**Age:** 39

**Ethnicity:** I consider myself Filipino since I was born in the Philippines. But ethnically I have a Pure Chinese grandfather and Filipino-American grandmother (father's side), Japanese-American grandfather and Pure Filipino grandmother (mother's side).

**Country of birth:** Philippines

**Country of residence:** Saudi Arabia (age 4 to 17), Philippines (age 18-21), USA (21 to 37), Past 2 years Philippines

**Highest level of education:** College (art)

**Occupation:** Technically retired right now (well I'm a landlord right now and I have no work, but I don't plan on finding a job anytime soon). Former cook, server, salesman, guitarist, software programmer, and I tried my hand at photoshop and graphic design and illustration.

**What does incel mean *to you*?**

I wrote about this in the incel forums, that everyone thinks that Incel technically means "involuntary celibate" and femcel is the "female incel". So it should be self-explanatory, but it's more nuanced than that and therefore new definitions should be made for these 3 categories of "Cels" instead:

1. Cels who cannot find anyone who wants to be with them whether romantically or sexually (unless they pay for a prostitute). These Cels are completely undesirable. Most male incels are under this category.

2. Cels who are normally able to get sexual partners (without paying for a prostitute or mail-order bride or going to a 3rd world country to get a partner), which means Cels in this category are sexually desirable in their area to some extent, but these Cels cannot find anyone who wishes to be with them romantically. Most femcels are under this category.

3. Cels who are desirable both sexually and relationally i.e. there are potential partners for the Cels in this category, but these Cels have standards that no one can meet, and therefore they remain single and celibate.

People argue that Category 2 & 3 are technically not "involuntarily" celibate, since they are sexually desired and can find sexual partners if they wanted to, but in my opinion, standards (preferences, desires) are involuntary, and if no one can meet your standards then it's not really a choice, is it?

But on the other hand, all this isn't really about sex. It's about feeling desired. That's why Category 1 and Category 2 are vastly different in the sense that Category 1 is totally undesirable. No one desires them at all, they're even sexually undesirable. So it really feels bad for people in Category 1, whereas people in Category 2 have it that they are at least sexually desirable, which means they're not that ugly or repulsive, which is what Category 1 feels everyday. So really it's about the feeling of being desired, or lack

In that case, I was a Category 1 Incel before the age of 21. But I think my case may be different. I can provide quick details of that matter if you want.thereof. This, to me, is what "Incel" means. It means being totally undesirable and repulsive in all aspects of life.

**When you say your case may be different can you elaborate on what you mean by that?**

My case is different because I was an "incel" before "incel" was even a term. I was technically involuntarily celibate back in the late 90's when I was in high school up until my college years, until the year 2007 when I turned 21, for the unique reason that I was undesirable due to a physical defect— my tongue, ankyloglossia, caused me to have an extreme stutter (literally unable to speak properly) growing up. Because of this, I had few friends, and no romantic options since I couldn't even hold a conversation all throughout my schooling years. Basically, most incels' problems are psychological, few incels are so ugly that no girl would want them. That was kind of the case for me, a disability issue made me undesirable, like how some people are just very physically ugly that they can't find a relationship.

The second reason my case is unique is what my disability did for my mental growth, how it actually helped me. Since I was practically laughed at everyday everytime I tried to speak, psychologically I had prolonged exposure to trauma, so I developed the ability to "turn off" caring of what others think of me. I noticed this is one of the biggest problem of incels— they care so much about how others and how society sees them. Their self-esteem relies on what others think. In this way, most people in the world are actually the same as incels, that they base their self-esteem on what others think. Most people are simply lucky that they grew up having been encouraged to be able to socialize normally and be able to function without ugly neuroses that turn off other people from being attracted to them, and that's why they could find a relationship... But deep down inside, they have the same problem as incels. Their self-esteem is based on what others think of them, or what others think in general.

The third reason my case is unique is how since everyone was against me growing up for a reason I could not control and a reason I did not choose (my physical disability), I grew up basing my self-image, or "how I define myself", I based it on my decisions, on how I choose to react. I noticed most incels (and a lot of people, in general) base their self-image on things they didn't even choose (e.g. their physical looks or height, or social status given by how wealthy their parents are, their education— also mostly because of their parents, and even a big part of one's "personality" is not their choice, it was from their upbringing). Truly the only things you really choose are your values, and how you react to your situation. Most incels and a lot of people don't define themselves by things they decide to do, but rather they define themselves by things done unto them by other people, the decisions made for them by other people. Well I don't. My ankyloglossia doesn't define me. My decisions define me. Most incels (and a lot of people) actually don't think this way.

