lay it out in summary form: be selfish, be dismissive of undesirable behavior, be amused at anger, and communicate less rather than more. Of course, conventional societal teachings tell us that this is a surefire path to divorce and unhappiness. Yet time and time again, in all of our interactions with women, the exact opposite proves true. If you do these four things, you have a good sex life and a good home life. If you do the opposite of these four things, like society tells you to do, you have a sexless relationship with a disrespectful bitch and get cheated on and dumped/divorced.

Be selfish

No woman respects a man who doesn't respect himself. You respect yourself by putting yourself first. By knowing what you want and taking steps to acquire it. By being forward and honest and outright saying what you want. By doing what you want. By not compromising on what you want.

Now obviously, being selfish doesn't mean being a disrespectful ass. Don't skip out on your kid's birthday party to go to the gym. Don't plan beers with your coworkers on your anniversary. You can be a little flexible. You're supposed to think of your woman occasionally. And when you're a guy who generally puts himself first and does what he wants, then on those rare occasions when you do

think of your woman, it's special to her and she values what you've done for her. Conversely, if you're generally a self-sacrificing guy who's always doing shit for her, then nothing you do is special or valued. It's ordinary. In fact, if you ever stop doing all of that shit for her or dip slightly in your self-sacrificing behavior, you've fallen below ordinary and she'll complain.

Don't ask your woman for permission to do anything. Just tell her what you're going to do and when. It's fair for her to know when you're not going to be around/available. So tell her. But don't ask. Your woman's going to complain. She's going to deliberately plan things on top of your gym hour, your professional events after work, your time with your friends, and ask you to cancel things and reschedule things. Tell her no. If she's a bitch about it, mention that you told her what you were doing and when, and tell her to reschedule or cancel her shit.

Be dismissive of undesirable behavior

One piece of advice parents always give is that when your 1-3 year old is throwing a shit storm of a tantrum, walk away. Don't engage them. Engaging them just reinforces their shitty behavior by rewarding it with the attention they're seeking. Something parents often fail to realize, though, is that this same advice is equally applicable when dealing with adults.

When your woman complains about something that is not an important life or death matter, or tries to pick a fight over something, never argue. Because except for those rare cases of actual significance that are easy to recognize, she's not after the solution to her complaint or a resolution to her conflict. She's after validation. Attention. When you respond to a complaint, you validate it. You took something that was trivial and unimportant and treated it like it was a legitimate talking point.

This advice doesn't just extend to bitchy behavior, though. If your woman is blathering on and on about some annoying girl from work and you don't have the time to listen to this or it's just plain bothering you, you don't have to. You can cut her off if you'd like. You can answer with grunts while doing something else. You can refrain from validating this behavior by withdrawing your attention. Obviously,

you should listen to your woman most of the time, if she's holding up her end of the relationship in other respects. This example is just to illustrate that the act of being dismissive can be applied to any undesirable behavior. Not just bitchiness, irrationally denying sex, flirting/chatting with other guys, etc.

Be amused at anger

This is really just a subset of #2, above, but because attempts to argue, complain, and pick fights are most women's first choice of shit test, it warrants its own bullet point. The best possible way to be dismissive is to find something entertaining and amusing. She's trying to shake your frame, get a rise out of you, bring you down to her level, and instead, you derive benefit from her actions, and respond like you would to a child - by responding to the fact that she's communicating and the manner in which she's communicating, rather than addressing the feigned issue she's raising.

If you become angry, defensive, hurt, etc., then the message you've sent to your woman is: "You are more powerful than I am. You have the power to affect my emotional state. I don't decide how I feel. You do. I don't take charge of my life. I just react to shit. I am an unworthy and weak male specimen. Please refrain from having sex with me and find yourself a real man." In fact, if you address the issue at all, you're saying: "You control what is and is not important in our lives. You set my priorities just by talking. You're my boss."

Your woman doesn't want you to get angry. She wants you to remain a solid rock, upon which she can rely. Despite what society will try to tell you, your job is to be the rock that grounds her, not to address her every issue with the whole of your attention and communicate your feelings with one another. Your woman can talk to her girlfriends about that stuff. She needs you to be a man.

The added bonus is that if you're always amused, stoic, and unshakeable, then on the rare occasions when you do raise your voice or become aggravated by something, your woman will know that you are expressing anger intentionally, and with great purpose, because the issue is important. On those rare occasions when

you do get angry, they're special, and you command her attention.

Communicate less, not more

The whole world's proposed solution to relationship problems is communication. And if that's not working, counselling, where the counsellor can have you communicate some more.

But when your woman comes home from her workday (or her non-workday, depending on her situation), and begins to complain about a co-worker or friend of hers, and chatters on and on for 45 minutes straight about this other person you barely know and don't care about, she doesn't want you to offer solutions or advice. She just wants you to sit there and listen. To communicate less. To just say "uh huh" and nod. She wants you to hear her feelings, but she doesn't want you to tell her what you think.

And when you're having a hard time at work and may be getting fired at the end of the week, that's the last thing she wants to hear from you. If you tell her about your worries, she'll just worry, too, and there's nothing she can do about the problem. So by communicating, you've made her sad. She's not dumping you because you won't have a pay check in 5 days. She's dumping you because you make her sad, especially when you express things to her that make it look like you don't have your shit together.

The biggest shit test of all will be when she comments that you never talk about yourself or express what you're feeling to her and demands that you tell her about your feelings. But remember, guys, this is a test, and the right answer is: agree and amplify. "Uhh. Let's see. I'm feeling hungry. And horny. Definitely horny. But mostly hungry. If you'd worn a shorter skirt, maybe we could have flipped the two around, but I'm going to go get some food." Her inner self will nod in approval when you say that. "Yup. Still a man," she'll confirm.

-- Be selfish. Be dismissive of undesirable behavior. Be amused at anger. Communicate less, not more.

The Eight Rules of Fatherhood

By FetusFeces.

Comment link.

1. **Marry Well.** This should be obvious. IQ is highly hereditary. Emotional stability is based upon the children modelling themselves and their interactions with others on what they see. If mom is a depressed hamster-ing cognitive dumpster fire, even if you're a genius on the level of Einstein, mom is going to rub off in some way on your kids. Choose wisely. If you never find someone who measures up, don't marry and spin plates.
2. **Introduce Causality Early.** Cause and effect. You act like a turd, you lose stuff. You act well, you get it back. You flip me and your mom shit you don't get to do things. You behave as we ask and you get those back. This starts from the moment they can interact verbally. They will throw fits, but you must treat these as you would any other shit test by being calm and firm and not budging once your discipline has been handed down by either parent.
3. **Self improvement rubs off.** A near constant discussion with my son is "that the best you've got?" He gets pissed. He tries harder. You can only ask this if you can personally do better in whatever endeavor is in question. This isn't always a good idea in all situations (I can't draw, and my son has won awards for it) but I do question him if he took his time and what he thinks he could improve. Instilling the constant analysis, evaluation, and logic early makes for a self evaluating kid that doesn't care what the other kids up the road are up to. If your son hears you evaluate your own work critically they will begin to do it with their own work without any other reinforcement. "I did Ok on this part, this other part looks good. Next time I think I'll do Y differently. Life is a learning process." It's funny hearing your child say similar things to their friends, but if you do this they will.
4. **Withhold praise.** It's not that you should never praise your children, it's that

they must understand from an early age that there are standards that must be met in order to earn a "well done" or an "I'm proud of you." Kids shit test constantly from birth. They're looking for boundaries incessantly. Consistency is the main thing, and you must always be consistent. Clapping for a strikeout is bullshit. Stop doing it. In the face of failure, give them a critique instead: that second pitch was out of the strike zone, try and hold off on pitches like that next time." Then, when they actually do as directed, give them the reinforcement they're looking for: "You didn't get a hit, but you didn't swing at the pitch you missed the time before either. That's an improvement, now let's work on [X] (pat on the back)."

5. **Showing affection is completely ok.** Being Alpha doesn't mean that you're aloof at least in terms of your children. Hugs are good. Kids need them. Don't feel weird about it. I see a lot of awkwardly displayed affection from Dad's – it's like they don't know if it's alright or not. It's fine. You will never get to the level of attachment that children feel with their mothers, but that doesn't mean that you can't be kind and loving.
6. **Own it when you fuck up.** Your kids are human, and they will make huge mistakes. If you make a mistake and then explain to them not only why you messed up, but how you're going to go about correcting the mistake, they will be better prepared to deal with their own. Frame is relative when it comes to children. They will model how to deal with emotions and failure based on how you deal with emotions and failure. Be the guy who accepts what he can't fix, but does the best he can to correct issues and move forward and explain that this is what you're doing.
7. **Don't lie to them about the world.** The natural instinct is to protect them from ugliness. You can't. There are things about human life that are disgusting. I'm not saying you need to scare the hell out of them with the ugliness of the world, but they will hear things out and about, and they will ask you questions. Being honest about those with your children ensures that they aren't surprised when they encounter terrible people in real life when you aren't there. If they ask you a question about why someone did something bad, answer them as best as you are capable of even if that answer is "I don't know son, but that's not something I would want you to ever do."

8. **Unplug.** Do stuff with them. Minimize TV. Encourage activity. No fucking smart phones. If you're on a long drive a video is fine, sure, but that shouldn't be the default on a Monday evening unless all other homework, activities, etc. are done and they've cleaned up their crap.

Red Pill Stories and Experiences

I Think I Broke Her...

By tsudonimh.

Article link.

So the wife and I were out to dinner last night with some interstate friends of hers from school. Both girls were spinsters, one by choice after swearing off marriage early, the other the typical cc - riding empowered girl.

After a few reds, the conversation swung around to how men are clearly intimidated by sexually experienced women. No points for guessing which of the three women at the table held that view. My snort of amusement attracted her ire like a laser.

She railed at me for a while, making no particular point beyond the fact that no guy she dates wants to marry her and that was proof that I was wrong.

I just flat out stated that a woman who had sex with a thousand guys a year was not marriage material, but a woman who had sex with one guy a thousand times a year would have men lining up to marry her.

Cue goldfish face.

The guys at the next table offered to buy me a beer.

The remainder of dinner was not really enjoyable, because of the rampant misogyny at the table, I was informed. I don't know, I enjoyed it. The tuna tartare was to die for.

Shit Tests Cause Me to Lose Interest in Women

By down_with_whomever.

Article link.

I've been reading TRP for about a year and a half now, and I've internalized a lot of the strategies and methods, especially as they relate to game, relationships, etc. I've gotten good at holding frame, I have an abundance mentality, I openly spin plates and they don't complain, I never give into shit tests. I've taken control of the situation.

And I've learned that the more I've come to take control of the situation (regarding girls shit tests), the less I want to. The more it doesn't even seem worth the effort. And frankly, I don't know how most of you put up with it.

I'll give you an example. Right now, the top post on TRP is the post "You need to learn how to deal with me." The most important part of that post was this line:

"Well by now you should know how to deal with me, if you don't you need to learn" in that bitchy tone we all know. I looked her dead in the eye and after the silence got her to feel awkward I told her "I am dealing with you... What did you think I was doing when I told you to behave or GTFO?" She just stood there with that shelter puppy face waiting for me to crack, after a couple seconds she said in a low tone "oh..."

Obviously, OP handled this correctly - but he then stayed with the girl. If I were in this situation, I would have been so disgusted by the fact that this girl behaved like a snotty, deplorable child that I wouldn't have wanted to spend the rest of the night with her. I wouldn't have even wanted to touch her or fuck her.

We commonly say AWALT and that there are no unicorns, and obviously this is true but it remains that not all women are created equal. There are varying degrees of self-awareness and emotional maturity/stability in women. And when I see these stupid fucking petty childish shit tests, even once, my interest drops to zero. I can control the situation and put them in their place and correct the behavior. But I don't want to be a dog trainer.

The way I feel, women need to "earn the right" to my patience. A woman who has demonstrated a lot of positive qualities and only occasionally slips up with bullshit, I'll probably be patient with. But the kind of person who makes outrageously snotty comments, I just am not interested. Don't fuck me, I don't care, just get out, you're not worth the trouble.

What I'm finding most recently, additionally, is that I'm not able to find any women who don't do this. Every woman I encounter fails to impress me so much that she's either barely worth the trouble of meeting with, or that I am actively passing up easy sex because I lost respect because of their stupid behavior/ comments, and I don't feel good after fucking someone who inspires more contempt than affection.

And PS, I don't live in the US/Europe/a western country. I live in one of those non-western, non-feminist countries that you all (VERY mistakenly) think has higher quality women. I wish I could show you how immensely wrong you all are about women outside of the western world. All the things that you hate about American women, these women do it too. Sometimes even more. The only differences are that they don't call it feminism, they don't have the law to back them up as often, and they know how to cook.

Why I'm Afraid of Marriage

By TheMightyCheng.

Abstract from original article. Article link.

The usual answer is "Because I don't want to get ass-raped in the inevitable divorce" But I'm afraid of the bit before that.

I'm afraid that "our " wedding will be all about you and my role will consist of "Shut up. Pay up. Get yelled at."

I'm afraid that after you've had your dream wedding and you find yourself having to deal with day to day reality, it will end up being my fault that you're not living happily ever after.

I'm afraid that I will gradually stop being the guy you love and want to spend the rest of your life with and turn into the room-mate you can barely stand but you keep me around for the heavy lifting and helping to pay the rent.

I'm afraid that you will take marriage advice from your mother and her friends, all of whom will tell you that being nice to your husband is fucking stupid and you shouldn't bother. I'm afraid that you'll not wonder why your father is so miserable...

I'm afraid that you will "accidentally" slip up on birth control and I'll end up with children whether I like it or not. ..But when you're the size of a house and fed up, I'll be "the bastard that did this to you." I'm afraid that the first words my daughter learns will be "Isn't daddy stupid?"

I'm afraid that you'll yell at me for not doing enough with the kids - but every time I try, you show up to tell me that I'm doing it wrong and "why are you so

useless?"

I'm afraid that once you've got the children you wanted, your libido will fall off the edge of a cliff.

I'm afraid that sex will stop being a special moment between us and become something you use to keep me in line, only deployed when I've been a good dog.

I'm afraid that "our" home will fill up with your family and your friends, all of whom will treat me like I don't deserve to be there. I'm afraid our relationship will consist of me trying to keep you from yelling at me.

I'm afraid that I'll be continually expected to support you and care for you and prove how committed I am - and in return I'll get drama, nagging and continual reminders that I'm useless.

I'm afraid that you'll spend the entire marriage telling me that my opinion is worthless and then bitch when I don't immediately come up with an answer to whatever drama you're moaning about.

I'm afraid that any display of insecurity or feeling down will be met with a terse "Oh man up" and subsequently used to beat me over the head for not being a real man.

I'm afraid that every time I'm sick your way of proving how much you care is to make snide comments about man-flu and bitch because I'm lying around doing nothing.

I'm afraid that any time I get time to myself, you'll be right there with a honey-do list or some little job that needs doing right now, just to make sure I never get chance to relax.

I'm afraid that no matter what I do, there's always something else that's making you pissed off.

I'm afraid that I'll gradually end up losing my hobbies, interests, opinions, friends and as many of my possessions as you can throw away when my back is turned. And you'll then bitch at me for being "Boring"

I'm afraid that I'll wake up one day and realise that I'm paying for a house that isn't my home, full of shit that somebody else wanted, kids that are being raised to treat me with contempt and a life that consists of "work. eat. sleep." Correction. "Work. Eat. Get moaned at. Sleep."

And of course there's always the possibility that after I've tried to give you everything you wanted, you'll decide one day that my services are no longer required and I'll find myself in a bedsit, piss-poor and wondering what happened to the last ten years of my life.

Learn From Me: 40 Years Old, 3 Kids, Divorced

By raven2000.

Post link.

My story is not a new one... but there may be a nugget of info here that helps another guy out there avoid my situation. Where to begin..

I was the "Alpha" in my pack. I didn't know it at the time, but it's true. I led, others followed. My friends took up my hobbies. I played guitar, so did they. I wanted to go listen to live music, so we did. I was an avid weightlifter, so they joined the gym to learn from me. The spouse was along for the ride, and very happy. Sex was great. We liked strip clubs. We liked porn. She was my buddy and my lover. She was my girl. Loved her to death. She was an educated woman. Doctorate. Well paid. I had a Bachelors degree. I made more $. Corporate job with high salary. Life was good.

Then... you may know what happens next. "Let's have a kid!" Been married 6 years already, life was good... why not?! I love kids. Always dreamed of having my own little rugrat.

On top of the kid, I wanted to start my own business. I had the money, the know-how, and the drive. She didn't feel secure. She was scared. I was the leader and showed her the way. She followed. Still not quite sure, but she defended me to anyone who questioned...

To make a long story short, I did the business for 5 years. Two of those years were good. The others were failures. There was no support from her during the down times. She deserved better. She wasn't about to curb her spending or budget in any way. She didn't know how and wasn't about to learn. During this time, we

had two more kids (I know...). The debts piled. I would put together plans to pay off the debt... then we did pay it off... and then right back again. She spent. She couldn't stop herself. Nothing extravagant... but definitely not living within our means. She was a child lashing out. She was scared. I never put her in her place. Only half-hearted attempts.

Her job improved. She was promoted. Leader position. She made 50% more than me. Then the market crash happened. Clients stopped paying. One of my clients then hired me on full-time (thank God). I still was short of my old corporate pay. She still made more.

She had zero respect for me. I could say 2+2=4, and she would then check with friends and family first to confirm... and then months later tell me "Guess what, honey! You were right! 2+2 = 4!" This made me resent her.

I helped pick up the slack at home. Kids took up our spare time. I was Mr. Mom. Best dad you can imagine. Very loving guy. I didn't look good, physically. Whatever muscle I had was gone. I went back to the gym sporadically. Strength gone. I used to be able to bench with 120 lbs dumbbells. Now 65 lbs was a struggle. My joints hurt. I lost my hair.

I was still the same goofy, funny sweet guy I always was.. but I lost my edge. I had been shit-tested down to a quivering nub of femininity.

She started working out more. Way more. Obsessively. That's where she met him.

