Age: 49

Gender: male (you didn't ask that, but I think it's important, women can also be incel)

Country of birth and residence: Europe (I don't want to go into more detail)

Ethnicity: White (I don't want to give the exact nationality)

Education: university

Occupation: "professional" according to the ISCO classification

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

Well, as you know, the term incel means "involuntary celibacy" or involuntarily celibate".

For me, incel is just a word meant to designate people who are involuntarily celibate (and have been so a long time). I also belong to this category of people.

In order to be incel, one doesn't have to subscribe to any specific values or political views. That's how I prefer to understand this term.

**Can you tell me how you understand the current landscape of people who belong to this category of people, that is, Love-shy and incels.co are obviously very different spaces with people that may hold very different beliefs... how do you understand this diverse landscape and where would you place yourself in it?**

How do I perceive the incel landscape? Well, I have understood that there are some very angry incels out there. Incels who hate women, want to destroy current society, and views like that.  These angry incels have evidently shaped the public perception of "incel". When the public hears the word incel, they mostly imagine the angry incel. But frankly, I don't believe that most men, who fit into the category of "involuntarily celibate", are as angry as the stereotype suggest. It's the minority of very angry incels who have given birth to the stereotype of incel.

I am myself a rather "moderate" incel. I don't hate women and I don't want to go back to the 1950s (as some radical incels want to do, I hear).

**When did you first come across the term?**

I first encountered the term incel many years ago, around the year 2000, I think. I was in college and, of course, had problems with girls. I tried to find help on the web and found a web site devoted to the incel problem. That was probably the very first incel site. I immediately recognized that the term incel described me well. I have visited various incel sites and forums ever since.

**Does understand yourself through belonging to this category give you any benefits?**

What benefit do I get from identifying as an incel? Well, as I said, incel is just a word that describes certain people. Incel is not a psychological condition or a social movement. So it makes really no difference to me, whether I use that word to describe myself or some other word. By the way, I only call myself incel online, never in real-life interactions.

Perhaps the one benefit of having the label incel, is the possibility of finding people with similar problems. Thanks to that label, people with the incel-problem can find each other online. Without that, incel people (mostly men) would have to suffer alone, like they have done throughout history.

**Can you discuss your "problems with girls" in as much detail as you feel comfortable? What were the sort of social interactions that represented this difficulty? Over what period did this occur, how did it progress and how did it lead you to eventually seek advice online**

I could write a detailed self-analysis about how I ended up a 49 year old virgin, but I try to be reasonably brief. I have always been a quiet introverted person. You could say I was shy as a child and as a teen. As time went on, I became less shy, I wouldn't describe myself as "shy" now. But I'm definitely rather unsocial. That's how I'm used to be now. I went from shy to unsocial.

As for girls, I obviously didn't have any girlfriends at high school or at college. I did interact with girls on a few occasions, it's not like I was afraid of girls, but I never managed to take these interactions to the next level. I suppose I could have had a chance with some of these girls, if I had tried harder or been bolder or sought out more opportunities to be interact with girls.

Anyway, that's all ancient history now. In recent decades, my incel is mostly due to me being an ugly bald guy, who has little to offer to any woman of my age.

**Can you remember the name of the first website you visited? With as much detail as you can remember, can you give me a chronological account of your digital journey since 2000?**

Somewhere in my mid twenties, I started to feel increasingly isolated and desperate. So I tried to look for help online. At first, I joined some "avoidant personality" forum. I felt like my "symptoms" matched the avoidant personality disorder, so that seemed like a good place to join. On this forum, somebody mentioned the term "incel", so I looked it up on the web. And so I discovered the first incel website. I can't remember the exact name of that website. It had some resources for incels and also a forum, which I joined.

All in all, I felt like term "incel" suited me very well. Because that's what I was - an involuntarily celibate man. In my younger years, my main problem was general loneliness. But as I grew older, I became less concerned about being lonely in general. I was specifically frustrated about not being able to get sex or girlfriend.

I don't remember what happened to that first incel forum, perhaps it was shut down. Somewhere in the 2000s, I found another incel forum, which had quite a lot of women. During that time, I also discovered the love-shyness website and the book by Brian Gilmartin. At some point, my favorite incel forum was shut down, so the love-shyness forum became my go to place to discuss incel issues.

Thus, I've had a long "incel career" on various forums. But I have not always been as active, as I'm now on the love-shy forum.

