

POST #1: Acceptance

I've been thinking about this for a while now. I've been trying to work out why my state changed so much. I know that when good shit happens, I feel good and when bad shit happens, I feel bad. Now, I think I understand why.

Everyone has an internal meter of their acceptance within a group. Back in the day (30,000 years ago), acceptance within your tribe was CRUCIAL to your survival. If you got rejected from your group, you would either be killed by them, or abandoned and left to fend for yourself. E.g. Rejection = death.

Because rejection was the worst thing that could happen to you, everyone has evolved to be highly tuned into their level of acceptance (or chance of rejection). You may not be consciously aware of it, but it's there.

The reason I started thinking about this is because I couldn't understand why intelligent human beings would stay stuck in a low value role. Now-a-days acceptance within one group isn't important, even if we get rejected, we aren't going to die. Yet, the emotional circuitry that helped our ancestors survive still exists in our brain. IMO, if you want to get good at socializing (if you want to become a high value guy) then you need to work with your old brain, instead of trying to work against it.

This is what I feel causes "state". When you go out and have an awesome night, you feel awesome, your sense of acceptance is really high. The problem with state is it's like a one shot miracle, after a few days your state goes back to normal and you can no longer approach any girl in the club until you go "in-state" again. This really frustrated me.

I believe that if you want to maintain a constant state, then you need to have a constant flow of validation.

Now I know lots of guys will be like "WTF!!! I don't need validation mofol" I think that validation has lots of negative associations in the community. I'm not saying to go out and SEEK it.

For the purposes of this post:

Definition: Validation is anything that increases your sense of acceptance.

Think about the last time you went out and got really in-state. There was probably a large amount of validation.

Things like: You being higher value than people around you, people having a good time around you, people seeking rapport with you, girls checking you out, higher value people approving of you...etc

ANYTHING that increases your sense of acceptance and reduces your chance of rejection.

First of all, the higher you are in the pecking order of your group, the less likely you are to be rejected. A lot of low value behaviours are acceptance SEEKING. Being submissive, not taking up space, not making eye contact, not hitting on girls...etc.

The reason people do these things is because they want acceptance. I also believe this is why guys feel they don't deserve girls. They feel like they don't have enough acceptance to be ALLOWED to fuck hot girls. That's why they get approach anxiety, because back in the day if you approached and fucked a girl belonging to a higher value male, that probably meant rejection from the group.

Once your sense of acceptance gets increased all of a sudden you feel like you're now allowed to talk to this hot girl, because you know that you will still be accepted by the group.

Next, is something I heard Tyler talking about for a while but I never really got it. He says, "You know people have good experiences with you...". If people are laughing and enjoying having you around then your sense of acceptance will increase. But if people are acting awkward and not enjoying your company, this increases your chances of rejection.

Something that I noticed in myself and others is that people will only take on a role if they will still get acceptance for it. What this means is that if you want to increase your social value you need to increase your daily validation. Once you feel you will be accepted in your new role, you will be able to act high value easily.

Summary: If you want to act like you are in-state ALL the time, then you need to increase your sense of acceptance. You do this by improving your daily intake of validation. Note: I have NEVER met a high value guy who doesn't have a huge daily intake of validation. Don't seek validation/approval/acceptance as this is a low value behaviour and will not increase your sense of acceptance very much.

REPLY TO #1:

Yeah, I totally agree with you playza. The one distinction that I make is that to give value you don't necessarily need to be giving compliments/approval. I think you

can give value just by making people feel good/having fun with them. One thing that I always try and do is to make people feel better than before I spoke to them. I never want to finish an interaction with the other person feeling worse.

Scorpio, yeah I've read that bit by Tyler but I have my doubts. IMO, humans are social animals and we will always have a need to be accepted by others. However, I do think that after a long enough period of time of you being accepted, it could become part of your identity. That would be the point where you don't even think about it - you just assume you will be accepted in all situations. I haven't reached this point yet, so this is all just speculation.

POST # 2: The Difference Between You and THEM

What's the difference between a low value guy and a high value guy? What's the difference between you and a natural?

I think it comes down to 4 things.

- # Behaviours
- # Thoughts
- # Feelings/State
- # Skills

I think a lot of problems are caused by guys only focusing on 1 or 2 of these areas, and not understanding how they all relate to each other.

If you compare a high value guy and a low value there are differences in all 4 areas. [By high value guy, I mean a guy with a high chance of survival and replication (dominant and pro-social).]

The most obvious difference is their behaviours, one is more dominant than the other. He holds strong eye contact, he speaks loudly, he is relaxed, he doesn't jump through hoops or try to control how he is perceived...etc.

Remember though, that this guy (if he is a natural) has never focused on changing his behaviours to be more dominant. All these behaviours are directly related to his thoughts.

There are lots of thoughts that you could label as being "high value" but IME there is one key belief that ALL dominant guys have.

The guy who is higher value will ALWAYS believe that he DESERVES to be the leader/most dominant.