He was exactly what she needed. He didn't take shit from her. He had multiple women at once. He was physically strong. He may have been dumb as a post, not very good-looking, and a bit of a redneck... but she didn't care. He pushed her buttons in the right combination, and she completely detached from me and the kids. It was just short of our 15 year anniversary.

I found out about them. She pursued him. He resisted at first. She was not going

to be stopped. They had sex. A lot. No need for details... but my past IT experience allowed me to find out every single little thing. Texts. Emails. (He played the "game" to perfection, by the way. He should teach a class.) I was destroyed. Emotionally a complete wreck.

Since then, I've put myself back together. It took months, but I finally figured out what happened. I read books. I did therapy. I found you guys.

As a guy who is probably older than most here, I will share a few nuggets of wisdom from my perspective, as a dad who was married, divorced, banged skanks, hated women... and now understands them.

- Every woman has the capability of doing what my ex did. All of them. It's up to you to prevent it. If they have a lot of baggage and emotional stress, they are more apt to do it. Red flags.. get to know them. Don't ignore them because she makes you feel like a million bucks. My ex had a horrible family life. Mom was an addict, brother an addict and convict, sister an addict, aaaaand... she was sexually assaulted as a kid. Oddly, I looked past all of this because she was so different than them and bettered herself in spite of all that. Very admirable, sure. But not spouse material in any way. She never dealt with these issues or sought out help. It was only a matter of time before she cracked.
- Women are not evil. They are human beings. They are flawed. Stop pointing at bad things they do and say "Seee?!! They all do this!!" (a lot of posts here). Yeah.. and? So what. You put them on a super beautiful human pedestal and they proved you wrong. That's your fault. Sorry that society told you otherwise. Society says a lot of wrong shit. Suck it up, learn, and try again. I picked a shitty model with a broken CPU. There are better models out there. Unfortunately, they're very hard to find.
- Don't give up on love. Sure, 90% of the women out there fall into the category of my ex, but there ARE good ones out there. Your experience and knowledge will help you sort out the bad from the good. Don't waste time with the bad. You're better than that. But, don't be afraid to show your appreciation and love for those that deserve it. Friends, family, girlfriends...

if they deserve, you give it. Lots. IF THEY DESERVE IT. Love is not unconditional. If they don't give love in return or otherwise do you harm, that's their problem. They're gone from your life. They have no control over your well-being.

- I've gotten to know many men in my position, or soon to be. The A #1 thing I notice from men putting up with sub-standard behavior... is the overwhelming sentiment of "Well, if I tell her THAT... she will be really pissed, or maybe LEAVE!" If you have that mindset, she has won, and it is over. You just don't know it yet. Women don't want to "win" all the time. You want the woman's respect, not to be her lap dog. This really goes for any relationship. Stand up for yourself, god damnit.
- Women have emotions like a roller coaster. Whatever they are feeling at the time, that is reality. Plain and simple. Don't like it? I suggest you get a pet, instead. Sorry, brother. I know they are annoying a lot of the time and you can't fathom a life not based on our concept of reality.. but they're chicks. They have boobies and makes us feel awesome, but they're fucking nuts.

Been reading this sub (only thing on Reddit I read) for a while now. Back to the gym in a big way. On TRT now (this has made a world of difference). Looking for a different job. Hobbies started up again. I have the kids just over half the time. Being strong for them. They need the positive, moral role model in their life. Their mom is still nucking futs. Not in a good way.

Met lots of women. Most awful. Now have a long-term girlfriend who you would say is "very Red Pill." A wonderful person. Yes, she's younger. Yes, she's foreign. (Am I a RP cliche, or what?!). She's also very well-educated and has a very prestigious career. Not sure of her salary, nor do I care. I wouldn't care if tomorrow she tells me she wants to go work at Starbucks. She knows that because I bluntly told her. I love her for her... not for her career path (this is a shock to every single woman I have spoken to... that men aren't attracted to their success). What if tomorrow I found out she was cheating or somehow disloyal? I would certainly be hurt but I would just say "Next!" and I mean it. She also knows this... because I bluntly told her. The expectations and boundaries have been plainly laid out. She's awesome, but I don't need her.

Featured Comment

By MachiavellianRed.

Depends on what your definition of broken is.

For example, if you think that someones personality and reasoning being infinitely susceptible to major changes based purely on one's hypersensitivity to their surroundings; thus altering their emotional state to a point of altered personality, to the extent that it undermines any foundations put in place in the long term (such as marriage, mortgage, kids etc) and that such a person needs constant authority to be kept in line to avoid flying off the deep end like an out of control child is some form of "broken", then yeah, you could argue women are fundamentally broken. However giving up on them because of that won't bring you happiness, learning to accept this is how women are and how to manage their craziness is the solution to happiness.

Of course we don't want to go around saying "women are so fucked up you may as well not bother" that won't solve anything, we can't change how fucked up they are all we can do is manage it and learn how to "play the system" to our advantage, hence shit like dread game, so instead of going all nihilistic about it, I reiterate this: all bitches are crazy, just how crazy depends on the individual, there are ways to minimize the crazy, there are also red flags to look out for that indicate crazy on a level you don't want to even manage the girl, she's too toxic (short list: gaslighting, rape accusations/stories, sexual/domestic abuse, compulsive lying, manipulative for the sake of being manipulative, likes horses, dyes her hair red, has any mental disorder, has seen shrinks, takes antidepressants/happy pills, has been in an asylum, is extremely promiscuous, is into deviant sexual acts, is sadistic, has a high sexual partner count etc.) however no matter who the woman is, you will never eradicate it completely.

Women with hot bodies and the minds of men don't exist, you have to manage their crazy to get the best of them. When beta men make this cliched self-detrimental joke that nobody ever laughs at "I'm just happy she puts up with me" I laugh, men are fucking easy, in terms of dealing with crazy the dynamic is the total opposite. Even the most submissive and passive women have this capability to betray you in a heartbeat due to their "in the moment" emotions, if you're losing control of your life and by extension, her and another man enters scene, you're fucked. Whether its a boom time or a bust she still needs constant boundaries, guidance, authority and all the rest of it - which is a full time job that gives no fucks for how you feel or where your head is at, in the words of the late and great Patrice o' Neal "you never get to just love a bitch, you always have to MANAGE her"

If you accept crazy as how women are, just to differing levels depending on the woman in question, and learn to manage that craziness, you'll do fine. But if you correlate crazy with broken, then yeah, women are massively flawed, so much so you could say they're broken and to remain functional/stable they need a VERY STRONG MAN who won't take any shit and will not hesitate to give them a mental or verbal slap when they act out of line (and oh boy, trust me, they will.) This is why we always say treat them like the most responsible teenager in the house, if you treat them like an equal you will have problems, because you're not equal no how much you wish it (lord knows it would make all men's lives easier if they could rely on women not to test them and be more rational, but men are burdened with leadership if they want to sustain a happy functional relationship with any one woman), however unfortunately they are too emotionally susceptible and volatile to be equal when it comes to decision making and taking charge, you take an equalist position and you set yourself up for failure because your ideals are not compatible with female nature. There are probably some exceptions out there with some odd couple with Aspergers or some random shit but who cares about that, we're looking at average typical people here.

I Was Divorce Raped. Don't Be Me

By rp_divorced.

Article Link.

Several people wanted to hear my story after reading my recent comments so I thought I'd oblige because it is probably helpful to others. It's long but I wanted to show you what life is like if you follow in my footsteps.

I'll start with the disclaimer that I'm in my current situation because of my own actions. I allowed every bit of this to happen and I take full responsibility. I was blue pill/beta bucks to the extreme until I said fuck it and drew a line in the sand. Now I'm divorced and giving her a ton of money every month. I'm broke but happy. You don't have to end up in the same position.

How I Got Here

I met my now ex-wife when I was a junior in college. She was the exact opposite of me. Extroverted, life of the party, always seeing the positive and ignoring the negative. I was much more reserved and didn't need to be the center of attention.

I was a year ahead of her in school so a few months before I was to graduate, she said "Where is this going? I'm not going to waste my time if this isn't going to lead to marriage."

I bought the engagement ring the next week with my student loan money.

At this point of my life despite being a former college athlete, a stellar student who was nominated for the highest academic award for graduating seniors, and

starting student groups on campus I was depressed and had no self esteem. When she gave me what was essentially an ultimatum, I had just been put on the waiting list for the graduate program I wanted to attend. I was told to apply to medical school instead because it was easier to get into but I didn't want to spend the next 10 years in school because I was getting married to this great woman.

When we first got married, we were 22 years old. I worked 4pm-1am and she worked temp jobs from 8-5. It was the mid 90's just before the dot com boom so jobs weren't as easy to come by. She got bored quickly and started to spend her time in the evenings shopping. When I got the credit card bill, I was pissed and cut up the credit card. When she found out, she told me that I couldn't do that and that it will take time for her to adjust because her dad would buy her anything she wanted when she was growing up. She used shopping as therapy the rest of our marriage.

After being married a year, she tired of working temp jobs because her sociology/women's studies degree wasn't very useful in finding a job of substance. She decided that she was going to go back for a Masters degree to become a teacher. It was her life's calling, she said. I was completely opposed as was her entire family. She quit the job she had at the time and went to school full time. I paid for her degree in addition to the house we had just bought on my salary alone because I had just self-studied my was to becoming a Microsoft Certified Systems Engineer. At the time, this certification was a license to print money. In reality, it made it so that she'd never have to work the rest of our marriage.

By the time she finished the degree, our first child was born so she was in no hurry to get out there and work. Eventually, she did get a teaching job and quit after one week. That was the end of her teaching career. It was no longer her life's calling and I was supportive because I was the breadwinner who was supposed to support his family. Over the years, two more kids were born and she took a job here or there that never lasted more than a few months at a time.

Our third child was born by the time I was 30 and I had become extremely resentful because she made it known that the world revolved around her. And I let

it continue. She told me one day that it was just expected of me to go to work so that didn't count when comparing our responsibilities. I was expected to do just as much around the house as she was and she let things sit until I was home. Her days were spent with her friends and their children or dropping the kids at mothers morning out so she could have some adult time. Cleaning and cooking could wait until I was home to help. Any time I mentioned that the situation was unfair was met with a list of all the things I didn't do right in the relationship. She could do no wrong.

By year 15 of our marriage, I was done. I had become nothing more than an ATM for her and she did anything she wanted. She decided to finally get a full time job because she was unhappy with life too. The truth was that we were constantly stressed because of money because the credit cards were always maxed and we had no money despite my excellent salary. My hamster was working overtime thinking about how great life was going to be now that we had two incomes!

That ended quickly when she wouldn't get home until after 7 each night and I had to do all the cooking, cleaning and homework as well as listening to her complain about her "horrible" coworkers who "didn't know how to run a business" every night for two hours. So I did what a lot of guys do. I got a blow job from a 24 year old who showed some interest in me. I deserved it, I thought. My ungrateful wife didn't care about anything other than my pay check and she never gave me blow jobs.

The Road to The Red Pill

I had what could best be described as a come to Jesus moment after I left blow job girl. I don't know why it did, but it hit me that I had been rationalizing my own actions in order to cope with my miserable life at home. I had been depressed for a long time and kept blaming my wife for it. If only she'd do A, B and C, I would be happy. This is when I saw the bullshit in my own head for what it was.

Blow job girl continued to text and I kept blowing her off so I could deal with my own shit. She started getting crazier and more ballsy by calling and texting

when she knew I'd be home with my family so I told my wife what happened. We started marriage counseling a week later and I got on an antidepressant and went to therapy on my own as well.

I went into couples counselling and fell on my sword and took responsibility for everything. I essentially handed any little shred of control I might have had in the relationship to my wife and I would never get it back. Over the next two years, we went to counselling off and on. I thought we had worked through everything because the ex would constantly say that she had forgiven me. Even the counsellor was pissed because I would say "I hear her say she has forgiven me, but I don't feel like she has." The counsellor asked me what more I wanted, she said she forgave you. I told her I wanted to FEEL forgiven. So at every session, I was given something else the wife wanted me to do to be a better husband and I would do it only to be given another task at the next session.

I finally realized that the man my wife said she wanted was not me and that the marriage was probably over so I took what could best be described as the nuclear route. One night while sitting in bed I told my wife that I wasn't satisfied with the relationship and things had to change if we were going to be together. I told her that she was getting all the benefits out of the relationship and I was getting none. She exploded and told me that I was getting many benefits. When I asked her to name them she said "I raised our children to be great people." I laughed and told her to take the kids out of the equation and then tell me what benefits I was getting. She had no answer so she asked what I wanted.

This is where I put the final nail in the coffin of our marriage. I had been reading TRP extensively and decided at this point that I didn't care if I stayed married or not so I told her that I wanted blow jobs, a clean house and dinner when I got home. Needless to say that didn't go over well and was the subject of our final counselling session. The therapist was disgusted with me and I simply sat there and said that's what I want. At this point, my wife said her now famous comment, "if we get divorced, I'm going to rock my next husband's world!" I started interviewing divorce lawyers the next week knowing what was coming.

Divorce

When my wife finally said she wanted a divorce, I simply responded "ok" because I knew it was coming. I then waited for her to file papers so that I'd be the one who got served but she never would. She demanded I move out of the house before she filed. I have no idea why that was her requirement, so I filed instead. I also cut off her access to my pay check and didn't give her any money at all. She had a part time job that could cover her own stuff.

She kept demanding that I move out and I told her I wouldn't until she agreed in writing to 50/50 parenting time with the kids. She wouldn't agree. She wanted $1000 a month temporarily and to have a 60/40 split on parenting time. I ended up living in the house with her for almost six months until we ended up in court. When we left court, I left with 50/50 parenting time and only had to pay her $800 a month. She isn't very smart.

The divorce dragged on for another few months all while she was running around town messing with several different guys. The main guy was on probation and worked at a second-hand store. She loved telling all her friends about her escapades and her friends husbands would sometimes tell me.

The divorce finally ended when we made an offer that her lawyer couldn't ignore without risking that he might not get paid. She tried to keep fighting but eventually agreed when her lawyer threatened to quit on her. Her lawyer was willing to walk away without getting paid because of her insanity.

In the end, I'm paying her 25% of my salary over the next eight years. It could have been worse, because we were married long enough that I could have been on the hook for lifetime alimony. In addition, I had to pay my lawyer, her lawyer, 50% of all my retirement funds and give her another few thousand dollars to make her go away. It cost me $20 to get married and will cost me over $220,000 to get divorced. I got the only thing I truly wanted which was 50/50 parenting time with our kids.

Lessons Learned

- Don't live life how others think you should.
- You come first in your own life and everyone else will be better for it.
- Don't forgo your own happiness for the happiness of others.
- Don't get married young. In fact, don't get married.
- Marriage has almost no benefit to the person with the higher income.
- Deal with your own problems NOW!
- AWALT.
- What she says is irrelevant, only her actions matter.
- Be diligent, gaslighting is real. You naturally want to believe everything told to you by someone who loves you.
- If you're headed for divorce, you have to be two steps ahead of her to be able to get a fair deal. The courts are still far more favorable to women.

Don't Be Like Bruce

By brandor77.

Article link.

Bruce was your typical family guy with a good computer engineering job. Bruce lived in the suburbs in a nice big house with his wife and two kids, and drove a big SUV to work every day. Bruce enjoyed beer and football.

Bruce did not eat well. Bruce had not eaten well perhaps all of his life, and his lifestyle precluded healthy meals or much in the way of exercise. His job had him stuck in a chair most of his day, and he often ate at his desk or during the commute. His wife cooked evening meals replete with salt and butter, and a sugary dessert to top everything off at the end of the night. Bruce's kids had just reached the age where he could put them to work mowing the lawn – the only real physical activity Bruce had in his life.

To put it mildly, Bruce was a large man.

Last year, on his 40th birthday, Bruce began to express concern about his health. His doctor told him that he was "high-risk" and that he needed to eat better and exercise more. At 40, Bruce had developed such strong lifestyle habits that this was like asking him to start a new career; he didn't know where to begin. More importantly, he didn't have the drive or the conviction to change.

Bruce put in a superficial effort. He joined a gym. Once a week or two, he would go in and get on a treadmill for twenty minutes, then seek out some high-calorie food to consume. He would add a little green to his plate to convince himself that he was eating healthier. Deep inside, he knew he had to change his habits but he didn't pursue the matter seriously, instead choosing to procrastinate.

Last month, Bruce felt pains in his chest. He went to the ER and the hospital performed scans. They didn't find the small tear that had opened up in Bruce's heart. This would have required a sonogram, which is not part of the tests they give in this situation. So they sent him on his way.

Like when an engine blows a gasket, blood began to seep into Bruce's chest cavity. When the pressure equalized, his heart could no longer beat and he died.

Sometimes a person's role in life is to serve as a warning to others.

A few of Bruce's close friends attended the funeral, but most of the attendees were co-workers. They stood around eating the free food and talking about the job. A few of the women shed a tear or two. Most of the men joked and laughed. Bruce's life was his work, so this was who he knew. The macabre display of Bruce's corpse allowed the attendees to pontificate their own mortality, but when the time came to talk about him few had anything meaningful to say.

One was a friend whose best story was about when they drank beer while fixing a garage door.

One was a friend who waxed nostalgic about when they were children.

The last to speak was Bruce's boss. This man had started his job working alongside Bruce, but had been promoted over him through the years. Now his manager, he described Bruce as "a good worker" and "a peacemaker."

He said, "Bruce made me look good."

Imagine that on your epitaph.

Bruce lived by the playbook. He went to school and got a degree and got married and had kids and bought the car and the house. He drank beer and watched football and consumed and obeyed. He worked long hours all week and spent the

few hours he had sedating himself. He saw the warning signs and he ignored them. Then he died.

Bruce lived for others, followed their dreams. What did he want?

His wife believes he just wanted what she wanted – the kids, the house, the stuff - but we here in TRP know better than that. What little I saw of him evidenced the Quiet Desperation that Thoreau spoke of. I doubt anyone ever will know what was in his heart-of-hearts. It doesn't matter, though, because it will never come to pass.

People will tell you, "It's not too late to change." It isn't - until it is.

So I implore you: however you choose to say it - YOLO or *carpe diem* or whatever else – do it. Seize the day.

For God's sake, don't be like Bruce.