**You mentioned "incel people (mostly men) would have to suffer alone, like they have done throughout history", can you explain in more detail perhaps with an exemplar to illustrate, with reference to men, what you mean by this suffering alone?**

Well, all incels suffer because of their situation. They want to get romance, sex, physical intimacy, relationship - but they can't. That's bound to create some distress. And what's particularly distressing, is the feeling that these desired goals (love, sex) are things that most people seem to achieve. So the people who can't achieve those goals, feel left out.

That problem is somewhat alleviated nowadays, because people can reach out through internet and find people with similar problems and interests. Also, the term "incel" has become quite widely known recently, so the people with those type of issues know that they are not alone. In earlier times (pre internet and pre wide acknowledgement of incel), it must have been much more frustrating to be incel. Many incels probably believed that they are the only ones with such issues. It's always easier to suffer from something, if you know that there are other people who also suffer from the same thing.

For instance, I remember that in the early incel forums, new members often introduced themselves with statements like "God, I'm so relieved to learn that I'm not the only person in the world who can't find love". Nowadays, you don't see such statements anymore. It looks like people are now generally aware that incel exists.

Also, I believe that incel has a bigger psychological damage on men, than it does on women. Men see themselves as loosers, if they can't attract any women. People around them would also see these men as loosers, if they knew. Women nowadays are quite happy to remain celibate, if they can't find a man who is good enough for them. Also, women can easily get a short term partner, so women generally feel like their celibacy is their own choice. Incel men, however, feel like they have absolutely no choice in this matter.

**Has your interaction with other incel people online helped you to understand your position and with your general quality of life? If so how?**

I'm not sure if my interactions with other incel people, have given me any deeper understanding of my issues. I can't recall any moment of realization, where I read somebody's comment and say "Of course, that's it, how could I not see that before". Still, it's good to discuss stuff with other people, many things become clearer in my mind, as I write them down. And it's just good to know that other people have problems that are similar to mine.

**Are you aware of the blackpill? If so, what is your understanding about it and your views on it?**

I have never paid much attention to the "pill rhetoric". I know that there are several colors of "pill" that designate different levels of understanding of the dating world. But which color refers to which kind of understanding - I'm not really sure. Without trying to google it, I would say that "blackpill" refers to the idea that dating women is completely pointless (hopeless), and the best course of action for a man is to completely give up on women and dating. I myself haven't quite reached that level yet. I still hope for something to happen.

**You touched on your physicality as being an impeding factor in finding a partner, how important do you think physical attractiveness is in relation to other factors?**

Physical attractiveness is definitely important in choosing a partner. It is important for both men and women. Perhaps a bit more for men. But women clearly also have looks-related preferences. I’m not going to review the scientific research on the topic, you can do that yourself. But I have personal experiences that support these statements. For instance, a girl I tried to date decades ago, told me straight that she doesn’t like my bald head (the girl was in her twenties). That girl found another boyfriend soon after that. Another lady gave weird looks towards my bald head, while we were on our first and only date (the lady was about 50). That lady stopped communicating with me after the date.

I wouldn’t say that physical attractiveness is necessarily the most important trait that women look for in a man (but it might be so for many women). But it is clearly very important.

**When you say you have "little to offer any women of my age", what is it that you think women want?**

Well, women (as well as men) have a number of partner preferences – the preferred attributes that they would like their partner to have. The list of those attributes can be somewhat different for different women, but there are some preferences that are very common among women. Those include looks (physical attractiveness), money (ability to provide material security), behavior (behaving in a socially accepted manner), success (some achievements that would impress women), etc. The list is potentially quite long.

An ideal partner would have all of those preferred attributes. But of course, such an ideal man is difficult to find. So, most women are willing to make some compromises. The are willing to take on a man who is lacking in one of those attributes, if that man has other attributes to make up for that deficiency. The stereotypical case: an ugly man can still get a girlfriend if he’s rich.

As for me, I don’t really have anything going for me. I don’t pass the test in any department that women generally find important. I don’t have looks, I don’t have money, I don’t have any remarkable achievements. I think that I can behave normally and have some sense of humor (a thing that women often claim to be important). But evidently that alone is not enough for most women. That girl who rejected me for my baldness (see above), told me that she liked my sense of humor – but she still rejected me, so evidently, the sense of humor was not enough for her.

**Other than Brian Gilmartin's book, what other resources have you used to understand your incelibacy?**

Well, I’ve read some more books that seemed to be related to my experiences. I remember ordering and reading a book called “Undressing the American Male” by Eva Margolies. That book included a chapter on “late virgins” which is basically the same as incels.