A fourth reason why I'm different is because since I was not only involuntarily celibate, but I was also involuntarily "friendless" growing up (since I couldn't speak at all), I learned to be very happy on my own. If you noticed I've had so many different jobs and hobbies. I have a rich inner world, I'm never actually bored on my own. I can say I truly don't need a relationship because I had to learn to be happy alone growing up since I had no choice. I forgot to mention that it wasn't only my ankyloglossia, but also the fact that I grew up literally in the middle of a desert (Saudi Arabia) hugely contributed to me having to be perfectly happy alone. Most incels (and a lot of people) can't be happy alone. This makes me unique.

I forgot to say, the reason why it's significant that growing up I "turned off" thinking of "what others think of me" or "how other people see me", and how I learned to base "how I see myself" on my decisions instead of other people's decisions... This is significant because this is the reason why I don't feel bad when someone doesn't like me.

**When did you first decide you were an incel?**

Hmm, I'm not sure how to understand this. It depends... I mean if you believe that "incel" means some sort of an online terrorist group or cult religion that someone decides to be a part of? Or do you believe that incel means "involuntarily celibate" and there is a huge spectrum of people with different circumstances and beliefs that fall under that label?

I mean, think of it this way: If a woman is extremely ugly and she has been abused by her parents growing up to the point that she has mental health issues, and a consequence no man she ever meets wants to be with her in a relationship, does that woman at one point "decide" that she is "involuntarily celibate"? You see, putting it this way, clearly it's ludicrous to think that anyone would "decide" to be "involuntarily celibate", as the term literally says "involuntary" which means it's not a decision.

Unless by incel you mean an online terrorist organization or cult that some crazy guys join, then no I have not joined any terrorist organization or cult. :)

Basically, what I'm getting at is that it's a huge spectrum of human beings, all this "incel" talk. As I mentioned there are 3 main categories of these people, and within those categories there are spectrums of thought, with some guys being extremely radical in their hatred of women and society, and surprisingly a large portion of guys who are simply trying to understand why they can't find love, and those guys all understand that no one is "entitled" to anything in return for being a good human being and all that. If you read the discussions in various groups, you'll see a spectrum of beliefs. Women in the groups also have a spectrum of beliefs, with some women totally against how women are acting in today's society and they believe that a lot of men have it unfair, while some women defend women's decisions in the modern world. A spectrum of beliefs.

**When did you first start engaging with online incel communities?**

Before the incel was even a term, before even "redpill" was a term... The truth is all of this began with "online dating coaches" in the late 90's. Basically a bunch of guys trying to understand how women are and how to have successful dates. It's like the Will Smith movie "Hitch". This is what it was like in the late 90's. Soon, all this evolved to become the "pickup artist" community in the mid 2000's, and it got so famous, there was even a show on VH1 called "the pickup artist", but it's still the same thing: men trying to understand how women are and what they want, but this time it was more of "how to get laid", which had hilarious results because many of the "pickup coaches" are giving basically bad advice, which made a lot of guys weird. Anyways, sometime after (maybe early 2010s?) I heard of the term "red pill" and how it states that women are impossible to get along with because "here is the truth on how they are so let's all just learn how to deal with them." Then recently the term "black pill" happened which is basically "let's all just give up trying to deal with women."

So yeah, I've been engaging (or more like, lurking) among these communities since the internet in the late 90's.

**What are your views on the blackpill?**

Well I don't agree with killing oneself and giving up on living just because of what other people think, which is what the black pill basically advises.

Very few guys blackpill and give up on women and life. Most guys just go redpill and learn to deal with how women are. A lot of guys are bluepilled and don't believe that anything wrong is going on in today's society.