Quotes and Highlighted Comments

A Collection of TRP Gold from the Comments

Compiled by trway14. Original authors unknown.

Article link.

- Competition is part of a man's life, more so than of a woman's because of the way the sexual market place works. It's the lot evolution has given you. No matter how great you are, even if you're Orlando Bloom - you'll be challenged by Justin Bieber. But at least you know that whatever you have, you EARNED it.
- Hippies who took drugs often talk about looking beyond their own perspective at the collective consciousness, everything in the world being one, etc. But humanity's collective identity is still a product of our personal struggles against each other. In our never-ending fight to gain status in the hierarchy, we produce all the things that are known as "humanity" and "culture."
- To your psyche, entering a new field is a stupid idea. It's not "smart" to start dancing lessons, because the other dudes will be rocking it while you can't do shit. It challenges your ego, so you tend to remove it from your life. Your whole being goes, "Why are we doing this? There's got to be an easier way. This is a waste of time." And that's the nature of change. It always seems ridiculous within the current system, that is until the change becomes the new system.
- Rather than hide, begrudgingly co-exist with or deny your weaknesses you must acknowledge them and accept them. Only by doing this can you gain the power to rid yourself of such afflictions. Accepting your weaknesses allows you to own your flaws rather than permitting them to imprison you within a negative mental feedback loop of helplessness. The most unintelligible thing a person can do, and "the average person" does this all the time, is to ignore one's weaknesses. Weaknesses are ignored out of ego,

out of emotion, to sustain your sense of being, and whatever shaky foundation of self-confidence it is that you have. However, it is this wilful ignorance of such weakness that amounts to nothing more than a shoddy farcical fabrication of confidence. It's not pure, rational confidence, but delusional, narcissistic confidence. By not addressing your weaknesses you allow them to take control of you in whatever manner it is they manifest. Rather than patch up the hole in your armour, you are pretending there is no hole there at all. And thus by ignoring the problem, you only grant it the opportunity to extend its foothold within your psyche, damaging your chances at success and happiness.

- A conscious denial of an accepted truth for the sake of one's ego leaves you vulnerable to the potency of the truth. A core part of Red Pill philosophy is to be harmonious with the truth so that the truth is fighting on your side rather than against you at the side of your enemies. Whoever is congruent with the truth, can monopolise the truth and expose liars. Those who are reliant upon fabrications must expend massive energy on maintaining their façade. As someone who lives harmoniously with the truth, you need not expend such energy, giving you a further edge. When a person tries to use one of your weaknesses against you, aware of the truth, the power of embarrassment will be absent and you will be able to keep composure (hold frame) rather than let a scrupulous detractor rob you of your power within the primacy of the moment. You need to be honest with yourself so that you know what you're working with, without awareness you cannot hope to achieve success. On a Machiavellian tangent, nobody lucks into success contrary to what they may have led you to believe about their accomplishments.
- Not all weaknesses can or need to be completely overcome. Beauty is a strength that people either have or don't have. And in this world you have to play to your strengths or you're gonna get crushed. When you put yourself in a place where you're playing to your weaknesses not your strengths, people are going to ignore you, be mean to you, push you out the way, step on you and treat you like dirt. You have to find the place where your strengths matter. Don't feel bad if you can't dance - just don't go to the club then. Some of the most amazing dancers there would look like losers in the

workshop, next to the skilled woodworker.

- Fear not the man who has practised 10,000 kicks once, but the man who has practised one kick 10,000 times. If you try something new, stick to it for a while and master it. Don't move on to the next thing in a week. Leverage the fuck out of your talents.
- If you're successful and highly respected, your audience will genuinely consider your jokes to be more funny.
- Complete security is impossible. There are no guarantees. No matter how great you are, the future holds the possibility that someone will betray you, steal your possessions or mate, etc. The fact that you haven't excluded this possibility or rooted out every potential threat is no cause for worry: it is this way for every single human, and a smart man will deal with problems as they arise instead of being pre-emptively brought down by the gloom of hypothetical but improbable disasters.
- A possibly flawed strategy is better than no strategy. A perfect strategy doesn't exist, so don't sit around forever contemplating what to do. Accept that you will win some and lose some. 80% of life is showing up, and if you only show up when you feel 100% prepared, you won't. Derive pride from dealing with things immediately when they arise.
- The best diet is the one you can do. The same is true for any strategy.
- Perfection is achieved, not when there is nothing left to add, but when there is nothing left to take away. Kill your darlings.
- We are used to hearing people say life is a marathon, but a lot of evidence shows that it's better to treat life as a series of sprints interspersed with rest periods. This is the way to train with weights and this is the way to train your mind and get work done.
- The young bull says, "I'm going to run down this hill and fuck me a cow!" So he takes off running, when he gets to the bottom, he fucks a cow. The old bull walks down the hill and fucks ALL the cows. Lesson: invest your energy wisely, don't approach EVERYTHING as a marathon.
- A perfect life is not possible. There are going to be bumps. You weren't dealt a perfect hand. Don't fall for the idea that your life should either be perfect, or nothing at all. Don't let the idealistic desire for a perfect life freeze you and prevent you from having a good life.

- A perfect girlfriend is not possible. You are going to be making compromises and dealing with certain flaws.
- There's always another level. Just be content knowing that you are still better off than most who have ever lived.
- If you're the best man in the room on all fronts, you're in the wrong room. Surround yourself with people who can teach you something. Show mutual respect to these people, bring some value of yourself, and it will benefit everyone. If you surround yourself with losers, they will just steal your energy and eventually bring you down to their level.
- Measure yourself only against your previous self.
- Don't think about the things you can't do/be/get/experience. Set your sights on the things that you CAN get with a little work.
- Happiness comes from being on a journey of improvement, not from being in a good place. Unhappiness comes from stagnation, not from being in a bad position. Look at celebrities beyond their peak: after a major tour when they're no longer skyrocketing, they get sad and miss the dopamine shots. They're still more famous and attractive than 99% of other people, but the lack of improvement is what causes their unhappiness. So it is for you: improve, and be happy.
- Every life in which something is achieved is better than nothing.
- Girls will come, girls will go. Status will come, status will go. You win some, you lose some. It's natural for these things to fluctuate. Don't expect to be able to hold on to them, but enjoy them while they're there. It's a big world full of competitors: nobody can always be the best. Even the most famous, handsome talented rock stars end up in the gutter at some point.
- Live mostly in the now. Don't let the possibility of future troubles seduce you into brooding on how the attack may play out and how you will set up your defense. Terrorism does more damage to a country by paralyzing it with fear (causing a big decrease in productivity) than by the actual acts of terror.
- Spend your physical and mental energy wisely. Many things are not worth getting to the bottom of. Your brain has evolved instincts to cheaply deal with many situations, so make use of that. It will save you a lot of energy to be used on more productive pursuits. Beware of analysis paralysis.

- You let action and reality teach you what will work rather than your worry, guessing or speculation. Trying out ideas and failing is often much cheaper than gathering tons of research and data as to what will work. It will allow you to find a successful path faster than your competition. Recognizing success and failure quickly is an important skill. You will also be prepared for failure and have backup plans. This will get you used to erring towards boldness and away from analysis-paralysis.
- When you're in a hole, stop digging. If you're in a rut, don't analyze. Instead narrow your focus on one point of ACTION and build momentum on that. Get some blood flowing by running.
- Cut your losses as soon as you find out you're on a wrong path. If you've been buying into the narrative that being the opposite of a bad boy will make you sexually attractive, it's tempting to hold on to this worldview because you've invested in it. Let go of the sunk cost.
- When you're on the way up, that's when you have to step on the gas even more. Keep the good momentum going.
- When you're halfway on the unstable bridge of a ropes course, you need to keep going. It's tempting to stop for a while to triple-check that you've properly landed on the current piece of wood, but exactly that causes you to lose balance. The problem is that you're changing your mindset from MOMENTUM to HALTING, but in order to move forward you need to get back into the MOMENTUM mindspace. It's better to just stay in that mindspace and keep focus on the goal. So you've read about hypergamy? Great, now don't dwell on that topic for ages collecting story after story that confirms it. You've learned the background information necessary to change your life, so go and implement the advice of No More Mr Nice Guy.
- After going through the experience, you say "it's so simple and obvious, doing X is just a slightly different variant of Y!" But it's only obvious in hindsight. Before you had the experience, someone could have given you that very same piece of "obvious" advice and it would have made no sense at all. Conclusion: experience is often a better teacher than analysis. Reflection and analysis afterwards is good, but don't overdo it, and don't assume that your "obvious" pieces of advice will be able to enlighten the unexperienced.
- You don't need a constant conscious awareness of Red Pill theory (male/

female behavior, sexual market place, evolved strategies, self deception etc.) or any other theory for that matter. You need to internalize it. Consider the theories you learned at university: when you get to the level of applying them to actual situations (e.g. experiments), you find yourself using the relevant parts on auto-pilot. You don't continually rehearse the whole picture, you just master the specific branches of the theory that are relevant to your research. When you write the theory section of your thesis, you need to actually dig deep in your mind "what was the big picture like again?". Or consider driving: you don't consciously use everything you've learned, because when you try to do that, that's when things go wrong. In the beginning you need to consciously acquire the theories, but when you've mastered them, you use them on auto-pilot. The same applies to Red Pill theory: constantly re-reading the textbooks actually keeps you from mastering it.

- Theories are easy and fun to make up. But in the end, a theory is just a framework to help you remember the things that JUST WORK. A theory is a bundle of experiences, and it's the experiences that really matter.
- The 4 stages of learning: 1. Unconscious incompetence - you don't know that you don't know, 2. Conscious incompetence - you know that you don't know, 3. Conscious Competence - you know that you know, 4. Unconscious Competence - you don't know that you know
- Often, solutions are lost in abstraction. Abstract concepts (the big picture) are intellectually very gratifying, but concrete wisdoms and even stereotypes are usually more directly applicable. They are also mentally less exhausting - that's why stereotypes evolved in the first place, to save mental capacity. So separate abstract thinking from concrete thinking and prioritize the latter when dealing with practical problems. Part of concrete thinking is that you will have to accept empirical "just-so" evidence: if you see that something works, it works - no why-questions asked. This is the mechanism through which unconscious competence operates.
- Save yourself first. Only then can you be effective working on societal issues. Nobody will listen to a loser. You can't effectively communicate information that you haven't yet made peace with yourself. If you see someone fighting societal issues without having inner peace, (s)he's really

fighting his/her own inner demons. That's why adolescents are so idealistic, rebellious and always debating one another: they are trying to find peace and a place in the world. Once you have matured beyond that, you have no more need to engage them on it.

- If it were World War II right now, could you rely on your girlfriend not to rat you out to the evil occupying force? Could you rely on your friends to have your back? Would you be a reliable dude for THEM? The guarantees and luxuries of modern life have hidden the relevance of this question of loyalty, but that doesn't mean it has disappeared.
- We live in a society where abundance has made natural selection obsolete, so intense sexual selection games have supplanted the old struggles against natural selection. The standard example of sexual selection is the peacock's tail - it serves no practical purpose, but female peahens like it and choose to mate with males who have an awesome tail, so it stays in the gene pool. This effect is constrained by natural selection: peacocks with tails that are really, really big are super hot to peahens, but they are easily spotted by predators and can't run very well either. Now imagine what happens if you take away all predators and supply an abundance of food to a group of peacocks and peahens. Natural selection won't constrain the sexual selection game anymore, and every new generation of peacocks will have bigger and bigger tails. Useless tails, but that's okay - there is no need to be useful anymore, just hot. Something similar is happening to our human society due to a lack of predators and an abundance of food.
- When groups of adults form for a common purpose, the leaders end up being those who are best at it. The problem with a society without common enemies or goals is, they have no purpose. But hierarchy there must be. And so the members make one out of nothing, based on arbitrary standards (like the peacock's tail). We say that the situation degenerates into a popularity contest. [...] When there is some real external test of skill, it isn't painful to be at the bottom of the hierarchy. A rookie on a football team doesn't resent the skill of the veteran; he hopes to be like him one day and is happy to have the chance to learn from him. The veteran may in turn feel a sense of noblesse oblige. And most importantly, their status depends on how well they do against opponents, not on whether they can push the other down.

Sexual selection based hierarchies are another thing entirely. When there's no communal victory to be gained, the only victory left to chase is personal - at the expense of others. This type of society debases anyone who enters it. There is neither admiration at the bottom, nor noblesse oblige at the top. It's kill or be killed. (Adapted from: *Why Nerds Are Unpopular*, by Paul Graham)

- Women have an advantage in a society where sexual selection games reign. Their innate social value has always given them the upper hand in the popularity contest, but in the past that contest was not the only thing that mattered to a society. Inner-society politics were balanced by the fight against external forces such as natural selection. When the popularity contest becomes the only thing that matters, women gain a disproportionate amount of social power. Female hypergamy dictates that at any point in time, only a minority of the men in a society (~20%) are sexually attractive. The majority of women on the other hand are attractive, just by virtue of being female. A typical woman on a dating site gets 3x as many messages as the most attractive men: that's the power imbalance.
- A man needs a mission in life. You need a purpose, a passion, something to build, live for, strive for, fight for. A mission is the only way you can escape the vagaries and whims of the sexual selection game and enjoy the relative calm of a productive, cooperation-based hierarchy with a common purpose. A man's mission is a source of satisfaction and self-worth that he controls, giving his life meaning and more importantly stability. A man without a mission is an unstable man because he is completely dependent on the fleeting, volatile approval of others for his self-worth. Depending on someone else for your satisfaction in life is a surefire way to end up suffering, especially if you don't have the stable, guaranteed innate value that women can rely on.
- First find out what it is that you want. (Not necessarily what society suggests you should want!) Then, whenever you're spending time on something, ask yourself "does this activity help me achieve my goals?" If reading all this text isn't helping you forward, then go do something else.
- A man should not depend on the fleeting, volatile affections of women for his self-worth. To the outside world, a man is either a zero or a hero and that

position can shift rapidly. Female hypergamy means you're either one of the 20% best men in the room, or invisible - and it just takes one hot biker dude to drive his rig into your scene to make you fall from a hero to a zero. The day by day fluctuations are immense for men. For women this is different: they are the valuable sex, having a secure baseline social value just for being women. They can, to some degree, rely on their innate social value. They'll never be a hero like George Clooney, but they'll never be a zero begging for money in the subway either.

- Don't make women (or a woman) the mission of your life. Learn the basics of how to seduce a woman, but don't turn it into your job and profession like "pickup artists" do. Focus on yourself and your mission, and view women as a fun treat on the occasion. You will find stability, and women will be drawn to that. They should be the cherry on top of your cake. If my life is going great, I won't stop myself from meeting women if they happen to be near me. Look at them as an effortless pastime. If it takes too much effort, then don't bother. But if you happen to be at a party, go ahead and chat her up. Remember that in any two-party relationship, the party that cares less enjoys more control.
- Why does this bodybuilder and that wimpy artist get the girl? What do those two totally different men have in common? They both created their own world. The women find the artist interesting and imaginative. The women also find the bodybuilder strong and forceful. They like both. We ridicule "Just be yourself!" as terrible advice. Here is a better translation: Show her the world you have created. If that still isn't working for you, you probably haven't created a world women are interested in. Like tourists on a street full of shops, they pop their head in the door, and do a quick scan to see if anything exciting stands out. If they see something cool, they may come in for a closer look. Assuming your world is exciting, your shop will soon have a lot of traffic. Your goal now is to identify and target the genuine customers and weed out the time-wasters.
- "Being attractive and being "what women really want" isn't going to fill a huge void in your life. Casual hookups? They're pretty fucking empty, by design. Even LTR's are meant to augment your life by giving you a partner in achieving your goals; an LTR on its own isn't going to give you

satisfaction. A lot of guys think that if they could just git gud with women, then they'd be happy. That if they could be the coolest and most attractive guy in the room, then they'll be satisfied with their lives. It doesn't work that way. Anyone who thinks that being on the most wanted list is the key to attaining existential satisfaction, is in for a rough surprise."

- If you hate yourself or do not value yourself it's because you give yourself no reason to value yourself. We don't just disrespect other people who are low value, but we disrespect ourselves for being low value. (Unless you suffer from narcissism.) If the bulk of your time goes on junk activities, you will be directionless. There will be no feedback loops in your life to give you self-esteem. There will be an absence of activity where you push yourself, see a small gain, get validated by your small gain and then feel the resulting pride that comes from being better at something and seeing yourself grow in some small way.
- As humans, our psychology has evolved around growing, flourishing, actualising. We are meant to live high input, high output. We desire growth and live for growth, for without growth we feel purposeless. In the absence of growth, we flounder. When junk activities start to comprise the majority of your time expenditure you rob yourself of the opportunity to grow. The higher your social value, the more you will come to value your time by merit of recognising your abilities and possessing a resulting self-respect as such. High value or not, we all have a finite amount of time until we die and every second wasted is a missed opportunity feeding into a sense of lethargy and mediocrity.
- Have a fun interesting life. Women will drift in and out based on that.
- Whenever possible, go with the decision that will make a good story.
- Unless you're entertaining a room, ask more than you tell. Everybody likes to talk about themselves.
- Build up some mystery. If she's been a good girl and you want to reward her, then text her to put on her red dress and be ready by 8.
- Nothing is as thrilling to women as that one Man with a Strong presence, intensity, focus.
- Talk slowly and deliberately, people will respect what you have to say. Don't ramble out a waterfall. Waiting to speak is almost NEVER a mistake.