As for fictional books, I like the French author Michel Houellebecq, whose male characters are often incels or former incels. (He does not use the word “incel”, of course).

I also seek out movies that include incel characters.

**What is it about the Love-shy forum that motivates your increased degree of activity relative to other forums?**

The love-shy forum is more calm and rational, compared to some other incel forums I have occasionally visited. You can have a rational discussion on the love-shy forum.

**When you say "the feeling" that most people achieve these desired goals, can you give more detail about where that feeling comes from, i.e., how do you think you end up with that belief?**

As I understand, you ask about the idea that most people achieve sex and romance. Well, that’s how it seems to be, for me and for everybody else I guess. Sex and romance don’t seem to be some rare occurrences, like becoming a millionaire or something. Sex and romance are widespread. Many people can get it. Most people can get it. People generally assume that you have had sex and partners, when you are above certain age. Which is why, it’s particularly frustrating to not be able to get those things.

It’s true that incel might be more widespread than it seems to the general public, and to some incels. So, it’s not the case that “everybody” gets sex and love. Some people (mostly men) are left without it. This knowledge provides some comfort to me.

**You mentioned men seeing themselves and being seen as losers if they do not attract women, what are your views on having sex or getting a girlfriend in terms of your male identity; as you've gone through life have you ever felt at times pressure or experienced rhetoric that associated manliness with sex and relationships?**

Frankly, I personally don’t look at my incel problems as being related to masculinity or male identity or something like that. In my eyes, it’s more related to humanity and human identity. Being incel makes me feel as a looser-human (not looser-male).

But I suppose for many people sex and relationships are related to masculinity or male gender role. I remember my grandmother once telling me that I’m a boy (rather than a man) because I don’t have a wife. No, that remark didn’t bother me too much. But it’s possible that some people around me don’t see me as a “real man” or “real adult”.

I don’t generally care about conforming to the standard of a “real man”. But I’m forced to care about such standards, if I want to attract women. I suspect that many women want a man who has a proven track record with other women. That’s why I don’t want to reveal to women that I’ve never been married or have no children. I’m afraid that some women will see that as being suspicious at my age.

**You mentioned women are happy to remain celibate and have little difficulty in achieving short term relationships, how have you come to this conclusion?**

Well, I’m not saying that women are “happy” to remain celibate. But if they don’t have any good-enough men on the horizon, they would rather remain single (and celibate) than hook up with a subpar man. Men think the same way. But men’s standards are generally lower (more inclusive) than women’s standards. As a result, women are single because they can’t find acceptable men, but men are single because they are rejected by the single women.

Of course, women can always have short-term sex with a wide variety of men (who might not be available for long-term relationship). Sometimes women take that opportunity. But mostly, women want more than just a brief affair. So, these women are forced to remain single. Forced, because good men are taken and single men aren’t good.

Now, you asked me, how do I know these things? I could refer to research in evolutionary psychology that supports these statements. Even though, incels are often ridiculed in media and in academia, it has been acknowledged by some academics, that several typical views of incels about dating, are in fact supported by research. See the article by Miriam Lindner “The sense in senseless violence”.

Some of the things I’m saying to you in this interview, are typical “incel opinions” – the opinions that are often found incelsphere (incel-related media spaces). For instance, the idea that it’s harder for a man to find a partner than it is for a woman, or the idea that such difficulties for men have become worse during the recent decades. I believe these opinions to be true.

There are other “incel opinions” which I personally do not support. For instance, the idea that female employment should be banned. All in all, incelsphere is a compendium of various opinions, not all incel people support all of the incel opinions.

**In relation to your comments regarding differences in choice of celibacy, can women be incels?**

Do female incels (femcels) exist – that is also common topic of discussion in the incelspehere. I would say, they do exist. First, a small minority of women might indeed be so unwanted, that they just can’t find any men who would want them. It can happen, at least in theory.

Second, a larger portion of women prefers to remain celibate due to the lack of quality men. There is an element of voluntary choice in their celibacy, but the celibacy is not their preferred condition. This kind of female celibacy is clearly different from religious celibacy of nuns. Thus, such women can be called incels. But it has to be acknowledged that such female incels are in a very different position compared to most male incels.