Hmm, I think you're asking what I believe about all this? Personally, I believe something is very wrong with how society is and the direction we're headed. I think we should have made better decisions in the 1960's which shaped the future. Feminism should have been taken more seriously and planned for, instead of being haphazardly implemented which led to the possibility of planet Earth ending soon because we recklessly quadrupled the amount of workers (double population since the 1960's, and both men & women working since then) and so now we're taxing the environment, and wages are 25% what they used to be. Not to mention to sociological shift that happened since the birth control, which made it possible for everyone to no longer need to settle for a partner and instead keep "dating up" until they die, which is why people are statistically more single and miserable than they were 60 years ago, not to mention the effect on children's lowered academic performance, more felons in prisons due to more single mothers because of "hookup culture" due to the birth control pill... etc. I believe we have destroyed society in every single way, and it will be very difficult to fix.

**When you say you were category 1 before 21, which category do you see yourself in now?**

As I mentioned when we first started in facebook chat, I'm a former incel, so I'm no longer in any of the incel categories. Since I was 21 I was desired by the opposite sex, and until now I still have no problems in that area, basically I'm no longer an incel.

**Do you find any aspects of different 'pills' (blue/red/black) useful in understanding your situation?**

I went through all the pills in high school (although in the late 90's those terms didn't exist yet, but I'm saying I went through those 3 mindsets). In my experience, the destructive ones were the blue pill and black pill, because they're both untrue, not to mention extreme. It's just not true that the world is all good (blue pill), and it's also not true that everything is hopeless (black pill). The red pill outlook is very useful because it teaches that there are things "wrong" and "unfair" in society, so you have to figure out how to navigate in life. Most online forums involving men's issues with the opposite sex have always been from a "red pill" outlook. i.e. "Here are the problems, and here are the solutions." Although over time the diagnosed "problems" and the "solutions" have constantly been changing for the past 25 years... but it's always been "red pill". It has been very useful because everyone online has been making observations on what the "problem" is, and we all know that "the first step in solving a problem is to determine what the problem is", so that is primarily why it has been useful to me.

**what was it that made you drawn towards the various online communities you described that discuss inceldom?**

Wanting to solve the problem of "how to deal" with people in general. The red pill isn't just about women, it's about society as a whole. It's about sociology, psychology, and even anthropology at times. Basically trying to find a solution to how to deal with the wrongs in society, how to navigate through life when it comes to people.

But as of a few years ago, it's not really useful to me anymore, because I feel I already learned everything I wanted to know. I've just been interacting with them to try to help them out of their situation.

**What were your views on pick up artists and Game as a means to end involuntary celibacy?**

I think those guys were trying to find a band-aid solution, and the worst part is that band-aid often made the wound worse. They tried to fix the "how to deal with society" problem only by changing how they interacted with people, but they failed to change within themselves— they failed to address their insecurities and their self-esteem, which is the better solution to the problem. Their temporary fix made the problem worse because it made those guys think that they can fix the inside by fixing the outside. In the end, whether or not they successfully ended their celibacy, they still have the mind of an incel on the inside. Because what makes an incel an "incel" is the psychological problems of insecurity, lack of self-esteem, etc. Being undesired by society is the #1 cause of those psychological problems.

**Can you explain why you decided to distance yourself from society and go it alone as you put it?**

Well, it really was how people treated me differently because of my disability (stuttering due to ankyloglossia). Think about how sad that is for a teenager. Stuttering is the only disability that people think it's acceptable to laugh at. So that was daily for me. Add to that I couldn't hold a conversation, so I didn't really have friends. I basically had no choice but to go at it alone.

**What would you say it means to 'be a man'?**

To prevent & fix problems. That, in my opinion, is what we are supposed to do as men.

**When you say "we have destroyed society", who is the we?**

Everyone. All of society's problems today isn't the fault of a single group. It's everyone's fault in some way. We are all to blame one way or another.

**Do you see the way society has shifted as having any effect on your personal situation?**

Well I'm too old to be bothered by it. As I mentioned, I'm pretty much retired. But I can definitely say that if I were a teenager today, then it would be a lot harder than it was in the 90's, because society's shift has made it harder for teens today.

**What do you think explains the dating up you see as prevalent in society?**

I think it's anthropological. I think women have always been trying to get "the best male" in the tribe because the best male means "the best provider". Whereas a man tries to get the woman that he's "most compatible" with because that woman will raise his kids the way that he wants. Basically, there is no "best woman to raise your kids", and that is why men don't have it in them to "date up". Whereas women naturally have it in them to "date up". I think this behaviour is already hard-wired into our dna from 10000 years of human evolution. It's not really a choice.