- Walk slowly and deliberately, people will respect you. Don't run around like a nervous teenager who's late for class.
- Don't overdo the above things so as to make them comically artificial.
- Performing in front of a group of people is a panty dropper, the larger the group the better. Doesn't matter if you're giving a speech, doing stand up comedy, playing sports, acting in a play, teaching a class, leading a workshop, fronting a band, whatever. This works because it makes you the absolute center of attention. You are a man with a mission and you take your audience along for the ride. You have invested a lot of energy in yourself and that radiates to your audience. Through your performance you are "commanding" everyone and completely controlling the atmosphere. You appear powerful and important. Everyone in the room knows who you are, like a micro-celebrity. This presses all the social proof, preselection, and dominance buttons that women are wired with. You're also giving something of value ("positive energy") to the audience. Women like to be entertained by a man who knows what he's doing.
- Men will put on their best self to attract a woman, tie her down in a monogamous relationship and then expect her to love him "for who he really is" when reverting back to more unattractive behavior. Do this and women will hate you for it every single time. And they will make you pay. This is why the mentality of "getting women for the sake of getting women" is dangerous - you won't keep up your attractive lifestyle. If women are just a side-product of your attractive lifestyle, none of this disaster will happen.
- When a woman has locked you down in a committed relationship, she will instinctively try to push you towards becoming an unattractive slob. ("Betaization".) It is in the interest of her genes that your behavior be steered towards beta and away from alpha displays, because she wants to keep you as a provider.
- Feel free to pay more regard to the voices of men: not because women have nothing of value to say, but because you are part of a generation that was fed a diet rich in feminine imperative and poor in the balancing masculine view. We are a generation of men raised by women. You don't have to apologise for compensating your worldview. There are many uniquely male experiences that only other men can understand and help you deal with:

another reason why you need male friend groups.

- Women always get their emotional support from 10 different sources. Men tend to depend completely on their girlfriend. Don't do this, it makes you vulnerable.
- Any idea you're emotionally invested in becomes a grappling point for people trying to manipulate you. You're already desensitized to rational thinking by believing in something regardless of evidence, logic and common sense. So you can be made to believe and do other wrong things as well, as long as you are convinced those things will uphold your preferred comfortable world view.
- Not all opinions are equal, so don't value everyone's opinion. Some opinions are well-supported by evidence, others spring from emotional reasons and are enforced by shaming tactics. Always acknowledge what people say as a courtesy, this makes them feel personally acknowledged and avoids unnecessary fights. Acknowledging someone's right to an opinion does not mean you have to give it any weight in your own thought processes, of which you are the undisputed boss. People have a right to free speech; you have a right not to listen to the ramblings of an idiot.
- When you're getting lots of flak it means you're right over the target. If people get really pissed off when certain things are mentioned, you know they don't just disagree - they have an emotional and/or social reason for disagreeing and trying to shut down the conversation.
- Getting drawn into debates with emotionally vested people is like throwing pearls in front of swines. For every rationalization you spend 10 minutes disproving, they will make up another one in 10 seconds. Remember, logic has to follow rules that rationalizations can shit all over. You'll just spend the rest of your life meticulously mopping up other people's shit - and they have no reason to stop shitting. If someone needs to believe something in order to keep their self-image alive, they will. Don't let such idiots with an agenda ruin your day.
- You can fight lies with truth, but it takes 10x more energy to disprove a lie than to make one. That's why the more effective way of dealing with lies is through power. Be willing to cut people who lie to you out of your life, and be the kind of person that people don't want to lose.

- Get rid of your obsession with being right. Being right means nothing. Whether or not people acknowledge you depends more on your social skills and popularity than on the validity of your argument. Getting overly worked up about an argument only harms you because you're losing frame. Always ask yourself: what's in it for me, what is to be gained if I start an argument now? Are there any better ways I can achieve my objective? (Demonstrating instead of explicating comes to mind.) Your objective shouldn't just be to "be right" about something. That's childish.
- Sometimes some insecure cunt will directly challenge you in a social setting (i.e., with an audience). This is a dick move. Their goal is usually to get their feelings validated by an external source. ("If I can kick this guy's ass while he tries defending the idea that women tend to be less funny than men, then I'll have beaten my insecurities and proven to the evil world that I AM FUNNY!") Your goal in this case is to get out of the encounter with your social status and image intact. To do that, DON'T enter an honest and elaborate argument with the idiot (unless you do it so eloquently that the audience is instantly swayed to your side). The insecure cunt would rather escalate, try to draw you into a screaming match, and resort to other dishonest tactics than admit that they are wrong - because to them, admitting they're wrong is like admitting that their emotional insecurities are real and valid. Instead of debating, which they expect you to do, agree and amplify. This throws them off balance. Make the rationalization hamster choke on its own bullshit. Recognize that this isn't a real discussion, it's a power game disguised as a discussion - and play it as such.
- You can tell the size of a man by the things that bother him. Don't ever get angry at an opinion, theory or piece of information. Only emotionally vested people do that: apparently you feel that, if you leave the offending communication unchecked, it gives credence to something that emotionally hurts you. (See points above - don't be that guy.) If you feel anger over information or opinions, investigate what insecurity it touches and privately work on fixing that instead.
- Suppose you were a woman. You'd then have the option of selectively tuning in to all the voices in society that advocate female oppression and all the other things that offend you. This is what feminists do. They ignore that

there are many other voices in society advocating the opposite. For ANY existing position, you will find someone broadcasting it. So as a man, don't make that same mistake by tuning in ONLY to the voices of misandry. Society is a wide spectrum of many different voices. It's okay to just ignore some. Remain conscious of the ongoing power games (where the real decisions come from) rather than the ongoing debates.

- When Republican test subjects were shown self-contradictory quotes by George W. Bush and when Democratic test subjects were shown self-contradictory quotes by John Kerry, both groups tended to explain away the apparent contradictions in a manner biased to favor their candidate of choice. Similarly, areas of the brain responsible for reasoning did not respond during these conclusions while areas of the brain controlling emotions showed increased activity. When subjects were subsequently presented with information that exonerated their candidate of choice, areas of the brain involved in reward processing showed increased activity. "None of the circuits involved in conscious reasoning were particularly engaged. Essentially, it appears as if partisans twirl the cognitive kaleidoscope until they get the conclusions they want. Everyone may reason to emotionally biased judgments when they have a vested interest in how to interpret 'the facts.'"
- Arguments are only decided by reason when there are no interests at stake. When there are parties with stakes in the argument, it will always be decided by power and manipulation. Certain facts, statistics and pieces of research will be unmentionable. Participants in the conversation will be shamed into submission.
- Society needs to actively push the blue pill propaganda of settling down and being a good provider husband. If society let everyone be honest to their sons about Alpha Fucks/Beta Bucks and the competition for being a top male, then no work would ever get done, most children would be fatherless and we'd still be living in mud huts. No amount of debating and logical arguments is going to change any of this. The stakes are too high. Propaganda is not about truthfulness, it's a power game. You cannot win this one.
- People always got married and especially stayed married for practical

reasons. Forget the fairytale foolishness.

- If your wife tells you that she's "with you not because you're the best at sex, but because you're the best overall, you're better than those other guys at a 1000 other things, and sex isn't the end all of a relationship" then that means her Sexual Selection system doesn't see you as any good, but you can do other things well for her (buy her shit, listen to her rants, etc.). Genetically, you're still a low value mate in her eyes.
- Be aware that many people are deceived by their own subconscious, which is an evolved mental mechanism that enables them to more effectively deceive others (you). People lie, and often even believe their own lies. Be firmly grounded in your own reality so you don't take shit from anyone. "As men grow more attuned to the threat of cuckoldry, women should get better at convincing a man that their adoration borders on awe, their fidelity on the saintly. And they may partly convince themselves too, just for good measure. Indeed, given the calamitous fallout from infidelity uncovered -- likely desertion by the offended male, and possible violence -- female self-deception may be finely honed. It could be adaptive for a married woman to not feel chronically concerned with sex, even if her unconscious mind is keeping track of prospects and will notify her when ardor is warranted." (*The Moral Animal* by Richard Wright, Chapter 3, What Else Do Women Want?)
- Humans in general are terrible at predicting their own future choices, feelings, performance, actions and reactions to situations. We're great at explaining them afterwards, and that 20/20 hindsight makes us overestimate how well we understand ourselves.
- What people tell you about themselves is especially unreliable. As any psychologist or sociologist will tell you, self-reporting is one of the most inaccurate ways to gather information on people's inner lives. Why? Because people believe what they want to believe or need to believe about themselves in order to function. Self-image is often completely out of touch with reality. And I haven't even touched on the possibility that people will sometimes CONSCIOUSLY make false statements on their feelings because they know it is in their advantage to deceive others.
- If a chick EVER insists that you don't need a condom: baby rabies. She may

not consciously plan it, but it's a manifestation of her "body agenda".

- A person is not a coherent, homogenous unit or an indivisible entity. One brain is a mixture of many different cognitive processes, and they sometimes contradict each other. One of these processes may verbally interact with you, while another sends a completely different message non-verbally, while yet another thinks something of you and doesn't communicate it at all.
- When she says she loves you, there is a part of her that doesn't mean it. What she says and what she does are handled by two different departments. They usually exchange information (not always), but they have distinct purposes. Evolution has made sure that each department's protocols, methods and information channels are optimized for its specific purpose. The speech department's end-game is certainly NOT honesty and promotion of truth. The mate-selection department, on the other hand, does want to work with information as accurate as possible. That's why it operates subconsciously - it picks up on queues and uses methods that the speech department is not aware of, because such conscious awareness would interfere with its purpose of spinning the most convenient and convincing narrative. This is why she will never tell you that she judges your performance - but subconsciously, she does. It's just done in another department.
- Don't listen to what she says, look at what she does.
- So your girlfriend is asking if she can go have drinks with her ex? Most men will not tell her directly "I don't want you to do that", instead they'll beat around the bush because they want HER to take the initiative to decline the invitation, because SHE doesn't want to have drinks. The typical boyfriend will say things like "I don't want to hold you back from your friends", and "I can tell you want to go, so go". The deeper problem here is that no amount of conversation will ever reveal what her true intentions are. She doesn't really know those herself! Her brain's Motivation/Desire department operates subconsciously, and her brain's Speech/Propaganda department doesn't get to look at the actual meeting notes. The Desire department just presents the Propaganda department with a done deal, an already made decision (i.e. a feeling) and then gives it the job to come up with a plausible reason to sell the decision. Whatever you ask her, she'll give you a Propaganda story that she herself also believes. The only solution? You need

to look at her ACTIONS. The fact that she is interested in having those drinks, says enough.

- When you start dating a girl you might have kids with, make it clear through casual conversation early on that you WILL insist on a paternity test. She's not okay with that? You bail.
- She wants to feel some passion, she wants to feel like a woman, she feels like the romance is gone, she wants to feel wanted... No matter how she dresses up her desires to hide their true nature, they still invariably involve the man carrying the weight of taking the lead so that the woman can enjoy the experience. Dancing is an inherently sexist activity based on the traditional roles of the pursuing male predator and the flighty female prize.
- When a girl is desperate to keep a long-term relationship, she may decide to suppress, sublime, bury and hide any inclinations that make the boyfriend uncomfortable. For example, any time he mentions that he doesn't like girls who want to be dominated by a strong, confident man - she pretends to him AND to herself that she's not like that. But one day a guy will show up who tickles those urges she thought she got rid of, and next thing you know she's that girl who "didn't know what got into her". Girls who lie about their instinctive urges (also to themselves) are not relationship material.
- She talks to do damage control and soothe your instinctive suspicious feeling, not to convey accurate/honest information.
- Girls who are insecure and lack self-awareness are cheating dangers. If she's in denial about anything, especially about her attraction to dominant men, that makes her susceptible to manipulation. It means she isn't really in control of herself because she doesn't know which triggers drive her. So if you make an observation about something in her behavior (e.g. you fillet me every time I mention a female colleague, but you call me jealous when I ask why you're going to dinner with a male one) and she vehemently denies it, that's a red flag. She has just shown a capability for sticking her head in the sand about her own behavior, which is a very useful skill for cheaters.
- There are two kinds of women: the ones that get hot and bothered for the exciting bad boys who passionately sweep them off their feet, and the ones that don't admit it to themselves so they can keep up the "good girl" image. If you can't deal with this fact, then you shouldn't be in a relationship.

- There are two kinds of men: the ones that fall for women primarily based on their looks, and the ones that don't admit it to themselves so they can keep up the "good guy" image. You should freely admit how important sexual passion is to you.
- Men pretend that a girl has an interesting and valuable personality so they can get sex from her; women pretend that a guy is sexually attractive so they can get emotional and financial support from him. Women can then find an actually sexually attractive man who will fuck them on the side; but men cannot find an actually interesting woman who will also care for them on the side. This is why relationships have an unequal playing field.
- Girls want the cheeky, cocky guy who's fun to be around, and who makes them feel like they must have done amazingly to attain such a guy. Keep that up and she will feel like she has to continue doing amazingly to keep you around. She wants someone she can be proud of, someone that other women want. The guy who shares his feelings with women, is uninteresting. Mystery is food for the hamster, it will make it spin up all kinds of stories about you.
- If you're not exciting and entertaining and stimulating, she's going to get excitement and entertainment and stimulation somewhere else. Since she's a girl, exciting and entertaining and stimulating experiences are given to her free of charge by "those guys" who "just enjoy some harmless joking around, just for fun" (but of course they only do this with girls). This will never change. You either adapt or stop dating.
- Did some guy own the room and make all the girls drool, right in front of your girlfriend? Even if you're Orlando Bloom, one day Justin Bieber will do that to you.
- A relationship is a job for a man and a lifestyle for a woman. As a man, you don't get to relax and "just be in love" - that's a luxury only women get to enjoy, just like being allowed to cry in public. A man in a relationship has to be on top of shit all the time, or face serious consequences. She latches on to him, not the other way around. He leads the dance, she gets to let go and immerse herself in the experience. If you aren't this man for her, someone else will be.
- Women are dream killers. Cautiously indulge in them sporadically. Do it on

your own fucking terms. Your mission comes first. Focus on women too much, and they will drain your energy. Don't be a fucking pussy-begging idiot. Don't look for a replacement mommy. You are more important than the pussy your dick needs to fuck occasionally.

- All women want to be fucked by confident masculine men, particularly at certain times of the month. If she is together with a "provider" man who just isn't like that, you can bet good money that she's getting alpha cock on the side.
- When you are trying to discover the real sexual past of a potential LTR, you must seem like the non-judgmental guy who thinks there is nothing wrong with being a slut. She must think you are okay with marrying a retired stripper. It's the only way she might let you know the truth.
- She looks innocent? It means nothing. Remember all the innocent girls who had boyfriends that were all over you anyway.
- A girl who is desperate for a relationship will put on her best behavior when the boyfriend or boyfriend material is around. What you need to find out is how she behaves when (she thinks) you're NOT around.
- Sluts will go through the motions of sex, almost robotically. They're just following a well-known script. Sex is nothing special for them, it's often just a means to get what they really want (e.g. keeping you around as a provider). They'll tell you "all this is yours, I'm only for you" when they undress, but it will sound artificial, like an act, like she doesn't really believe it herself, it's just a motion she goes through because she knows it's what you want to hear and it'll get her a nice boyfriend. By contrast, with women who don't easily put out, when they do - you know they really want it. Those girls will be genuinely giddy at the prospect of sex with you.
- That information about her partner history is not important. In fact, it is so unimportant she will lie to everyone, and ask her friends to lie for her too, to keep that unimportant information from ever reaching a man she wants to marry someday. That is how unimportant that information is. She's absolutely not ashamed of it, that's why she doesn't want to talk about it. I once killed a few hookers on a coke binge and I'm not ashamed of it either but I do not tell my girlfriend because honestly it's none of her business. That's who I was then. This is who I am now.

- "If you are planning to build your future with me, your past is 100% my business. Why? Because I want it to be my business. Don't like it? Don't build your future with me. Feel free to leave." Live life on your own terms. Don't settle. Don't get settled for.
- Someone's past behavior is the best predictor of her future behavior.
- "Girl, people who judge your human worth based off of your number are jackasses. But guys who just aren't ATTRACTED to you because of it will make up a significant portion of your prospects. And they're allowed to feel that way. Don't fall into the trap of hiding it just so that you can end up with a guy who doesn't actually like you. In a sense, you do have to accept that your dating pool is reduced, but you'll be happier finding someone who is entirely not bothered by promiscuity, even if that's harder."
- Every age has its taboo topics. Ours is no exception. We are now free to discuss how the earth revolves around the sun, but there are other ideas that cannot even be brought up. Don't let societal shaming discourage you from believing and working with the evidence you see. Be firmly grounded in your own reality which you have investigated carefully.
- "The decadent tactic and regressive culture of constantly claiming offence whilst projecting a facade of calling for tolerance and respect is nothing but pure hypocrisy, opportunism, egotism, arrogance, dishonesty, insecurity, narcissism, ignorance and the manipulative lust for power and control over others."
- Just because you feel offended doesn't mean I did anything wrong.
- If you put it out there, I get to look at it.
- The famous Pavlov's Dog experiment, part two: they rang the bell, then alternated between beating the dog and giving it food. The dogs entered neurosis and many broke down. This is what happens to men nowadays: women send subtle ambiguous signals of interest, then when a man approaches he sometimes gets praised for his "confidence" and "initiative", but other times gets shamed and reprimanded for being a "creep." Do not allow women to ring the bell of Female Sexual Signals and then Beat the Men that respond to it.
- Men being overly confused and careful about female sexuality serves one purpose: it raises the value of female sexuality, and thus enhances women's

power in society.

- Whether or not women are offended by overt displays of female sexuality, mainly depends on one thing: is it classy, or not? "Cheap" displays of female sexuality (e.g., attached to an advertisement for a $5 cologne) are misogynist. "Expensive" displays of female sexuality (e.g., attached to an advertisement for $500 jewelry) are "celebrations". The reason? Women want to see the price of their sexuality remain high. It has to be something exclusive, so that they can hold on to the leverage of having something expensive that others desire.
- In practice, communism is over in China. Reality caught up with them. But you can't explicitly say that there, because so many Chinese are still emotionally invested in the concept. So the "Communist Party" and its symbols are kept alive, even though it's not really communist anymore. The same will happen to feminism.
- Like communism, abolishing sex roles is a noble goal in theory, but it just doesn't work in practice because of human nature.
- Know and expect that hamsters are gonna hamst. The closer a topic gets to sensitive existential matters such as status, love, sex, gender roles etc. the more self-deceiving bullshit you're going to hear. Pick your battles wisely: you don't have to confront every taboo and every hamster publicly. Accept that it is part of human nature that there will always be emotionally or politically motivated bullshit proclaimed in public without challenge, and that it is not your job to correct this. Instead, use taboo knowledge internally in your own mind as a strategy that not everyone is aware of. If you feel the need, discuss it in private with good, stable friends who are on the same page as you. Don't try to defuse every single false truth: there will never be a utopia where humans don't engage in collective self-deception on a massive scale. Self-deception serves a function on some level and society cannot function without it.
- The masses cannot be manipulated easily; but they can be manipulated utterly.
- When you consider how the masses are manipulated by propaganda, you will understand how futile it is to assign any value to the opinion of a stranger (on the internet or otherwise). Hold his arguments in zero regard

until he has proven his intellectual merit. (That includes your own arguments.) Whenever you meet a random person online, the chances are much higher that he is using "arguments" to fight his own insecurities, rather than for the sake of actually finding truth. The only reason you should pay attention to the brainwashed masses is to probe which way the current wind blows - so you can smartly adjust your behavior accordingly.