**Why do you think men's standards are generally lower than women's standards, or to flip it, why do you think women's standards are so high?**

Well, there are several reasons. A major reason is evolutionary (we incels love evolutionary psychology). Men are, by nature, more sex-oriented and more willing to engage in short-term affairs. When men talk about their (low) standards, they mostly think about the initial stages of a relationship (dating, kissing, possible sex) and not so much about the long-term commitment (marriage, children). Women are more oriented towards long-term relationship, so when choosing partners, women immediately think about long-term commitment. If men think about long-term relationship, their standards shift higher (but still not as high as women).

Of course, women do have short-term (sexual) relationships. But in choosing short-term partners, women’s standards are very much higher than men’s standards. Women are willing to have one night stands only with selected guys (the so-called Chads). Men are willing to have one night stands with just about anybody (I certainly am). This difference can be explained in evolutionary terms, as you know.

But even if we compare men and women in terms of their long-term-relationship standards, women’s standards are still higher than men’s. Here the reason is mostly social. Since many men are unable to obtain short-term affairs, they are „forced” to seek long-term relationships to get any „action”. But women’s motivation to get married and start a family, has declined in the last century. Women nowadays are reasonably happy to remain single, if they can’t get a quality man. As a result, men’s standards for long-term relationship are lower than women’s standards.

Obviously, I’m talking about western societies, where monogamy is the official norm. In societies where polygamy is officially allowed, wealthier and more attractive men obtain multiple wives, leaving lower-status men into loneliness. The same thing also happens in western societies, but in more covert fashion.

**In regard to a 'real man', when you say "I'm forced to care about such standards", can you describe what that force is and how it manifests?**

 I am „forced” to care about women’s standards, if I want to hook up with women. That’s quite logical. I have to appear attractive (physically and socially) in the eyes of women to have any chance of sex or relationship.

The real question is, why do I even want to hook up with women, is anything forcing me to want that? Why do I want sex and romance? That might seem like a weird question, because these things are often considered to be basic preconditions of human happiness. Most people don’t feel the need to explain, why they need sex and romance. But since these things are not a „given” to me, I have to ask: do I really have to have sex and romance to be happy? Where do I get the idea that I need sex and romance?

Of course, I have sexual needs, but I can take care of those by masturbation. But is masturbation enough? I think there is some research showing that humans need the physical intimacy with another human being. If they don’t get that, they become frustrated. So, there is probably some biological basis for wanting sex and romance.

But still, I have been living without it for decades. Why do I still keep on wanting sex and romance? I am indeed quite used to being alone, loveless and sexless. That proves that I can survive without sex. But the dream remains.

The thing is, I have decided that I want to experience sex with a woman. It’s a free decision of mine. That decision is not motivated by desire to conform to societal expectations or anything like that. I just want to try it because I think that the experience would enrich my life. That would probably have to be a one-time experience with a prostitute, but even such experience would be enriching.

Some people want to climb Mount Everest. There’s no societal pressure to do that. But they do it as part of their self-development. My Mount Everest is sex with a woman. I don’t really have to do it. I can easily hide the pitiful fact that I’ve never done it. But I want to grow as a person. And for that, I have to stick my dick into somebody’s vagina.

**You mentioned the incident with your grandfather as an example of masculinity associated with sex/relationships, with that as a benchmark can you recall other examples of this sort of association in your life, either first hand or vicariously?**

A correction, that incident was with my grandmother (not father). Your mistake, not mine.

Indeed, my grandmother once remarked that I’m a boy, not a man, since I don’t have a woman in my life. I’m not sure, whether she meant a wife or just a girlfriend. Anyway, I didn’t have either. I think I was around 30 at the time.

I can’t recall any other instance of anybody saying such a thing to my face. But I sometimes sense that people who know me don’t treat me like an adult and that’s mainly because I don’t have a family. I sense that mostly in situations where families with children, and even couples, seem to get attention and respect, while I’m just ignored (think about family gatherings and such events). I could perhaps change the dynamics of those situations by being very extraverted. But I’m an introvert by design, so it’s difficult for me to just become an extravert.

In a way, such preferential treatment is understandable, since children need to be attended to. A single guy can watch out for himself. I’m not saying that there is some grand injustice committed against me. But I can’t help noticing such things.

To be frank, I myself don’t think of myself as really an adult. Stereotypical adults have people in their life, whom they are responsible for. These are mostly children. But even childless couples are responsible for each other. I’m responsible for no one. In a way, it’s good. Freedom is one of the positive consequences of being an incel.