The scenario I wrote above works as long as women get pregnant with sex. But, all this started to become a big societal problem once the birth control pill became normalized. Because of this, everyone is no longer careful who they choose to get together with, because there is no risk of pregnancy. Everyone is now choosing to try to have sex with "the best that they can get" because birth control allows them that chance. Society no longer naturally "falls into place" when it comes to dating— Men and Women get one partner, so there is no "dating up", no hypergamy. Everybody chooses one person, so in the end, everyone gets somebody. In my opinion, in the past before birth control was invented, society was still working. Because of birth control, society is now broken.

\*Society no longer naturally "falls into place" when it comes to dating— IN THE PAST BEFORE BIRTH CONTROL, Men and Women used to get one partner, so there is no "dating up", no hypergamy. Everybody chose one person, so in the end, everyone gets somebody. Nobody, or very few people at least, were alone.

**Thinking prior to and after inceldom at 21 did you have a different mindset about women or yourself?**

Both. I stopped being an incel only because of a lucky set of circumstances. During the whole time I was in college, I didn't really talk much (because Art college didn't really require much talking or socialization), so I mostly kept to myself for 4 years. I didn't notice it, but my tongue (ankyloglossia) was probably slowly changing or growing, but for some reason by the time I graduated, I noticed my stuttering had considerably lessened. Right after college, age 21, I joined a band. My band leader had a cool haircut, and so I asked who his barber was. Turns out he had a pretty good barber, so I got a good haircut for probably the first time in my life. At the same time, luckily my braces came off. Also, for some reason, my mum decided to gift me and my sister with laser eye surgery. So I went from being a stuttering, scraggly-haired, braces & glasses art student loner... to a normal-looking guitarist in a band.

I guess I was shocked that this simple change in how I spoke and how I appeared completely changed how women treated me. It was quite shocking. I mean, I was the same person inside, but women treated me very differently just because of how I appeared differently superficially. I went from most women being annoyed at me, to some women having crushes on me. It was sad, really. Because it just showed me how superficial most women are. I guess I unknowingly went thru what incels now call "maxxing", particularly looksmaxx and.. is it called talentmaxx? I guess you can call being a guitarist in a band as talentmaxxing? Anyways, yeah, it's sad to realize that most women are that superficial. I was shocked that that's all it took for them to like me.

So yeah, that experience changed how I perceived women (and people in general), and how I perceived myself, in that I guess people are more superficial than I thought, and I can apparently easily fake being socially accepted, and socially desired even, if I bothered.

**Can you recall in as much detail as possible an experience at high school that summarises your life as an incel then?**

Being laughed at by everyone almost daily. Girls (and guys) always finding me weird or autistic. Never having friends, or anyone to talk to, since I couldn't hold a conversation. Always saying something that makes people laugh at me or be weirded out by me. Basically being a social pariah to the point that I just had to "tune everyone out", as there was no point in even trying since I just couldn't navigate my way socially. I just naturally became an extreme loner.

I cried a lot when I was a teen, thinking of why everyone doesn't like me. I remember actually caring about what people thought of me, and basing my self-worth on what people thought of me. I guess that side of my brain received so much pain, that eventually it just, well, died. I don't feel that pain at all anymore. Sometime during college, that side of me just died.

**When you found a partner after 21 and since then, how has your experience of your disability affected making friends?**

**Do you think your disability was related to your inceldom before 21, if so why and how?**

Being unable to speak clearly while growing up pretty much defined my inceldom, it heavily affected the direction of my mental growth and stunted my social abilities. Because I stuttered everytime I spoke, I didn't develop proper social skills, at all. I was an extremely awkward and socially inept teen. Many of my classmates actually thought I was autistic for real. Some of them pitied me thinking I really had a mental disability. Oftentimes, I wonder if I really did, for real, because my ankyloglossia had a huge effect on my mental & social development, maybe it also caused me to have some sort of mental "disorder". I'm still not sure.

So I did the only thing I could do, which is to focus on "my inner world" of hobbies and skills, as most incels do.