- Women are the safest demographic in society, they have special laws and services specifically protecting them. Men have specific responsibilities such as conscription. So don't let any woman make you feel guilty for your "privilege".
- In most public situations it's better to be to-the-point and funny than elaborate. Nobody in the bar has the time or interest to listen to a 30-minute monologue that meticulously covers all angles of a debate. Agree and amplify. Take the example of Patrice O'Neal. When hamsters are spewing their rationalisations, just laugh and shrug. Display amused mastery: you're above that topic and have no need to discuss it, because you are comfortable in your reality.
- Be unapologetically manly. Don't let random people with an agenda (feminists) dictate your view of reality. Instead, look at men who fully embrace their masculine power without shame, and see the benefits they get for it. Most people enjoy being around these confident, assertive, charismatic and skilled guys, don't they? People will RESPECT you for it, women will defend you for it if you come across as genuine and non-bitter. Women even defended Patrice O'Neal. http://nymag.com/news/features/patrice-oneal-2012-5/
- If you try to please everybody, you will end up pleasing nobody. If you defend yourself against everybody's complaints, you will die frustrated.
- Don't justify yourself to people who have already decided on their opinion of you.
- If women were anything like men, then sending a woman a photograph of your erect dick would be a good way to get laid.
- Women think they want to be treated amazingly by someone amazing. Seems obvious, right? However, women will think that a guy is much less "amazing" once he starts doing tons of romantic shit for her. Therefore, one

must treat women "okay" in order to keep them interested in the possibility that they might eventually earn the "amazing" treatment. A man's reward should be proportional, and short in duration.

- If you're not bitter about it, you can get a lot of people to acknowledge Red Pill truths. Entrenched debates ensue mostly when women feel like you're pushing a bitter retaliatory strike on them, painting them as the bad guys. It makes all the difference if you're not bitter but just interested in the way the world works (and willing to accept that).
- Feminism is an equality-disguised expression of the oldest, most fundamental, principle of the human condition: Eggs are valuable. Sperm is cheap. Women matter by default. Men matter only when they have proven their worth.
- Treat women the way other women treat them. In other words, no chivalry.
- A woman's mother is a good indication of how she will become later, both physically and mentally.
- A girl who is not marriage material when she is young will never be marriage material. Don't believe the myth of the "reformed slut".
- Girls of every age are the manipulators far more often than they are the manipulated.
- Unconditional love does not exist. She does not love you for no reason. Being with you gets her something: whether that be domestic bliss contentment or OMG-I-can't-believe-this-is-real excitement, that's up to you. Men have to pay the admission price. Only women get to pay this entry fee with their bodies, and even they have to bring something more to the table for high-quality men. (Be that man who doesn't put up with everything just because of her pussy.)
- Be aware of the female Emma Bovary mating strategy. ("Alpha fucks, beta bucks.") The perfect relationship where two people form a team with completely united goals is impossible. Most of your goals will align, but there will always be diverging interests. For more information, read *The Moral Animal* by Richard Wright.
- Love is the feeling you get when you think you can't do any better. That's why love is a bluffing game. There will always be younger, better looking, smarter, richer, more interesting people out there than you. So how is it that

seemingly regular men are able to make get extremely attractive women to fall head over heels in love with them? Because they are able to convince these women that they are the one with higher value. The minute a woman senses that her value has exceeded her partner's, he's more or less dead to her hindbrain. This is why the beta/BP mindset is so stupid. It asserts that if I hang around long enough, and kiss enough ass, I will eventually be rewarded with some chick's undying love. All those other guys she fucks in the meantime are just "phases." Sit around and wait around long enough and you'll eventually get her without having to work on being a quality guy! But even though the 35 year old chick's value has drastically dropped, she STILL won't love the beta because he will continuously put himself below her, even if his true SMV is higher.

- If you're not exciting and stimulating, the only reason any girl would want to be with you is for your stability.
- Being in charge costs more energy than following because of choice fatigue. The choices you have to make or questions you have to answer during the day fatigue your brain. Even something as simple as choosing what to wear is stressful, which is why Mark Zuckerberg wears the same outfit everyday. The most basic and common fights start when someone asks "so what do you want to have for dinner?" It stresses people out when they have to take the responsibility of making decisions.
- Choice fatigue is why girls actually like it when you simply tell them what to do, instead of asking.
- Don't invest your energy directly in women. Invest it in yourself and let it radiate from you towards women. (E.g., invest in becoming a musician, then perform.)
- Instead of using your energy to aim a tractor beam at a specific girl, invest your energy in yourself so that YOU grow. Eventually girls will be pulled in just by your gravity, without much active work on your part. You won't have pursued her, everything will happen because that's "just who you are".
- An investment in yourself is always a smart decision, but the more you invest in someone else, the more you stand to lose when they leave. Investing in someone else just makes you more dependent on them.
- You'll never have a 100% guarantee that she won't become a net negative

influence on your life, e.g., by cheating, or abusing you, or neglecting you, or talking shit about you behind your back, or leeching off your energy without reciprocating. You do have a 100% guarantee that YOU will be faithful to yourself. So invest your energy in yourself, not in her. You can cut her out of your life when necessary, but you will always have to live with yourself.

- "Man suffers only because he takes seriously what the gods made for fun." (Alan Wilson Watts) Don't take women too seriously, and don't value them too highly. They don't deserve a pedestal. Amused mastery is your friend.
- Take women off the pedestal. They have turn ons just like us but instead of tits and ass it's power and fame. If you've ever had a friend with a bit of fame, he can tell you how women are completely disgusting pigs. They are worse than perverted men in their desperation. It just takes an elite male to bring it out of them. They're sexual beings with near limitless sexual options, and that makes them nastier and freakier than you can imagine. How sober would you be if you lived in a liquor store and the owner said,"everything's a dollar!". You should have seen the 20 to 30 year old women at a concert by Mr Handsome Jake Owen. It's like they're fucking hypnotized, swooning like 12 year olds. There's an old dude on the crew who goes around collecting bras and panties after each gig. And Jake Owen really makes it rain underwear.
- When a girl says she's a "freak in bed" that means she wants to be TREATED freakishly, not that she wants to ACT like a freak. Actually girls aren't wild animals themselves, they are LOOKING FOR a wild animal to fuck them.
- With the right kind of guy, every woman wants to be submissive in bed. This is the kind of sex they enjoy the most, but also feel most ashamed about.
- If she doesn't enjoy being dominated by you in bed, then you're either not "that guy" or she's not feeling comfortable enough to trust you with that desire. For most girls, your dominance is only enjoyable when it is credible: if you're shorter and weaker than her she KNOWS she could overpower you and that's a turnoff.
- Unable to get in a sexually dominant state of mind? Don't enjoy degrading

her? You unlock this ability in your mind outside of the bedroom, when you start experiencing being "that guy" who charms all the girls. Thats when they fall off the pedestal that keeps you from dominating them. You have to experience this power flip: first the girls could make you or break you with one word, now it's the other way around.

- Your girl is replaceable; your reputation is not. Girls get feelings for a guy when they see how much other girls are into him. So if you let your girl disrespect you, e.g., by being the guy who gets cheated on for 2 months, that sends the subconscious message that you're dating out of your league and you're not that great of a catch after all. You'll find that girls somehow don't dig you anymore when you have this reputation.
- http://www.ncbi.nlm.nih.gov/pubmed/24907050
- http://www.sciencedirect.com/science/article/pii/S0022103109001048
- You cannot expect a woman to be your true confidant, your soul-mate, and your respite to lean upon during the stormy times in life. Hypergamy dictates that if you want her to be attracted to you, you have to take up the leading role. If she loses confidence in and respect for you, she will go about illustrating her resentment by making your life as miserable as she possibly can. This may be one of the hardest lessons for a man to learn in life because it turns the whole notion of modern love as an equal give-and-take relationship upon its rear. The implications can be rather depressing, as it means that on a certain level a man will always be alone. A parent who expects their child to be their equal friend to lean upon for support, will also find himself sorely disappointed. The child instinctively expects the parents to be superior and to cater to her needs. The reverse will only result in a resentful child and a heartbroken parent. Although a child really likes hearing that she is as mature as an adult (and thus can go to bed as late as she wants), she merely wants lip-service: the moment you start actually holding her to adult responsibilities, resentment kicks in.
- When your girlfriend calls and acts all sad or upset for no reason, the worst thing you can do is take her seriously and make a big deal out of it. She is looking for someone to take the pressure off. She is looking at you to take her hand and ground her in reality. So if you take her sadness seriously, then the message she receives is that there apparently really is a good reason for

her to be sad! I'm not saying you should dismiss her emotions. You're walking a thin line: on one hand you need to acknowledge how she feels and make her feel understood, but on the other hand you need to be the cheerful optimistic guy so she can join you in that state of mind. What she wants to see is a man who understands how she feels, but who knows and shows that it's going to be all right. So you distract her and show her the good sides of life by telling an engaging story, dancing with her, whatever works for you.

- Don't let overly needy women abuse you and suck the energy out of you. Like children, you support and guide them, but you do hold them to a certain standard of self-reliance. If she's calling you crying about something every day, don't be her Oak Tree. You have better things to do.
- If a lot of women want to fuck a man, it means he is in the top 20% most attractive men. If a lot of men want to fuck a woman, it means she is a woman. This is why male sluts are respected.
- If men could spend one day in a woman's body... they'd fuck half the town and be frustrated with how cold their hands and feet keep getting. If women could spend one day in a man's body... they'd walk out of the house feeling like they own the world, ready to finally be the privileged fucker who gets to objectify women and conquer them with his dick. Then they'd fail horribly at seducing anyone, be surprised at how nobody gives a shit when they walk into a bar, be upset at how invisible they are and how nobody cares, and be insulted at how entitled and superior women suddenly act. After 23h of this shit they'd be so frustrated at their utter inability to get laid, that they'd haul their miserable asses to a whore house since it's the only way they could get any action.
- Every time a woman exercises her "independence" at the expense of her man, she is sabotaging her own sexual attraction to him. Every time a man meekly defers to his wife, submitting to all her decisions, he squashes his own sex life.
- Little boys get browbeat by women and on television they see grown men browbeat by women. Many have fathers browbeaten by their wives. It can make men never realize that the rope tying their foot to a post was only strong in their youth. Now that you're a grown man, try saying something edgy to a girl. On a date and she's on her phone instead of making an effort

at conversation? "Wow you're really interesting." She: "really, you think so?" You: "No! Not really." Then you'll see that the female wrath you feared so much, is not so powerful anymore now that you are a valued man.

- Low SMV guys can't win by mate guarding harder. It simply confirms their low SMV. The ONLY strategy worth pursuing is to gain status, get a toned body, cultivate passion in some talents, then have your girlfriend/wife see how many other women are interested in you.
- What girls tell you about themselves often does not match up with their actual behavior. What they tell you is how they would like to see themselves; how they behave is how they really are. For example, she gives you the impression that she's strong, shows you her black belt in martial arts, saying she can defend herself. Then when she hears a noise in the middle of the night, she gets scared and will feel protected only if you take charge of the situation. (But she can't verbalize this and hence won't tell you explicitly.) If you don't take charge and instead expect her to follow up on her words, she may feel resentment towards you that she herself cannot rationally understand. The underlying question her subconscious is asking you: "Are you confident enough in your understanding of the world and of me, that you know what will make me feel happy and safe better than I do?" She wants you to "just get it", despite all the misinformation. Her emotions operate by the rule that, if you have to be taught how to be an attractive man, you're not the real deal.
- The unicorn girl whose ultimate thrill is to just cuddle at home with her reliable but boring partner doesn't exist. Sure, many girls choose to cuddle at home with such a guy. That doesn't make them unicorns, because their hindbrains will still respond well to the excitement of being taken along on an exciting guy's adventure. They're still women, they're still hypergamous, and they still follow the Bovary strategy (AF/BB). Social status is a big factor of attraction for women. If you want her to be sexually attracted to you, you will have to be exciting and stimulating. End of story. If you're boring, you will at best be the provider guy with her PRETENDING that she thinks you're hot.
- So you've seduced many women, but "this one is different". What's different about it? That she's yours? Please. You gamed her, but any guy with similar

skills can do the same thing.

- Women pick the men that get to have their pick of the girls. It's like they collectively elect a few Kings among all the men, and then each woman hopes that one such King will choose HER of all women to be his Queen.
- Women hate stable, unless it is the stable Beta Bucks that allows her to seek Alpha Fucks.
- She desires and pushes for you to become consistent and predictable. This is her version of conquering. If she never feels like she's conquered you, she will always want you. These are the women who will make a big show of saying, "Ok, I'm done having all this sex with you. I've found a guy who can be a good provider and father, he treats me right and pays for all our dates and brings me flowers. I'm going to start a new life with him." And a month or two later, she's back in your bed screaming because there's just something so "magnetic" about you and she "can't figure you out."
- A woman would rather be beaten to death than bored to death. Seen on a confessions website: "My husband suffers from PTSD and used to hit me. Now we're in counselling together and we are doing great a year later. But I secretly miss the aggressive, passionate sex we used to have before the meds mellowed him out so much."
- If you're fit, successful, socially apt, and in possession of useful and interesting skills and hobbies, you should be able to have a decent life without women. Women would rather line up to be the gravy on your awesome life than be the main course, featured on the otherwise empty plate of a loser.
- The era when men courted women is over. We're in the age of building attraction and escalating that into sex. You don't do that by being a gentleman, you do it by being fun and exciting and stimulating and mysterious and impressive and challenging and maybe a little dangerous.
- Don't look for a mother-figure in your partners. Instead, become your own father figure. Find that parental authority and stability in yourself.
- If the boyfriend insists on being vulnerable, some women switch into caretaker mode, and that destroys all sexual chemistry. A woman may enjoy the process of discovering a man's vulnerabilities (so she can set her hooks in him) but she doesn't want the full level of responsibility. Her man is her

rock & oak tree, not her child needing nurturing and protection. She wants to be the little girl. The man being emotionally dependent on the woman is the worst place for him to be in.

- When a girl feels her passion for a guy waning, she will slowly emotionally detach herself from her boyfriend over the course of months. During all those months she'll never mention anything to the guy. She's covertly preparing for a break that is as easy on her as possible. When she's finally ready to tell him it's over (which is usually when she is sufficiently assured that a new guy is interested), she can immediately move on.
- Don't immediately confront someone when you are suspicious or have a small amount of unclear evidence. They will become more private, secretive and learn how to hide things better.
- When a cheating girl gets caught, she often first scrambles to try and make it official with the hot lover. Usually that fails, and then she crawls back trying to patch things up with the original beta boyfriend, the safe backup plan. Anything is better than being alone.
- The absolute worst thing you can do to a girl is "nothing" her: zero emotional reaction, utter abandonment. If you get angry, she will use that to spin her internal narrative so that she isn't the bad guy. She only cheated because you are angry and abusive. But if you give her the perfect poker face and only 4 or 5 chillingly calm words, she will have very little ammunition to use when trying to fight her own guilt. That's what will destroy a girl inside.
- When a woman fails at climbing the corporate ladder or at launching her career as a comedian, she can blame sexism and the glass ceiling. When a man fails, he is not allowed to blame anything but himself. Men are expected to succeed against all odds, and it has always been this way. Failure in a woman is considered as "not so bad", because at least she still is a (valuable) woman.
- Your girlfriend fears and/or doesn't like your mother because your mother knows what kind of shit she pulled on your father, and fucking nobody is allowed to do that to her son.
- Society protects women without question and rejects, or at least abandons, men who cannot protect themselves. Also without question.

- The world is not looking out for you. Even your own tribe isn't looking out for you, they are looking out for their women and children and expect you to do the same. When a woman accuses you of rape with no evidence except her word against yours, who will everyone believe? This is the lot a man has to bear in life. To compensate for it, life made you less emotional and more capable than those women who need protection.
- Every cooperation, partnership or pair bond exists because both parties derive benefit from it. The partnership is possible because most of your interests align: in 80% of the cases, what's best for her is also best for you. But for the other 20%, there is a mismatch of interests: either party A benefits at the cost of B, or party B benefits at the cost of A. This sets the stage for a tug of war where both parties try to fine tune the details of the partnership to their benefit. Usually, the person who is the least dependent on the partnership (most willing to blow it up) wins the 20%. Although both parties benefit, the winning party benefits more.
- Nobody has your interests on priority #1 except you. Your parents have your interests on #2 or #3 (after their own, which usually align with yours). Your partner also subconsciously prioritizes your interests after her own and her family's.
- In every couple, one person is always slightly pining while the other is settling.
- "Once you accept women for what they are you will learn to appreciate them in ways you never dreamed possible before. The way a real smile differs from the fake shit you get every day. The way her body just seems to slide perfectly into your favorite sexual position because she's realized what you like. The way she responds when you remain stoic in the face of her capricious whims. Women are great if you let them be."
- Trust your instincts. Your gut feeling is usually right about shady girl behavior. Your brain tries to deny it, because that's how you have been conditioned by the feminine imperative. The blue pill dream says: women are noble loving honest creatures, she would never do such a thing. She deserves your trust so you should definitely not investigate these red flags. Instead talk to her about your worries. (So that she can go ahead and hide the evidence.) If you see the red flags and refuse to believe she's cheating on

you, I know a Nigerian prince who's got a great business opportunity.