When I think back to times in my life where I have been naturally dominant over guys without thinking about it, I always had the belief that I deserved to be the dominant guy.

Any time I believed another guy deserved it or he was somehow better than me, I would naturally take the submissive role.

A good example of this is when a big movie star like Russell Crowe is being interviewed. Most of the time the interviewer will start doing lots of little submissive behaviours towards him. This is because the interviewer believes that Russell Crowe deserves to be the leader, he deserves to be dominant, he deserves hotter woman and he is just BETTER than him.

Any time you start thinking (and really believing) that someone (guy or girl) is better than you, you will AUTOMATICALLY start being submissive towards them. You will start reacting, you will start qualifying yourself...and so on. Even if you try not to, you will still come across as lower value because that's what's you believe.

A good example of the opposite of this is when you are talking to a 5 year old kid. If the kid told you to fuck off and started dissing you, you would probably just start laughing. You wouldn't try and thinking of any witty AMOG comebacks, if you did say something it would just be 100% natural to say it. You wouldn't be being reactive in ANY WAY, because you simple wouldn't care. You would have the belief that you are better than the kid (I think better is a bad word to use here but it's the best I can think of. I don't mean better as if this kid is total loser and you are some sort of supreme being. I mean, you feel more entitled to take on the leadership role. You feel like you know what your talking about and your opinions and judgement are the best.)

There is no reason to feel that Russell Crowe is any better than you, any more than the 5 year old kid or anyone else. I think Swinggcat summarised this belief the best with "You are the prize!"

It's fine to logically understand this, but in order to make use of it you need to REALLY believe it, just as much as you believe you can pick up a ball or walk. This is related to the next area - feelings/state.

Your state or emotions comes from your beliefs and thoughts. The reason people get depressed is because they constantly have negative thoughts flooding through their head. These thoughts add up and eventually it becomes a state of depression.

A huge realization I had recently is that it's not actual events that change your state, it's the way you perceive these events and your beliefs about what they mean.

Example: A girl could look away as soon as she sees you look at her, and 2 guys could perceive this completely differently. One could think she is attracted to him but she was just being shy, and the other could think that she thinks he's weird and doesn't want him to talk to her.

You can see how this would cause one guy to feel good about himself and the other guy to feel bad. Continual thinking in this way would cause their beliefs about themselves to change, which would subsequently change their behaviours.

Behaviours, thoughts and state are all directly related to each other. If you change one the others will change as well. If you change your behaviours, the way you think about yourself changes and then the way you feel (state) changes. When your state changes this causes you to behave differently and the cycle continues.

I think the key to become high value is changing your beliefs. You can change your beliefs by changing your thoughts. This is the basic theory of CBT.

Note: there is a 4th area to work on which isn't related to others - Skills. These are things like, being able to build rapport quickly, have good conversations, flirt and tease effectively...etc. These things aren't related to your beliefs. They are just skills that can be practice and improved on.

If you want to become a high value guy you need to focus on ALL 4 areas.

If you just focus on behaviours you might improve your value a little bit, but you will still have lots of negative beliefs about yourself holding you back. You will still react to other people, just in different ways than before.

If you just focus on your thoughts and beliefs then you might start to feel good about yourself but as soon as you step outside your house, you won't be able to hold a conversation. This can cause you to start thinking negatively and end up back where you started.

If you just focus on your state, you will need to keep trying to pump yourself up before you go out. Even if you feel good for a while you will still hold the same beliefs, so if a girl blows you out you will start to go "out of state" and then you won't be able to "be the person you want to be" until you manage to pump your state back up.

If you just focus on skills, you will probably get good at things like storytelling but you will still be low value and unattractive. Or you could even get good at delivering 7 hours of routines, but as soon you run out of "cool shit" to say, the girl will see who you really are, lose attraction and leave.

This is going to be one of my last posts here, so lap it up while you can. :-)

Cheers
SnowPatrol

REPLY TO # 2:

It's completely counter-productive to think about value, social hierarchies, IOIs or anything else like that while you are socializing. Thinking like this makes you take on a host of bad habits, i.e:

You become outcome dependent.

You start thinking "People only respond to my game, if I got a bad response it was my fault, I need to change my approach."

You start competing against everyone and develop 'value taking' behaviours.

You start judging people based on their social value.

You start changing yourself to produce reactions from others.

You get stuck in your head micromanaging everything.

At the same time, concepts like social value can help you learn from your mistakes and help you improve. Without them you'd just be the same as all the other AFCs.

I think once you get to a certain point, it's time to let go of the community and just go out and have fun. This allows you to take on good habits, i.e:

Not dependent upon any outcome, you're just going out to have fun.

If you get a bad reaction you think "It's that person's issue, not mine."

You develop 'giving value' behaviours because you're just out to spread the fun around and you aren't doing anything to gain "value".

You judge people based on who they are, not their social value.

You take actions solely to express yourself instead of doing things for other people (reacting).

You live in the moment, since there is nothing else for you to be thinking about.