It was only after college, age 21, when I noticed that for some reason my stuttering had lessened considerably. I still don't know exactly how it happened. Maybe my tongue grew longer to the point that I was able to pronounce the consonants that I couldn't pronounce before, and maybe it was because I didn't really speak much or even try to make friends during college because art school encourages being introverted, at least in my experience.

Actually, I didn't even know I had ankyloglossia until I happened to meet a speech therapist at a church party (I also started to try joining different religions during college), and she was the one who diagnosed that my stuttering was caused by my deformed tongue, by ankyloglossia. Prior to that, I thought I was mentally disabled for real, like how dyslexics can't read, in the same way I thought I just can't speak. Apparently it wasn't a mental disability, but my physical disability in turn caused my social growth to be so stunted, I'm still actually learning how to "fake" being normal. I started to try to socialize and be as normal as possible starting age 21 because it was that year when I wanted to join a band, to have a serious music career. I had to pretend to be normal.

I guess it was all just timing. All of it just happened at age 21. I suddenly looked normal, I suddenly talked normal, and I tried to socialize normally as best as I could starting at that age.

Until now I'm still heavily affected, maybe permanently affected by my experiences growing up. I still can't easily "turn on" caring about what others think, which is necessary to navigate in society. Oftentimes I just do what I want and then I find out that it's socially unacceptable (because my default mode is to just not consider what other people think). I guess I'm very insensitive that way.

Also, I tried to read pop psychology books on how to socialize, how to make friends and all that. Some of the advice were helpful of course, but really it's still difficult. It's really better to have developed it as a natural ability growing up, like to have some sort of a sixth sense on how to do it. I'm just trying to fake it here.

Until now I still find it impossible to actually care about making friends. I guess the only person I care about is my wife, but I can't really care about my "friends". I guess it's more apt to call them "work mates" or "activity mates". But friends? I just can't turn it on. I can't truly care. I can be a good friend when they need me, because I know it's the right thing to do. I mean I don't wanna be a user. I try to give as much as I can to my "friends", but I can't truly feel care. I guess people call that "trust issues", I probably have that.

So in this way, I'm heavily affected, in that I can't enjoy or even experience "real friendship." I can't feel care. I just can't feel enjoyment from hanging out with "friends". I only do the right thing because I believe in doing the right thing, but I can't feel care. I'm not emotionally negatively affected by pretty much everybody. Except anger. Of course we all get angry, like when someone cuts in line. But to be sad if a friend talks negatively about me behind my back? I actually have the inability to feel bad about that. I just can't. It's alarming, but what can I do? That part of me may be dead, or very much deep in my subconscious that I just can't bring it out. I feel psychopathic in that sense.

Sometimes I do feel that maybe I am missing out, in that I can't feel happiness about a group of friends. I feel empty if I'm to "hang out" with them. The only time I enjoy when I'm around people is if there's an activity involved... so I'm not actually happy with the people, but rather, I'm happy with the activity. I guess my trust issues and ptsd have really been embedded deep into my brain, I can't feel "normal" about having "company" in the way that everyone else does with their mates.

But, when it comes to my own happiness, I dunno if I'm negatively affected in any way. I don't think I'm unhappy in any way, at all. I'm actually a very happy person everyday. I mean, I see other people who can't help but think all day of what other people think of them, and they can't help but base their self-worth on how other people perceive them, and they're on social media all day and it just consumes their existence, they end up just socializing 24/7 and they have no real passion for their hobbies because their "passion" lies in pleasing other people, that's what gets their emotions going. I dunno but for me, I see them and they seem really unhappy. So I guess in this way, my disability had a positive effect in the direction of my growth.

**Can you describe the three mindsets you went through in high school that relate to the pills, what was your outlook when in the mindset equivalent tot he blackpill?**

Well, it's pretty much exactly the mindsets the pills define. It's not complex at all, really. It's just about me starting out being naive and thinking that people are good and that I just have to be a good person and all will be well (blue pill).

Very soon, I realized that the world isn't all sunshine and rainbows, and everyone has some evil in them, and therefore we have to be cunning to survive in this world. So many popular books, all the way from Machiavelli to Robert Greene's books describe the world this way. This mindset is essentially what the red pill is.