- Society spends most of your life programming you to ignore your instincts. "You're just being untrusting, you should trust her", "That's just irrational, I'm sure there is a logical explanation and you'll laugh about it", but yet, when these suspect things happen it seems there is always fire to the smoke. Most guys have a fairly good understanding of what is real and what is just being irrational, but the world has a habit of telling them that their observations aren't real. The human brain runs millions of calculations a second, most of which we'll never consciously be aware of. Just me standing in my kitchen, holding my phone and typing this is nothing short of amazing. When your brain/instincts/guts tell you to run, just fucking run.
- "You're making a big deal out of it; it's just a phone number!" That shit IS a big deal if you say it is.
- If there's an asshole guy in her life and it's not you - watch out. If he were a loser who acted like an ass she'd just call him a loser. The fact that she calls him an asshole means that she cares about how he treats her. She longs to be treated well by him, because she values him on some level. The chase is on.
- When it comes to relationships, your end goal is not to keep your girlfriend/wife with you. Your end goal is to keep a high SMV (sexual market value). A high SMV ensures that your girl will stay, and if not, that you will find another one. With a low SMV, even if she stays, it won't be genuine (since she won't be attracted to you) and you'll constantly fear losing her. So even in a relationship, your focus should be to maintain and increase your SMV.
- Reputation is everything. When people try to fuck you over, be prepared to cut them out of your life or fight them if necessary. If you establish a reputation as a pushover, you become a target for bad things. The opposite is also true: when people treat you well, be willing to reward them generously. (But don't reward people for no reason.) If you establish a reputation as a generous friend, you become a target for good things. So tip well in a restaurant, for example.
- You teach people how to treat you. If somebody pulls a trick on you and you don't call them out on it, you're sending the message that this is normal.
- You teach people how to value you. If you have internalized the belief that women are superior creatures, you'll supplicate to your girlfriend and shower

her with attention. She will get the message that you're not such a catch after all, and your attention will be like water to her: she takes it for granted, but gets upset when it stops freely flowing in her direction.

- Waterworks are easy for a girl and years of experience have taught her that when she cries, people will come to her aid and give her what she wants. The correct answer to her "I'm sorry" is "What are you going to do to prevent this from happening again?"
- When a woman likes a man, she looks up to him and treats him like a king, yearning for his approval. All the other men she looks down on and expects them to reverentially kiss her ass, treat her like the queen she is, etc.
- When a woman likes a man, she's constantly trying to prove herself to him, afraid that he'll think of her as childish, not good enough, pathetic, and so forth. Her fear originates in PROJECTION, because that is exactly how she looks down on the lowly guys that like her, and how she thinks those guys should be behaving towards her.
- Donald Rumsfeld said once that weakness is provocative. Women understand and respect power when they see it, and will then allow themselves to treat you reasonably. If they see a lack of it, they will not stop themselves from using you for free meals, free rides, and so forth.
- People's feelings are always in the present. They care less about your past failures to achieve than you think. If you show up successful the next time, that will be the reality they remember the most. Past success is not a guarantee for the future, but likewise past failure does not doom you forever. For example if you've failed to answer people's messages for a few days, if you get back on track they'll have forgotten about it in no-time.
- Being a man is a high risk game - you either win big, or you lose big. You're either a hero or a zero. You can either engage in the harsh competition, or be a chump.
- "Rules are for the obedience of fools and the guidance of wise men." Rules exist for pragmatic rather than absolute moral reasons. They are pragmatic because they benefit whoever instated them or pushed for them, more often than they are harmful. Some rules are meant to be broken by a certain selection of people who qualify. For example, when an unattractive man initiates a flirt with a woman at work, he is a "creep" and may get reported

for harassment. When the man is attractive, it's extra hot to her because he was so confident that the risk of getting reported did not repel him. In this case, the rule against harassment serves as a filter to weed out unattractive guys - it owes its existence to that pragmatic effect, while the morals that people cite (and believe!) are only used to justify it. If they really believed in those morals, they would also report the attractive guy to HR. But instead they fuck him. Conclusion: the rules and morals are just tools.

- The rulebook should only be broken by people who have first understood and mastered it.
- Follow the small rules and you can break the big ones.
- Your body and mind are tools that need to be used and maintained with care. Don't abuse or overload them by endless exercise without rest. Endless thinking is also overloading! If you only care about it when it's broken, you don't deserve it at all.
- The same thing is true for your status and social standing. If you only care about it when it's broken, you don't deserve it at all.
- Eat well, don't forget the proteins. You will feel more energetic.
- You cannot control which thoughts pop up in your head, but you can control which thoughts get to stay to be taken seriously. Meditation teaches you to let thoughts appear and to immediately let them fly out of the back door again, without judging or engaging them.
- The veneer of civilization is thin. Look at how fast things get out of hand when a minor disaster strikes, let alone in places like Africa. That's why every man needs some experience with fighting and other primitive skills. It doesn't even take a disaster for you to be confronted with this part of human nature - just a night in a neighborhood with a lack of police, or a heated exchange in a bar. Don't fool yourself into thinking the state protects you 24/7. Don't fool yourself into thinking gender equality is still a thing when shit hits the fan. There are no feminists in a burning building, sinking ship or bar fight.
- Just the knowledge that you would be able to fight should it ever be necessary, will change the way you interact with the world and the way the world interacts with you. The Mutually Assured Destruction doctrine wouldn't have worked if the US or Russia had dismantled all its nuclear

arms.

- The more you hang out with a crowd, the more you'll become like them. Hang out continuously with internet crowds like Reddit and you'll be overly serious and offended at everything. Hang out continuously with 4chan and you'll be lazy and weird.
- If you keep hanging out with a crowd you've surpassed and grown out of, you will stunt your growth and stay on their level. If you want to grow, hang out with people who are better than you and who are sympathetic to mentoring you. Or even just one such person.
- Beware for narcissism and narcissistic withdrawal in yourself. People who are highly successful get used to the large amount of praise and attention. When their external validation stops (e.g., right after a star's tour around the country) their dopamine levels drop and they get withdrawal symptoms.
- This is your life, if you don't want to marry her / live together / have children / whatever, that is your right. You don't need to provide a reason to a committee who accepts or rejects it. (Hint: she and her friends will try to be that committee.) Do not let people shame you into giving up your right to making your own damn life decisions. It's always courteous to give a reason when you're breaking up with someone, but the moment that person starts disagreeing with your reasons (i.e. challenging your right to making your own decisions), that's the moment he/she loses eligibility for such courtesy.
- "If you really loved me, you would do X for me." is the classical line of emotional blackmail. Clearly set and defend your boundaries.
- Men are overt, women are covert. A girl will just do what she wants and take her chances that you'll not notice or stay silent about it. She'll do her thing as stealthily as possible. If you ask any questions about it, she will mislead you and divert attention away to something else (e.g. "why are you not trusting me?"). That's why the man needs to ACTIVELY maintain his boundaries. If you aren't calling her out on bullshit, that means she's getting away with bullshit.
- She has to feel a little discomfort, because if she's 100% comfortable, that means you're taking all the responsibility and making all the compromises while she has to put in 0 effort. If you hold a person to a standard, they will face some level of pressure. A completely comfortable wife means a wife

who is not held to any standard.

- All your words, gestures and actions within your relationship can be perfect, but if you don't have status, it will fail. Telling her "I believe in you!" when she's feeling insecure before an important presentation at work means nothing to her when you are a jobless loser. She will only feel encouraged and supported when this is said by someone whose advice people respect. If that's not you, then it'll be her professor who she "maybe thinks is a little bit attractive".
- You will always depend on a few people in life. Many great jobs are found through the recommendation of a friend who already works at the company and is willing to vouch for you. Neighbors have skills you are less talented in. This is not a problem as long as you choose the right people to depend on, keep your boundaries and treat them right. The latter requires that you also have something to offer, i.e. have your own unique skill.
- Be generous with your time, but only to those who have deserved it. Treat the rest with firm boundaries: don't let them manipulate you into listening to their yapping for hours or doing free stuff for them. In other words, don't be a pushover. Realise that your time is valuable.
- Smile and be friendly to people who have deserved it. Treat the rest with a firm and confident common courtesy. Get rid of the supplicating smile that screams "please like me!"
- Give and perform from a confident position of abundance, not from a supplicating position of need (for approval or acceptance).
- Demonstrate, do not explicate. Be awesome, don't tell everyone you're awesome.

Another Collection of TRP Gold from the Comments

Compiled by DCLdit.

Article link.

- Don't tell anyone. It's like Fight Club. Whoever wants to know truths will come to you seeking for advice, presumed you show how to live a good life. But if you just tell them, you scare them away. People won't acknowledge any ideas unless they found their own way towards that idea. *By wall-of-meth.*
- Perception is 9/10. The feminist propaganda machine has been eroding away masculinity since its inception and they had a firm hold on Reddit, and to a larger extent the internet until the Manosphere came along. Combine this with the recent shooting and you have all the hamsters on full tilt. Honestly, RP should radiate from the inside without being plainly discussed, and any man who goes around talking about it like a preacher deserves his retribution. *By SoftHarem.*
- "After I got out I saw her pull the next guy she saw into her room so they could fuck." When the spinning stopped, the young girl dismounted the ride, walked to the front, and placed another token in the slot. With a jolt, the machine slowly rolled into motion. Quickly, the girl scurried back, wrapped her hand around the pole and lifted herself back onto the stallion. A smile slid across her face. The carousel was her favorite ride. *By theredpillager.*
- "Oh so if a wife doesn't feel like having sex that makes it ok to cheat?" Always convert hypothetical tests to specifics. When a woman poses a hypothetical scenario, she isn't philosophizing, she is concealing. Blow away all pretense by answering directly. "Yes, if you cut me off, I will cheat. If you violate the contract, there is no contract." Do not let her establish the boundaries of the conversation. In the example above, I ignore the slippery "wife doesn't feel like" bullshit, and re-frame the issue much more

specifically: "if you cut me off." My rules, my terms, my boundaries. *By RedPope.*

- Maintaining the vigilance of being "ready to walk" at all times is what makes my current relationship simultaneously the most difficult I've ever had and the most rewarding. Way to stick the dismount, brother. *By deepsouthscoundrel.*
- Good thought, but if you next a girl every time you get a compliance test... You're gonna have a hell of a turnover. *By boredinclass2.*
- Then she got drunk, and shit tested me bad: "You know, you should be nicer to me. You can tell I have a lot of options." My casual response: ".....well you gotta do what you gotta do (smirk)" Her: "just be nice every once in awhile!" Me: "I'm getting a beer." She proceeded to fuck the shit out of me in the back seat of my car within the next 20 minutes. *By sway_USA.*
- No. I make no overt effort to tell my girl that I could leave her and be perfectly happy. All I do is ensure that if I ever needed to make that known, that she would implicitly know that I could actually make good on the threat. She would know this implicitly because I'm fit, handsome, financially sound, well-dressed, and socially apt. That is the vigilance I'm referring to. All of these things take time and effort to maintain, but the payoff is insurance that A) she probably won't leave me, and B) even if she does, I'm fine, because my validation, happiness, fulfillment, and self-esteem come from neither her nor my relationship with her. *By deepsouthscoundrel.*
- "You are not a betabux guy. You are a high value man who is not going to get sidetracked from his goal in life by a woman." Words to live by. *By seattleron.*
- Implying you want to fuck with words but letting your actions do the real speaking is the best way to escalate quickly. Straightalk isn't sexy. *By MachiavellianRed.*
- (After digesting TRP, OP is no longer interested in women.) The deal with this mentality is that is allows you to act freely and in accordance with your true self and desires, and that is attractive to women. It does still require action, though, but only action if you are authentically interested in it. This mentality also means that you are very unlikely to bend to another's will (especially if there is nothing in it for you), also very attractive. This is why

you see it advocated so often to improve yourself and pursue your own interests without regard to others, especially women. *By I_drank_wot_m8.*

- "No. She is challenging you because your success doesn't mean shit to her, unless you are free and loving. And if you are free and loving, nothing she says can collapse you. She wants to feel you are not collapsable, so she pokes you in your weak spot. Of course she knows how much this moment of success means to you. This is precisely why she is negating it. Not because she wants to hurt you. But because she wants to feel Shiva. She wants to feel your strength. She wants to feel that your happiness is not dependent on her response, nor on you making a million dollars. She wants to feel you are a superior man." Of course the answer is agree and amplify, ignore the test, and change the topic! Grab her in your arms, pin her to the couch and say: "You want cream, I will get you some cream." *By BluepillProfessor.*
- Another thing that I want to point out is that when you fix your marriage it is going to take a while. She has become accustomed to you are her little beta pet/toy and when you start trying to assert yourself it is going to cause waves. Take this step by step and be patient. You're the one that got yourself into this mess. You can't just click a magic button and have it fixed. *By mordanus.*
- Pursuing what you desire, and being willing to walk away if you don't get it isn't an asshole thing to do. Don't let anyone tell you otherwise. *By Cosmicandy.*
- You know, a lot of what happens on TRP is finger pointing at something else. "Look, women are horrible because they cheat a lot." I think men need a long, serious look at themselves, to see the type of women they're attracting and why. Men need to have the attitude that if your woman cheats, won't have sex with you, or gets fat then it's your own damn fault, either you chose poorly, or you're not leading well enough. I understand women now, they're not difficult, even the slutty ones. Take control of yourself, THEN look for a woman (if you want). *By TRPTosser.*
- (Shit test: "Did you know were we gonna hook up?") Agree and amplify. Tell her that the plan went off with out a hitch. Or go over the top. "Well, I originally planned for us to get hitched last night, but the justice never

showed up, so I guess just the hook up will suffice." "I originally planned for a crazy orgy... but I figured we could just start small." "I always plan for sex, no matter what. Makes dentist trips really awkward and disappointing." *By redpillschool.*

- (A Red Pill way to receive compliments.) From The Charisma Myth: How Anyone Can Master the Art and Science of Personal Magnetism: Stop. Absorb the compliment. Enjoy it if you can. Let that second of absorption show on your face. Show the person that they've had an impact. Thank them. Saying "Thank you very much" is enough, but you can take it a step further by thanking them for their thoughtfulness or telling them that they've made your day. *By who_whom.*
- "I have to ask you guys, do you still respect woman, and what do you find to respect about them if you do?" Do you respect a man just for living? Of course you don't. You don't disrespect him either, you are indifferent. Every single man needs to earn your respect. Now, after taking The Red Pill, women do too. *By redpillshadow.*
- For most "average" men, the problem they face is just plain getting a woman to have sex with them with any degree of frequency. Forget their likes, dislikes, or anything even remotely approaching quality sex. Just getting their wives to put out more than once a month is already an insurmountable hurdle. So I tend to prioritize frequency over quality and advise most married guys to do the same. You can work on quality, but if you're not having or barely having sex at all, that's a much bigger problem. And a much more common one. *By Archwinger.*
- Women hate each other, passionately. You think the female propensity to discard a man they no longer need or are no longer attracted to is bad? Just watch how they treat other women. It's fucking vicious. We have it easy. Women are incredibly worse to each other. It's a funny dichotomy. Women are extremely pro-woman, always siding with one another and with the female gender as a whole independent of logic or reason, but when dealing with specific women, as individuals, they hate each other's guts, put on a front when they're together, and tear each other apart the moment their backs are turned. Even their true friends aren't safe. One slip up, one loser mistake, and she's off the invite list to the next outing, during which everyone there

will promptly gossip and make fun of her. *By Archwinger*.

- It's looking at the same thing from a different angle. The fact that you're awesome enough to have frequent sex without her is the very thing that drives her to have frequent sex. Kind of an awesome vicious circle. Sex begets sex. But lack of sex also begets lack of sex. *By Archwinger*.
- But through all of this, yes, most certainly, you have to be okay with the possibility of your marriage ending. Being at-peace with the possibility and knowing you'll be okay if she pulls the nuclear option and burns everything you've built to the ground, children, house, finances, career and all, is absolutely essential if you plan on coming out the other end of a bad marriage. *By Archwinger*.
- I've pondered on this awhile. Basically it comes down to two things: - Can you tolerate the loneliness of only having plates. - Do you want kids some day. *By leftajar*.
- Forget the label "plate" and what you think it means. Be honest and direct with what you're looking for and the value you offer - either she's into it or not. A simple deflection and reiteration of getting together would likely bypass her text reservations - "I'm not worried about it. Let's go have fun." If she's cold in person, compare what you're getting against what you want. Then, move forward. Certainly don't ever think you've got a plate "secured." Spinning plates fall. *By secret_barber*.
- (Do I move on or cancel and try again later?) You: what day are you free? Her: <says a day> You: Meet for a drink at x at 8pm. She will either tell you a day and show up or flake out. In either case the sun will still rise tomorrow. *By tombreck2*.
- Women's sexual market value determines their place in society, whereas men's place in society determines their sexual market value. A woman who has managed to snag a high SMV is automatically labeled a "successful" woman and is admired (more like, envied) by other women. Even though she has literally done nothing of note. *By TRPsubmitter*.
- A man will project positive qualities onto a woman he is attracted to. He'll see her as virtuous when she is anything but. That and all the princess-worshipping blue-pill fantasies he harbors. He sees himself as a noble hero out on a quest to win his fair maiden's heart. His idealistic fantasy world is a

pleasant escape from the reality that he is a pathetic beta turd and the girl is a nasty manipulating ho. "She ain't pretty, she just looks that way." ~ *Northern Pikes By RedPillDad.*