For about a year when I was 18, I pretty much lost all hope, and became a nihilist of sorts. Maybe I felt depressed, maybe it was just chemicals or having been under stress from being lonely. Point is, this is the black pill. It's basically being suicidal because you've lost all hope that you can ever survive, and that really you have no control because "the universe" has already determined your fate, and for me at that age, my fate was to be a stuttering loner for the rest of my life. I also failed out of engineering school (I lasted for just 3 semesters) and I guess that really pushed me over the edge because I thought I was also gonna be poor. But it was a good thing, because that's how I landed in Art college, and that was the time I learned to just be happy with myself and my hobbies. I learned to stop trying to be smart or make friends, and just to be happy with what I have. I also learned to fully stop caring about what others think. I guess you can say that's how I got out of the black pill. I stopped putting pressure on myself to have to be anything other than what I am, and just decided to be happy with what I am. I know most incels can't just do that, as I have tried to encourage them to do it. I honestly don't know how I did it. Maybe it really was because I stuttered growing up. Maybe that somehow provided a strong enough mental push? I'm not sure but maybe that's a factor. I also got into religions at this time, and I realized many of the answers to the spiritual questions I had, and this gave me a lot of peace. I guess that's another factor.

So when I was 21 and I got a girlfriend for the first time, it was a surprise to me, as I was no longer actively seeking a relationship at that time. It was just luck in the end, even the fact that I happened to "looksmaxx" and "talentmaxx" by having to look presentable because I wanted to be a working musician was just luck. I could have very well passed Engineering in university and I wouldn't have ended up having to "looksmaxx" or "talentmaxx" for my career. My life might've been very different. Also the fact that the people I met from being a musician would've been very different from the people I would've met if I were an engineer. It was mostly luck.

**What is the difference between a redpilled incel and someone who believes in the redpill but can find intimacy and connection, is it just the lack of sex and intimacy or is there something more?**

I think it's purely a matter of having an attribute that you can use to get something from society. With regards to our conversation, that "something" is friendship, sex, intimacy, a relationship, social clout, etc. But it's the attribute, or lack thereof, that separates those who can get something, and incels.

I think this is what "maxxing" means. It's having having you can give to society in order to get something in return. It can be as stupid as someone's "height" as in the case of supermodels and basketball players always being treated with admiration, or "good looks" or money, or fashion sense, or an attribute as deep as "conversational skills" or "humor". Those are the attributes.

Incels don't have any of these attributes, or they do but they can't grasp how to use them.

It's not really about the "pill" because that just says what you believe in. Whatever someone believes doesn't really connect to whether or not they socially have what it takes to get something from society.

Like, it's possible that a person can be blackpilled and suicidal but they can easily make friends or have a girlfriend. Another person may be bluepilled but have absolutely no clue how to get by socially.

Another thing to mention is, that according to redpill (and blackpill), Kindness is not a necessary attribute when it comes to finding a girlfriend. I'm sure it's necessary for a long-term relationship, but in order to even attract someone enough to start a relationship with you, sadly I have to agree that kindness is at the bottom of the list. I noticed that society doesn't really reward kindness as much as it does all the superficial attributes I mentioned, like height, looks, money, fashion sense, humor, conversational skills... Kindness is really at the bottom of the list, if it is even there.

For example, if you take a person who does not have any of the superficial attributes, but has genuine kindness... like if you bring a young Mr. Rogers or a young Bob Ross into a bar, they will not be attractive to many women. But if you bring a good-looking tall basketball player into a bar, women will be all over him.

Even someone who is genuinely exciting like a young Steve Irwin, most women will not be as easily attracted to him vs. a guy who pretends to be exciting by having tattooes, a beard, riding motorcycles, looking dangerous, being tall, looks like he can fight, etc. Most women will instantly be all over a guy like that.

Of course there are the exceptions, but sadly it is true that most people operate on a superficial level like that.

**You say you don't really care about your friends and it is only your wife that you do, what it is that your wife (and perhaps previous partners - especially your first girlfriend at 21) give/gave you that isn't received from your friends when you say you feel emptiness?**

Love, essentially. What greeks call "agape", charity basically. Giving without expectation of something in return.

You see with "friends", even those I've known for years, I have to admit they don't \*really\* care, i.e. most people befriend others only because it's mutually beneficial, kind of a "I'll scratch your back, you scratch mine" mentality. Because of that, it's hard for me to be emotionally involved. I would do favors for them when they need it, so I guess if you ask them, they probably feel like I care for them, but I don't feel anything really. I do it because it's the right thing to do, to help others out. But because I know they only want to be with me because they want something from me, it's hard for me to feel anything for them.

My wife (and ex girlfriends) were the only ones whom I felt still cared for me even if they were to receive nothing from me. In my opinion, that's what love is. "Agape", if you read about the 4 greek words for "love".

Although come to think of it, I do that for some of my friends. I do things for them without expecting anything in return, guess you can call that charity, but I know they wouldn't do the same for me, or for anyone. They're just built that way, looking out for themselves. It's not personally against me. But that's why I can't feel care or trust for them.

**When you say society rewards attributes like height, looks, money etc., do you think is equal for both genders, that is, do men reward the same comparative superficial attributes in women?**

It's equally superficial, but different attributes for women. I think it's safe to assume we all know the superficial attributes that draw men to certain women. Femcels especially loathe these superficial attributes they need to become to attract men.

But of course this only applies to superficial relationships. When it comes to long-term relationships, different attributes are necessary. That's often the problem, because people who have the superficial attributes that attract others don't necessarily have the necessary attributes for a long-term relationship. I believe those two are not connected.

That's a big problem with society. The film Shallow Hal is a poisonous idea that "beautiful people are bad, but ugly people are good." Um, not necessarily... It's deeper than that.

**Why do you think society rewards superficial attributes over things like kindness, how do you think this trend has developed and evolved?**

Well, this is a very complex topic. I can only say my small observations, but I bet there are a hundred answers to this.

The usual first reason you'll read in incel forums is that of "human race survival". The strongest, tallest man is the leader of the tribe. Healthiest looking woman births the best babies. Caveman instincts, basically. You can also insert "confidence" and "money" in this answer.

I will try to share my personal observation below, but apologies if it's a bit incoherent because my mind isn't mentally well recently. I feel a bit of intellectual fog. Emotionally I'm totally ok, I guess I've been playing too much music recently, also been doing house construction, so now I can't think intellectually as much. 😆 Here goes...

It's often said in forum discussions (especially by non-incels or non-femcels) that "society isn't attracted to the negative traits of the bad boys or sexy bitches, society is attracted to their positive traits like confidence, ability to set boundaries, ability to say no, willingness to take command, adventurousness, uninhibitedness, cool stoicism, etc. but if you have those 'bad boy, or sexy bitch' traits but you also have kindness, then that's the golden combination which really attracts people".

Well, I completely disagree. If you take a guy like e.g. a young Mr. Rogers (before he was famous), and he walks into a pub. He will not attract many girls even if he's a prime example of "willingness to take command, confidence, speaks up on his boundaries and beliefs, speaks up to say no against things he doesn't believe in, and kindness". How about a young Steve Irwin? If he walks into a pub, he also won't attract many girls even if he's probably one of the most adventurous and uninhibited guys in the planet, not to mention also one of the kindest. Lastly, take a young Bob Ross, sitting at the bar in that pub. He won't attract many women either, even if he has perfected the art of being stoic, having inner strength to face a chaotic world, and he was kind enough to actually teach us to be kind to ourselves. But, as I said, guys like that don't attract many women. Who attracts a lot of women? The toxic badboys with tattoos. But this is the interesting part: most of those toxic badboys are actually pretending to have those positive traits, they're pretending to have confidence, pretending to have inner strength, pretending that they can say no and set boundaries, pretending to be stoic. They're pretending because deep inside they're actually very insecure and needy for society's approval. They're actually so affected by the world, they need to be loud and fake "confidence" with how they dress up and have tattoos or ride on motorcycles or whatever else they do. They're so affected by what society thinks, they all do the same stereotypical "bad boy" things so people will see them as a "non-conformist", when they're all ironically conforming to what society's notion of what a "non-conformist" is.

So if most of these "bad boys" are pretending, then why are many women attracted to them? Well here is my answer as to why: Trauma Bonding.

Most people are actually just attracted to those who have the toxic traits that can ignite the issues within themselves because they want to heal. So they get together with someone who has that certain kind of toxicity they need to trauma bond, so they can heal themselves. And who has those toxic issues? The bad boys and the sexy bitches.