- "Why not? Life is short, life is dull, life is full of pain. This is a chance for something special." this sentence is catnip for women. *By HAMMURABl.*
- "She seems annoyed" "But she hasn't turned up the telly" Women would rather be dead than bored, and men should prefer them mad than ignoring them. *By anonlymouse.*
- "Chief, eyes on your own paper." - love this line, but only use it if it's very explicit checking-out. Being too defensive and protective is a massive turn-off. *By This_Is_Cat_Country.*
- Still a great line. I find friendly pronouns mixed in with sentences rather than direct commands or using their names can give interesting effects. Chief, boss, man, lad (humor if not typically used in US), etc. Spins things in a different direction. "Chief, hand me that wrench will you." is different from, "Hand me that wrench, lad." You can use it to disarm or display dominance over people as needed. *By bossbang.*
- Trust people (even women) to act in their own (perceived) self-interest at all times. You won't be disappointed. *By WishIHadMyOldUsernam.*
- How do you trust anyone? Trust yourself, trust your judgement, don't take things personally and don't let others control you. *By lonGterMgoalS.*
- (On dealing with loneliness.) Stay busy and distract yourself. Personally, if I start comparing myself to other people I very quickly fall into a pit of despair and wallow for hours or even days. Accordingly, I make a conscious effort to repress those thoughts and fill my schedule such that I have little time for rumination. If you're always engaged with something, you're much less likely to feel inferior or lonely simply because your mind is on more important things. I'm already a fairly busy guy with school, work, gym, studying, and student organizations, but I also read a lot of books, write software to solve problems, etc. Similarly, I think it's good to always be talking to multiple girls at once. If there's only one and something goes wrong, you'll overthink the situation and probably do something beta to "fix" it instead of just waiting for her to come around. If you have multiple girls you're working on, your mind will focus on them instead - i.e., something

productive rather than destructive. TL;DR: Idle hands are the devil's playthings or whatever. *By hakett.*

- "I can't have sex tonight..." This is an IOI in the form of plausible deniability ASD. She has already imagined having sex with you and whether or not she is on her period is irrelevant. Don't answer. *By tombreck2.*
- Women don't care so much about what it is you're telling them, so long as it's THEM you're telling it to. Attention is attention. If your plan is to punish a woman, stop feeding her the emotional stimulation she craves so much. Don't argue with her. Instead, withdraw your stimulation. Without your attention, dread begins to emerge from within her. She begins to fear that she's pushing herself off your radar. You're not doing it to her, she's doing it to herself. Even your anger is a form of validation. Women would rather be hated than ignored. *By HumanSockPuppet.*
- This is good information and I'd like to expand on the idea of only giving away bits and pieces at a time. Information, like currency, has value. Treat your personal information as such. If you are freely giving away information about yourself to anyone and everyone, this information holds very little value to the people that receive it. Inversely, if you pick and choose a select person or group of people to share things about yourself with, that information is understood to be more rarely available, and valued as such. *By tizenkotoko.*
- "If you do go out to pick up, cut your losses when you're coming up empty and dodge when it's time to dodge." I can't remember where I read it - I think it may have been something to do with partying/gambling in Vegas - but it applies to what you're advising here: Don't chase the night. *By RedSunBlue.*
- Which is why a dangerous dark triad drug dealer with tats and a criminal record will always score 100x more than a sensitive gentleman who cares about her feelings: even if the feeling she gets is the constant threat of being raped, murdered and dumped in the river, that beats the hell out of the feeling she gets from "well this guy is nice, I guess." The thrill of danger is still a feeling, and feelings are everything. *By gekkozorz.*
- Well said. They want to emote freely and not be judged for all their crazy crap, because it was just their feelz of the moment. *By RedPillDad.*
- It's not to feel good. It's to feel. Emotional drama. They want to laugh, cry,

carry on, complain, get pissed off, be happy, be worried, feel protected, be disgusted, be praised, be amazed, and many other emotions. You got a content, relaxed woman, well now she is bored. What do bored rich housewives do, who have everything? *By some12talk2.*

- Accepting pain and comprehending the truths associated with that pain are Red Pill traits. Women hamster in loops of happiness, they alter reality to avoid pain. Men experience pain to anchor more firmly to truth. It's better to be male in the long run. *By RedPillSafe.*
- Being bitter is part of the process of unplugging. Staying bitter is not. Being reminded of this fact is a service to your fellow man. *By barzerobar.*
- It's all about the personal context. When I first showed signs of becoming unplugged, my brother referred me. He didn't advise me what to do but left it to me to figure it out. As I progressed working thru the stages (I didn't even know there were stages at the time), many posts like these do offer guidance on top of the sidebar. Regarding projecting weaknesses, when you recognize it being projected, I often ask myself, do I suffer through the same weakness? If so, what do I need to do about it? Some things just need to be pointed out to you, directly or indirectly, before you are cognizant about doing something about it. *By barzerobar.*
- Sure there will. But if you are good enough in her eyes, if you are running tight game, holding a proper frame, and being a man she respects, it significantly reduces the likelihood that she will swing to new branches. Women love, cherish, and adore stability and normalcy. Only the sluttiest of all sluts will throw away a high-tier man for the whim of a man who "might be a little better." Women are risk-averse by nature, it's what makes them good mothers. However, if she's looking for other, better options, it's not only because a slightly better looking man than you shot her fuck-me eyes at Starbucks. It'll be that and the fact that you are failing to be the man she was attracted to when she first met you and decided to start fucking you. *By JP_Whoregan.*
- Actively looking for shit tests in everything is a pitfall that newbies frequently fall into. If you're constantly looking for shit tests, it means you consciously care about passing them - which in turn means that you're looking for approval, and that your frame is weak. Knowing what a shit test

is is mainly useful for identifying moments in the past when you made mistakes and your woman lost attraction for you. But if your goal is to raise your value by passing them in the future, it's best not to become fixated on them. *By HumanSockPuppet.*

- In the office there are about 90% female employees. I can conform you absolutely must hold frame at all times. Do it and you will be popular. Fail and they will pull the "creepy" card on you HARD! *By raceAround126.*
- I remember I was eating lunch with all of my coworkers and this "alpha" female who was older and kinda just ran the table conversation through her started badmouthing a coworker as soon as he left the table to everyone else. I let it slide but then she said something like "He doesn't even know how to take care of his woman, they will be divorced within a year" (he was just getting married). I immediately cut in and said "woh woh, you know I like both of you a lot, but you can't do that. If you got a problem with him, you say it to his face not to his co-workers." She tried to hamster out of it and come up with excuses and I shot it down. The very next day her and the other woman who ate lunch with us were TOTALLY different actions to me. Its like I solidified myself as a higher tier man in the social structure because I told her no. *By Meglomaniac.*
- Play the game on your terms or don't play at all. It's quite simple and more conducive for your happiness in the long run. *By AfterC.*
- Yup. Girls do not communicate honestly with men. If a man gets back with his ex, he says "I'm back with my ex." If a woman gets back with her ex, she just stops answering texts (unless she wants something else from you.) *By thredditsowaway.*
- In my 20s, I was just a guy working all the time and it wasn't until I turned 27 that I got ANY significant female attention. The higher your pay, the earlier it can happen for you. And yes, read books. Get into interesting hobbies. Meet interesting people. That's all admirable but if you don't have the money, you're just a great conversationalist. It's mostly about the money. It's all in what you do with your money all those years that you're invisible. Save it. Don't worry about a relationship, much less having a girl move in with you and have your baby. And if you don't have one, for the love of God, I implore you to not feel down about not being in one! You have a great

opportunity to be somebody if you don't let your dick get in the way. Think with the big head, not the small one! *Author unknown.*

- My favorite quote from *The Count of Monte Cristo* is "Life is a storm, my young friend. You will bask in the sunlight one moment, be shattered on the rocks the next. What makes you a man is what you do when that storm comes. You must look into that storm and shout as you did in Rome. Do your worst, for I will do mine! Then the fates will know you as we know you." The take away is it isn't about how hard your life is or the burden put on you it is how you weather the storm. *By stillnoturday.*
- Also, if you are ever sitting by your phone waiting for a girl to text you then you are already failing. *By tombreck2.*
- Its more so than the "Brad Pitt" rule. Think of it as a role reversal. If a hot girl came and asked you out, but you legitimately could not go, you would suggest a new date. If you would do that, so would she if she was interested. *By SikPon11.*
- Couple of ways you can approach it, depending on her personality. "Are you done now", said in a flat, almost bored way works. Alternatives are: 1) Laugh. Just start chuckling, increasing in intensity matching the intensity of her tantrum. Pretend she's a 4 year old getting mad at you for not saying hi to her imaginary friend. Shit is hilarious. "You're so cute when you're spazzing out" 2) Walk away and do something else, without a hint that it's bothering you. Check texts, surf the web, pop on the TV and kick your feet up, etc. There are others. The essence behind each one is that you are an emotionally stable adult male, and she is completely unable to rock you. *By Cyralea.*
- You know what I do when my niece gives me sassy insolence? I spank her and shut her in her room without her phone and laptop so she remembers the importance of respecting the man who protects and provides for her. Women are not adults. They are children. Proceed accordingly. *By HumanSockPuppet.*
- "Do not mention this to your plate, LTR, or wife what have you. You will not win a woman over with a logical discussion about how men and women fundamentally are. You utilize the skills we teach her to win her with that knowledge." Unable to parrot this enough. DO NOT talk about it to women.

They don't, will not, and blatantly refuse to understand this concept. Ultimately, TRP is not about them it's about you. You do it to improve your life and yourself. *By crazyberzerker.*

- Think me, speak we. Always think of yourself as an individual, it keeps you from being needy and putting the girl up on a pedestal. However speak we, because you are subtly introducing the idea of you two being together and making her more comfortable with whatever choices you decide to take. *By redshirt66.*
- What's the saying? Something like, "No matter how beautiful you think she is, someone is sick of her shit." *Author unknown.*
- Get them wet. Treat them like dirt. They'll stick like mud. *By Aphoc.*
- Just learn to fuck like a champ. They always come back. Be that asshole who gives her a good dicking. It's easier than you think. Be selfish, and don't care. *By Gimprome.*
- Women are attracted to the feelings that they receive from a man but not the man himself. *By tombreck2.*
- It's normal to be angry in the beginning. The quicker you get over this anger the better off you will be. It is not good nor productive to be angry at a woman for acting like a woman. *By -Tyler_Durden-.*
- Some of my friends really got hit by this change in their lives. I think if you're the type of guy that really defines your value based on the number of interested women than it can hurt your self esteem. *By asdfghjkltyu.*
- All I see ahead is continued improvement and achievement. I really feel like I'm just entering my prime and my value as a man will keep going up now that I've figured out the rules. My opinion is that you can definitely hit a stride in your 30s, even if your 20s was crappy. *By tuxidomasx.*
- I've had more success saying "are you as fun as you look?" And this is from RSD Jeffy: "I'm at the gym getting totally fucking jacked for our romantic date." Out of the many things I've said, these two have gotten me the most numbers. *By loin_fruit.*
- I think this is a great point, and it's something that Pook really emphasizes in his "Perfect is Boring" post on the So Suave forum. If anyone disagrees with OP, I highly recommend reading that post. There must be a point in time when we've reduced our reliance on learning/reading, and that only happens

when we're capable of "testing the field" without fear. In my opinion, that is the path to success that a Red Pill awareness fosters. *By tits_out_forTheBoys.*

- There is a fun saying regarding banks: "A bank will lend you money if you prove you don't need it." You can paraphrase it this way: "A woman will submit to you if you prove you don't need her." *By ThirdLegGuy.*
- "Be amused at anger" Great advice. Take a step back and realize that defending yourself or trying to resolve the conflict is pointless. She's not rationally upset, why would being rational suddenly fix it? *By redpillschool.*
- Men want comfort and the reassurance that they have built a good fortress of protection and security for them and their family. Boring can be good if it means the machine is clicking and working as it should. Women want to have their minds blown and a giant smile on their face 90% of the time. Plus all the security stuff. Hence the AF/BB phenomenon. Which is why in a LTR you gotta maintain game. It's fucking exhausting. *By raven2000.*
- And if you've spent any time at all gaming girls, you know that girls are ALWAYS bored. *By cocaine_face.*
- Give a woman half a second and she will turn you into someone she despises. This is not her intention though, she will try to change you but she is really testing your strength to make sure she can trust to have a strong spine so you can be the solid rock in her world of constant emotional turmoil. *By KissTheBridesmaid.*
- There's definitely an expiration date. But if she's legit interested she will get your attention again. If she never hits you back, then you know that it wasn't shit to begin with. You failed to make her attracted. Happens to the best of us. *By Crazywhite352.*
- Yes. A solid breath will cause your belly to become a beer belly, your shoulders to drop slightly, it grows from bottom to top, the spine elongates, I've popped my back just from a good breath. And concerning posture, either stand, or stand from the waist up. Alpha aside, standing from the waist up while sitting will simply give you more air while you sit, therefore you can get more force. This will translate into more conversational power. *By beerthroway.*
- Don't forget to practice your chest voice. The most attractive muscles in a man are his vocal chords. *By duckspeed.*

- Its been said over and over again on here, and it cant be said enough. NEVER be afraid to walk away. Not only does it boost your ego, but it hurts theirs. *By Crazywhite352.*
- It's so backwards it's crazy. I've noticed in the 2 years since I started browsing here. The less I care the more the girls do. Its shocking at first. Eventually it just... is. *By slcjosh.*
- "When a girl feels her passion for a guy waning, she will slowly emotionally detach herself from her boyfriend over the course of months. During all those months she'll never mention anything to the guy. She's covertly preparing for a break that is as easy on her as possible. When she's finally ready to tell him it's over (which is usually when she is sufficiently assured that a new guy is interested), she can immediately move on." Exactly what happened when ex-LTR jumped to me and also exactly what happened when she jumped to the next one. *By alphabux.*
- Specifically: They want predictable emotional milestones. You can keep a woman through emotional play, dread game, no contact, etc. But to gain her vocal official commitment, you have to agree to become consistent. That's the paradox. She wants and needs and pushes for you to become consistent and predictable. This is her version of conquering. If she never feels like she's conquered you, she will always want you. These are the women who will make a big show of saying, "Ok, I'm done having all this sex with you. I've found a guy who can be a good provider and boyfriend. I'm going to start a new life with him." And a month or two later, she's back in your bed screaming. *Author unknown.*
- See that's the thing. You "acted" like you took The Red Pill, but that wasn't actually who you were. On the inside you were a beta. That is precisely why women shit test not only at the beginning, but all through a relationship. *By redpilltom.*
- "I go through from start to finish and see the gradual progression of myself from confident, cheeky and slightly arrogant to overbearing and uninteresting, and her interest in me slowly dwindles." Guy who shares his feelings with women is uninteresting. I think I finally understood why just now. Like a poker player who's revealed his hand early on, he's not keeping you on your toes. Also, stop your imaginings of girls being perfect little

angels. They're women, not angels. Women are happier when they're sluts anyway. *By lubeoil.*

- "She came over later that week AGAIN." This illustrates the power of the hamster. She built up an image of you so attractive that she hamstered away your complete and utter failure just so she can have another shot at some alpha fux. Women love to fill in the blanks. Nothing gets her hotter than her own imagination. Plant the right seeds and she will project a fantasy on you so hot that she will overlook a lot of shit to maintain that fantasy. *By gg_s.*
- I too have gone back and reviewed past failures and successes through a RP framework and have been shocked at how much it all makes sense. *By Onemanwolfpack23.*

Legendary Quotes from TRP

Compiled by stevredpill.

Article link.

- Society conditions you be be the androgynous worker bee that spits out money and is expected to be happy with that. Don't buy that shit and for fucks sake don't sell yourself short. Or you'll be up shit creek without a paddle before you can say "Oh honey, did you see where I left the pre-nup?" *Author unknown.*
- The Red Pill is an imperfect substitute for the male guidance our boys were robbed of by feminism. - *By GayLubeOil*
- In short, we are being taught cradle to grave to take ownership of the anxieties of others because that will give us validation and preserve us from harm. The corollary is that if there is a lack of validation or harm befalls us, it is because we did not adequately address those anxieties. Dealing with this shit crushes a man's spirit, so he will spend a lot of time trying to predict how his own behavior might generate anxiety in others so that he may avoid, deflect or manage it. He pushes his own needs to the back while he attends to others, and isolates himself to reduce the sickening workload. This is the primary ingredient of the Blue Pill. *By brandor77.*
- The Red Pill exists because many men aren't happy. Because these relationships that are allegedly "just fine" are very much NOT just fine. Because men are giving so much to their women and getting so little, with the assumption that merely existing – merely being a presence in the man's life – is all a woman needs to do to become his highest priority. That men should be falling over themselves getting in line for the right to say "I have a girlfriend," and nothing more. Men are sick of this. *By Archwinger.*
- You can't control a woman, nor should you try. All you can control is yourself. You can choose to become physically fit, you can choose to

become professionally successful, you can choose to become socially apt and well-connected, you can choose to learn useful skills, you can choose to pursue interesting hobbies – you can choose to live a fulfilling life, all on your own, with or without women. *By Archwinger.*

- "I was so worried! You said you'd be back in two hours and it's been six hours! I thought you had gotten in a wreck or there was some kind of emergency!" We explained what happened and she repeated the above refrain about five times while we were telling the story. So we get in the truck, and as we're driving back, my grandpa says, "Listen, Jeremy. She has always been like that, and it's ridiculous. That shit needs to be stopped early in a marriage, or it will ruin you. This is what you do. Right after you get married, say you're going somewhere. Doesn't matter where. Tell her you'll be gone for an hour. Come back in three. Don't apologize. Don't explain. If she asks, just say, "it took longer than I expected." Do this half a dozen times in the first six months of your marriage, and you won't have to put up with the bullshit you just saw. You're a man, and you don't need to be on a goddamn leash." I miss you, Grandpa. *By jeremyfirth.*
- "nice guys" are kind of like sluts. *By Perrodepaz.*

Resources

Glossary

By redpillschool.

Article link. Additional definitions from an article by bsutansalt.

#

- **1000-Cock Stare** - A term that originates from the "1000-yard stare," a solider's expression after experiencing battle or emotional trauma. The 1000-cock stare refers to the attitude and behaviour of a woman who has experienced the "cock carousel" for an extended period of time: inability to connect, is flippant, and won't become attached to you because she is in cable of becoming attached to anything other than pure momentary sexual desire and the "tingles." (By rpscrote.)

A

- **AF/BB** - Alpha Fucks, Beta Bucks. The idea that alpha males succeed in the sexual marketplaces, while betas are relegated to a sexless provider role. May also be referred to as "fux" and "bux."
- **AFC** - Average Frustrated Chump (also known as beta).
- **Alpha** – Leader. Somebody who displays high value, or traits that are valued by women. Alpha can refer to a man who exhibits alpha behaviors (more alpha tendencies than beta), but usually used to describe individual behaviors themselves.
- **Alpha Widow**: A woman who's past lover was an "alpha" male. May still fantasize or have lingering feelings for him despite being in a new relationship with a "beta".
- **AMOG** – Alpha Male Of Group.
- **Anti-Slut Defense** (ASD): Women's internal fear of being judged as a slut

by her peers, family, or society. It is also why the creation of plausible deniability before sex is often important so not to appear as if having sex was in any way "her fault."