This is why a young pre-fame Mr. Rogers, or Steve Irwin, or Bob Ross will not attract many women. Because they don't have the toxic issues that many women need to trauma bond.

(By the way, the same goes for women, it's not gender specific. I was just using male examples because it's what I know, but I'm sure "sexy bitches" work the same way as "bad boys" do.)

This goes for both sexes because most people try to put on a mask to hide their insecurities. Because of this, most people actually end up appearing as the opposite of who they really are. For example: The guy with tattooes and a motorcycle who looks like he doesn't give a damn? He actually really cares about what other people think of him, and he's probably also smart enough to have a good career. The guy who is too adventurous and uninhibited and devil-may-care for his own good to the point that he almost ruined his life? He probably tries to appear as straight as possible so he can get a job. The girl who is afraid of sex or afraid of fighting back will probably try to seem promiscuous and act sexual, or have piercings, etc. The girl who is too sexual to the point that she almost ruined her life and is probably a single mom? That girl probably tries to appear and act as normal as possible. The girl who has violent tendencies? She probably will try to seem normal. Most people try to appear as the opposite of who they really are deep inside.

And the ones who don't try to appear opposite? Well they're social pariahs. The guy who really cares about what others think and isn't pretending otherwise ends up being that needy officemate who is very talkative. The guy who is too adventurous and uninhibited and isn't pretending otherwise is probably dead or in jail. The girl who is afraid of sex and isn't pretending otherwise is probably an agoraphobic hikikomori neet. The girl who is too sexual and isn't pretending otherwise probably will end up having aids. This is why people really try to force being the opposite of who they are, because it's dangerous not addressing one's weaknesses. The thing is, usually people "fake it till they make it", so they end up first succesfully changing their outside appearance before they get to changing the inside, if they even get to achieve that feat.

**How do you know that it was the change in how you spoke ad appeared that dictated the transition from most women being annoyed at you, to some women having crushes on you, could the way you perceived yourself have influenced the way others saw you?**

Before I answer your question, honestly that is a common, yet basic take on the matter, one that's been overdone in the incel forums by both incels and incel sympathizers, or non-incels or "incel allies"  as they're called. It's pretty much alongside the "just be yourself" and the "just have confidence" ancient adage. It's old advice that simply isn't true at all. It's totally not the way a person sees themselves that influences how others see them. It's quite the opposite, usually people are happy with who they are, and then they're mistreated, and then it's only when they change how they see society, that they're treated better. The problem doesn't lie with "how they see themselves", it lies in "how they see society".

My personal answer is an absolute no. Actually quite the opposite. It's only when I started to see that "there is something wrong with other people, and I must learn how to deal with them" that they started to treat me better. The problem was never with "how I see myself", but rather, how I see others.

Besides, I actually fixed the problem of "how I see myself" years before people started liking me when I finally figured out what society wants.

Also, during the time that people started liking me (basically after I finished college) my self-perception did not change at all prior to or after that time.

Those old adages like "how you see yourself determines how others treat you" is largely untrue because it has very little nuance. e.g. Danny DeVito won't instantly attract people as much as Arnold Schwarzenegger if he simply "perceives himself as charismatic and as good-looking as Arnold Schwarzenegger." It simply doesn't work that way.

Also, I think those old adages are a way for people to blame the outcasts for their problems, to say "oh you simply don't have confidence" or "you just need to be yourself", instead of seeing that society really does have its evils, and we just need to be aware of them to know how to navigate this world.

If you read Machiavelli, most of what he wrote are what red pill talks about. But people never say "oh Machiavelli just needs to perceive himself with more confidence."

If you read the lyrics of the very popular song, 'At Seventeen' by Janis Ian (nominated for a grammy back in 1975 so one of the first pop-culture 'incels' was actually a woman!), she sung the feelings and issues that most incels go through. But no one ever tells her "oh that Janis Ian just needs to be herself and just have confidence."

Basically, people are being prejudiced and biased against modern day incels, even if the ideas in that community have been around far longer, even way before we had computers. So I do hope in this study, you see that these "incels" aren't as unique and as isolated as they seem. Many people are incels, whether they identify as one or not. It's not simply a group someone chooses to be a part of. It's a state of living forced upon many individuals throughout history, like Janis Ian, for example. But no one ever calls her an "Incel".