- **Approach Anxiety**: A combination of fear of rejection and stage fright, aka "Love Shyness."

B

- **Beta** – Traits of provision: either providing resources or validation to others, women (and perhaps men). Beta traits display low value to women if they are are put on too strong or too early in meeting- giving without equity. Beta can be used to describe individual behaviors, as well as people who have an overwhelming amount of beta properties (opposed to alpha).
- **Blue Pill** – From The Matrix and its sequels. The path of conformity with Society's expectations; the state of being unaware of the problems engendered by society. Compare with **Red Pill**, below.
- **Briffault's Law**: The female, not the male, determines all the conditions of the animal family. Where the female can derive no benefit from association with the male, no such association takes place. (See the chapter "- Briffault's Law.")

C

- **Carousel** – Better known as the "cock carousel." The period of time in a woman's life where she successfully exploits her sexual value and maximizes her hypergamous tendencies by having sex with as many alphas as possible. Usually happens between ages 18 - 27. Often ends when the woman hits the wall.

D

- **Dark Triad Personality** – aka why "chicks dig jerks": A catchall phrase that describes the personality types MANY women are naturally attracted to:

narcissistic, machiavellian, psychopathic

- **Display of Higher Value (DHV)** – the accomplishment, anything that improves your sexual market value in the eyes of another.
- **Display of Lower Value (DLV)**

F

- **The Feminine Imperative**: The tendency of media and culture to put women first, excuse their misdeeds (see **rationalization hamster**), and criticize any holding of accountability or pointing out of double standards as being "anti-women."
- **Feminism** – "A doctrine built on the pre-supposition of victimhood of women by men as a foundation of female identity. In its goals is always the utilization of the state to forcibly redress this claimed victimization. In other words, the proxy use of violence and wealth appropriation. In whatever flavor, and variation, these two basic features are common to every doctrine using the label feminism. Feminism is therefore, a doctrine of class hatred, and violence." (John The Other, "Why not date a feminist?" A Voice For Men, 4 June 2012).
- **Friendzone** - Mental frame used primarily by women to disqualify certain men as sexual prospects. The main reason most men allow themselves to be friend-zoned is because they are biding their time hoping they still have a shot to have sex with her. See also: **Orbiter**.

G

- **Game** – A loosely based set of behaviors specifically designed to increase attraction.

H

- **Hypergamy** – The instinctual urge for women to seek out the best alpha available. This is marked by maximizing rejection (therefore women are the

selective gender). A woman will vet her alpha through various shit tests to ensure his "health" on the alpha scale. She is conditioned to recognize a declining alpha, as hypergamy also tends to continue seeking out higher status males even while with an alpha male. Shit tests allow her to prepare herself for eventually leaving when a new higher status male is found. If the male fails shit tests to a great enough degree, it will effect her feelings for him. He will effectively lower his sexual market value in her eyes. This will enable her to jump to the next male with ease and little remorse. Commonly referred to as "marrying/dating up". In a dating sense this translates to being attracted to men of high(er) status than that the women hold themselves. The grand irony of feminism is that the more successful a woman becomes, the fewer desirable men exist above her on the socioeconomic ladder. Translation: women's success = smaller dating pool.

- **Humblebragging**: Covertly bragging by making good aspects of your life seem bad.

I

- **Incel** - Involuntarily Celibate.
- **Indicators of Interest/Disinterest (IOIs & IODs)**: Cues a woman is interested or disinterested.

K

- **Kino**: A pickup artist term for haptics, or non-verbal communication through touch.

L

- **Last Minute Resistance (LMR)** – Contrary to feminist sloganeering, no doesn't always mean no. Often times "no" simply means "not yet." Simplest advice is to back off and try again later, or if she's adamant and clearly

shutting you down. Some people in the Red Pill community have also made the point that LMR is the female equivalent of approach anxiety for men.
- **LTR** - Long Term Relationship.

M

- **Manosphere** - The collective online discussion of men's issues.
- **MGTOW** – Men Going Their Own Way; the growing contingent of the male population who are saying "Fuck It All" to the Mating Dance.
- **Monk Mode** - A temporary period where a man leaves the dating market to focus on self-improvement.
- **MR** - Men's Rights Group.
- **MRA** - Men's Rights activist.

N

- **NAWALT** – Not All Women Are Like That. A common response to generalizations, signalling a fundamental inability to understand how generalizations work. More info on Rationalmale.

O

- **Oneitis** - When a guy has fallen in love with a woman in the same way a boy loves his mother. He obsesses about her, but she does not reciprocate. An intense romantic obsession with one person ("the one") to the point of being counter-productive.
- **Orbiter** - Also known as **Beta Orbiter**. A beta guy who accepted the proposal to "just be friends" from a girl he has oneitis for. He will stick around her and constantly validate her whenever she requests it. Also known as "friendzone." She will keep him around because he will do anything for her and provide validation, giving small hints that he might eventually win her love- but he never will. Typical signs of orbiter status: likes and comments on new Facebook photos. Go-to guy when girl has problem with

boyfriend. Also known as **emotional tampon**. Men who are friend-zoned, but kept around for a variety of reasons: resources, validation/attention, "in case of emergency, break glass for dick."

P

- **Peacocking**: Drawing attention to yourself in a positive way so women have something to initiate a conversation about. There are good and bad ways of doing so.
- **Plate Theory** (Or **Plate Spinning**, or **Keep Spinning Plates**) -- Gaming multiple women simultaneously to boost ones sexual market value. Read on Plate theory here: http://rationalmale.wordpress.com/2011/08/19/plate-theory-2/
- **POF** – Dating website PlentyOfFish.com.
- **Preselection**: The tendency for females to prefer males who have already been chosen by other females of their species.
- **PUA** – Pick-Up Artist.
- **Pussy Pass** - The notion that a woman can use her gender to gain advantage, sidestep accountability, elude criticism, or evade or receive disproportionately slight legal repercussions for her actions.

R

- **Rationalization Hamster** - The tendency for women to use rationalization to resolve mental conflict and avoid cognitive dissonance. The core mechanism that allows women to say one thing and do a different thing. Analogy for the thought processes used by women to turn bad behavior and bad decisions into acceptable ones to herself and her friends. When a woman makes a bad decision, the hamster spins in its wheel (the woman's thinking) and creates some type of acceptable reasons for that bad decision. The crazier the decision, the faster the hamster must spin in order to successfully rationalize away the insanity.
- **Red Pill** – The recognition and awareness of the way that feminism,

feminists and their white-knight enablers affect society. Seeing the world for what it is, seeking truth no matter how painful or inconvenient the truth may be.

S

- **Seddit** - The game-oriented subreddit : /r/seduction which is not strictly Red Pill but has good pickup advice.
- **Sexual Market Value (SMV)** – A shorthand statement for "what you bring to the table," whether for an one-night stand or for a longer sexual/emotional relationship. One's worth in the sexual marketplace; often conflated with one's attractiveness.
- **Sexual Marketplace** (**SMP**) – The sexual economy of supply and demand for sex and relationships. A description of the free market that is mating.
- **Shit Test** – Subtle (and sometimes not so subtle) tests women do on purpose or subconsciously to test a man's worth and his ability as a romantic prospect.
- **Snowflake** - A woman who tries to persuade a man that she's somehow unique, different, or special by playing up her good girl resume and downplaying her bad girl resume. When used as a verb, snowflaking refers to the argument she puts forth to justify her claim.
- **Social Proof**: Perceived value of someone in a social setting.

T

- **T** - Testosertone.
- **The Tingles** - A term that describes the emotions a man generates (passively or actively) to generate a woman's interest or excitement. They're generated by emotions of sadness, anger, adoration. Also known as "gina tingles." The tingles refer to a woman's dominant, subconscious desire, and are often described in contrast to their stated (fake) desires.

U

- **Unicorn** – A perfect woman. Related to the idea that finding the perfect woman is an impossible pursuit.

W

- **The Wall** - The point in a woman's life where her ego and self-assessed view of her sexual market value exceed her actual sexual market value; the beginning of the decline. Usually occurs as a wake-up shock to women when they realize that their power over men was temporary and that their looks are fading. This usually results with first denial and then a sudden change in priority towards looking for a husband. Even after hitting the wall, many women will squander a few more precious years testing her SMV with alphas to double-check, hoping her perceived decline was a fluke, this will make her even more bitter when she finally has to settle for a worse-beta than she could've gotten before because of squandering her youth.
- **White Knight** – (1) a man who "comes to the rescue" of a woman, or of women, reflexively, emotionally-driven, without thought or even looking at the situation; (2) a man in authority who enables Team Women in his legislative actions, judgments, or rulings, reflexively, emotionally-driven, without thought or even looking at what's right. Also known as **Mangina**.

Further Reading

Required Reading

Articles taken from /r/theredpill sidebar.

- Women in Love by Rollo Tomassi.
- Men in Love by Rollo Tomassi.
- Of Love and War by Rollo Tomassi.
- Schedules of Mating by Rollo Tomassi.
- - Briffault's Law.
- Sexual Utopia and Power (link to PDF).
- Man Affections vs. Boy Affections by jakes.
- Woman: The Most Responsible Teenager In The House.
- The Misandry Bubble (link to PDF).
- Confessions of a Reformed InCel.

List of Websites

Recommended Blogs

- The Rational Male: http://rationalmale.wordpress.com
- Dalrock: http://dalrock.wordpress.com/
- Return of Kings: http://www.returnofkings.com/
- Alpha Game: http://alphagameplan.blogspot.com/
- Chateau Heartiste: http://heartiste.wordpress.com/
- The Red Pill Room: http://theredpillroom.blogspot.com/
- A Voice For Men: http://www.avoiceformen.com
- Shrink 4 Men: http://www.shrink4men.com
- Owning Your Shit: http://owningyourshit.blogspot.com

Community Blogs

- Illimitable Men: http://illimitablemen.com/
- The Attraction Vault: http://www.theattractionvault.com/

Forums

- The Red Pill Academy: https://www.theredpill.academy/

Articles

Seminal Articles

- Why Women Are Rejecting "Perfect" Men by Shawn T. Smith, Psy.D.
- 6 Harsh Truths That Will Make You a Better Person by David Wong.
- How Much is Your CPO? by Dawson Stone.
- All Girls are Spoiled Children, by Tuthmosis.
- The Sexodus Part 1 and Part 2 by Milo Yiannopoulos.
- Yes, Men Do Leave the Market by Captain Capitalism.
- A Boy is Born by Frost.

Forum Posts

- Being a Man by CMPitts.

Videos

- War on Boys from http://www.prageruniversity.com/.

Feminist Articles

While these articles don't support the Red Pill mindset, they are often referenced by /r/theredpill. They're included as a reference, and to educate yourself on contrasting opinions to strengthen your own.

- 40 and single by Kate Bolick.

- We've never had it so good by Louise Carpenter.
- All the single ladies by Kate Bolick.
- The End of Men by Hanna Rosin.
- The Myth of Male Decline by Stephanie Coontz.

Recommended Reading from The Rational Male

- Amused Mastery by Rollo Tomassi.
- Domain Dependence by Rollo Tomassi.

- http://therationalmale.com/2012/06/04/final-exam-navigating-the-smp/
- http://therationalmale.com/2011/08/23/schedules-of-mating/
- http://therationalmale.com/2011/12/27/women-in-love/
- http://therationalmale.com/2012/01/04/five-minutes-of-alpha/
- http://therationalmale.com/2014/06/18/controlling-interests/
- http://therationalmale.com/2013/12/12/madonnas-and-whores/
- http://heartiste.wordpress.com/2010/08/11/alpha-male-vs-beta-male/
- http://heartiste.wordpress.com/2013/10/16/national-geographic-agrees-the-human-alpha-male-is-real/
- http://heartiste.wordpress.com/2011/10/31/five-minutes-of-alpha-2/
- http://therationalmale.com/2012/05/21/relational-equity/
- http://therationalmale.com/2014/03/16/preventative-medicine-part-i/
- http://therationalmale.com/2014/07/15/separating-values/
- http://therationalmale.com/2012/05/02/generation-afc/
- http://therationalmale.com/2011/09/13/average-frustrated-chump/
- http://therationalmale.com/2011/09/04/identity-crisis-2/
- http://therationalmale.com/2012/12/03/the-men-in-the-garage/
- http://therationalmale.com/2011/11/10/good-girls-do/
- http://therationalmale.com/2013/08/07/appeals-to-reason/
- http://therationalmale.com/2011/08/25/the-desire-dynamic/
- http://heartiste.wordpress.com/the-sixteen-commandments-of-poon/
- http://therationalmale.com/category/iron-rules/

- http://therationalmale.com/2011/08/19/the-cardinal-rule-of-relationships/
- http://therationalmale.com/2011/09/23/wait-for-it/
- http://therationalmale.com/2011/09/06/the-medium-is-the-message/
- http://therationalmale.com/2011/08/19/plate-theory-2/
- http://therationalmale.com/2011/11/02/plate-theory-ii-non-exclusivity/
- http://therationalmale.com/2011/11/03/plate-theory-iii-transitioning/
- http://therationalmale.com/2011/12/30/plate-theory-iv-goal-state-monogamy/
- http://therationalmale.com/2012/01/02/plate-theory-v-ladys-game/
- http://therationalmale.com/2012/01/23/plate-theory-vi-abundance-scarcity/
- http://therationalmale.com/2011/08/30/there-is-no-one/
- http://therationalmale.com/2011/10/03/war-brides/
- http://therationalmale.com/2012/08/22/just-get-it/
- http://therationalmale.com/2012/01/13/just-be-yourself/

Books

- A list of Red Pill books from /r/theredpill.
- See also https://www.reddit.com/redpillbooks

Beginner or Core Books

- No More Mr. Nice Guy by Robert Glover
- Models by Mark Manson
- How To Win Friends & Influence People by Dale Carnegie
- The Book Of Pook by Pook
- The Rational Male by Rollo Tomassi

Intermediate Books

- The Charisma Myth by Olivia Cabane
- Starting Strength by Mark Rippetoe
- The Power Of Now by Eckhart Tolle
- Millionaire Fastlane by MJ Demarco
- The 7 Habits of Highly Successful People by Stephen Covey

Advanced Books

- The Way of The Superior Man by David Deida
- The Art of Seduction by Robert Greene
- 48 Laws of Power by Robert Greene

Mastery

- Mastery by Robert Greene

Other Suggestions

- The Manipulated Man by Esthar Villar
- The Myth of Male Power by Warren Farrell
- Sperm Wars by Robin Baker
- hat Men Still Don't Know About Women, Relationships, and Love by Dr. Herb Goldberg
- Meditations by Marcus Aurellius
- The Prince by Niccolo Machiavelli
- Think and Grow Rich by Napoleon Hill
- The Sex God Method by Daniel Rose
- The Moral Animal by Richard Wright
- Why Nerds Are Unpopular by Paul Graham

-

Book suggestions by BluepillProfessor.

Pick Up Artistry

- Book of Pook by Pook
- Bang: The Pickup Bible by Roosh
- The Best of Roosh Volume I By Roosh
- Day Bang: How to pick up girls during the day By Roosh
- The Gentlemen's Guide to picking up women by Ian Ironwood
- The Ironwood Collection of Alpha moves by Ian Ironwood
- Pickup lines don't work by Vince Valentino
- The Natural by Richard Ruina

Self Help and Married Advice

- Married Men's Sex Life Primer 2011 (MMSL) by Athol Kay
- Managed Attraction Plan (MAP) by Athol Kay
- How to answer do these pants make my ass look fat? By Athol Kay
- No More Mr. Nice Guy by Robert Glover
- The Way of the Superior Man by David Deida
- The Art of Seduction by Robert Greene
- The 48 Laws of power by Robert Greene
- The Enlightened Sex Manual by David Deida
- The Sex God Method by Daniel Rose

Mens Rights/Trouble with boys

- The End of Men by Hanna Rosin
- The Manipulated Man by Eshter Vilar
- Enjoy the Decline by Arron Clarey
- The Flipside of Feminism by Suzanne Venker
- The Manosphere: A new hope for Masculinity by Ian Ironwood
- Men on Strike by Helen Smith
- The War Against Boys by Christina Summers
- The War on Men by Suzanne Venker
- The way of men by Jack Donovan
- Women First, men last by Steven Adams
- Why Boys Fail by Richard Whitmore
- The Rational Male by Rollo Tomassi

And for the Babes

- Fascinating Womanhood
- The Surrendered Wife

Thank You

Thank you to all moderators, writers, and readers on /r/theredpill.

Do you have feedback? Post your ideas for fixes, and article and website suggestions on https://www.reddit.com/r/theredpill.

Publication History

- 2014/12/21
  - Initial first draft release.
- 2015/01/04
  - .mobi and .epub versions now available.
  - Added a basic cover.
  - Hosting now provided at http://redpillhandbook.com.
  - Added new articles suggested by the community:
    - "Take My Breath Away"
    - "- The Eight Rules of Fatherhood"
    - "- Be a Closed Book"
    - "- 5 Misconceptions of MGTOW"
    - "A Comprehensive Guide to The Red Pill"
    - "- I Don't Hate Women, I Just Don't Respect Them..."
    - "I've Become Too Critical of Girls"
    - "- The Red Pill Is Even Tougher To Swallow For Girls"
    - "- The Modern Woman's Sexual Strategy"
  - A new section has been created: "Quotes and Highlighted Comments"
  - Included a "Publication History" page (last chapter). This way, existing readers can quickly find what's changed in the new version.
  - Improved spelling and formatting.
  - Fixed some hyperlinks.
  - Added a "Further Reading" section to articles that reference to the writer's blog and included hyperlinks to the related blog post.
  - Moved one or two articles to more appropriate sections.
  - Retitled some of the compilation chapters in the "Resources" section.
  - Tightened up links in the "Resources" section.
  - Added more links to the "List of Websites" chapter.

- Glossary has been expanded.
- Expanded the "Books" section.