**In as much detail as you feel comfortable, can you describe how the feelings of rejection impact you both in the acute instance, such as the dating experiences you discussed, as well as the overarching perspective based on repeated instances?**

 I’ve experienced various rejections from women. These rejections have happened in various ways. Sometimes, straight to my face. Sometimes, in more round about ways.

What is the impact of those rejections on me? The longer-term impact is unwillingness to try again – that’s probably very common among men. If a man gets rejected by women many times and has no success, that man often becomes unwilling to try again, too scared to approach women. – maladaption to repeated rejection

Nowadays, I’m not very willing to approach women with the aim of dating them. I feel hopeless about my chances of success. I have no problem talking to women. I often talk to women about work-related issues. I have no problem doing small-talk with women and even some light flirting, if the situation is appropriate. But that’s as far as it goes. I have a couple of women in my life, whom I would call friends. I appreciate their friendship. But I long for something more.

I still haven’t given up all hope. Despite my age, I still somehow hope that something might happen. Perhaps with some of the friends or coworkers. I don’t really know how, because I’m currently not taking any specific steps to find a girlfriend.

**You mentioned the Linder article, would you say evolutionary psychology has been a useful tool to understand inceldom, if so, can you explain what it provides?**

Well, evolutionary psychology is a useful tool for understanding any kind of human behavior. Especially, mating-related behavior. The phenomenon of incel is an example of that. Evolutionary psychology is definitely useful for science.

I’m not quite sure how much evolutionary psychology is helpful to an individual incel. I mean, an incel guy like me might get some understanding of his incel-issues from evolutionary psychology. But can I use evolutionary psychology to actually get myself out of incel or at least go on being hopeful about conquering incel? Critics might say that evolutionary psychology is too “deterministic” or something like that. I don’t have a definite opinion on that.

**Although you said "being incel makes me feel as a looser-human" rather than male specifically, previously you said "men see themselves as loosers, if they can't attract any women [...] [whereas] Women nowadays are quite happy to remain celibate". Based on this would you then say there is something about being a man that means sexlessness is a big deal, If so where do you think that comes from?**

 Yes, although women can be incel, I think that the experience of being incel doesn’t affect women as badly as it does men. I think the difference comes from the sense of control.

Incel men feel like they have absolutely no control over the issue. Nothing they do will bring any change (that’s how I mostly feel). Of course, an incel man can try to change his situation – use a dating site, approach women at a bar. But even then, he is completely at the mercy of women. That’s how I feel on those rare times when I try to make something happen with women.

The only real control an incel man can have over his sex life, is to give up completely. By actively giving up on pursuing women, an incel man can exercise some control over his life. Having some control over your life – that’s a good feeling. Even if your decision doesn’t give you, what you would ideally want. At least it’s your decision. I think that’s the gist of the “Black Pill” and “Men Go Their Own Way” movement.

Women generally feel that they have control over their sex life. When women happen to be single and celibate, they feel like they can end their celibacy relatively easily. A woman feels like she can always get a partner, if she wanted to. Perhaps not an ideal partner, but at least some kind of partner.

I was once talking to a woman about that, and that’s exactly what she said: her biggest fear was that she can’t get the kind of man she wants, due to her looks. She never feared that she can’t get any man at all.

**If you can remember, and in as much detail as you feel comfortable, can you describe memories of growing up as a teenager and life at school, with particular reference to how your shy and unsocial demeanour impacted these times?**

Thinking back to my teenage years, and my interactions in high school and other places. Yes, I was quite shy and unsocial. But not terribly so. I was not so shy that it would have drawn much attention from others. I was not bullied more than an average kid. But I was also not one of the popular kids. I was the kind of guy who mostly went unnoticed.

When I had a chance to hang out with people of my age (not very often), I spent the evening sitting quietly in the corner, following the conversation, trying desperately to come up with something to say. If I did manage to say something, most of the time, nobody noticed. But on few occasions, I did manage to make the crowd laugh – these were my moments in the sun.

I remember one particular instance. I was with a group of guys and girls, hanging out at somebody’s place. We had some alcohol in our system, which explains why I was braver than usual. I sat next to one of the popular girls, acting like I was going to flirt with her. She didn’t say anything, just gave me a strong angry kick with her foot. Obviously, I had overstepped my boundaries. So I had to get back to my usual place in the corner, pretending like I was laughing at the incident.

I did have a couple of closer male friends during my teenage years. The closest friend was a shy guy just like me. Together we made some attempts to pick up girls (if you can call it that). Didn’t achieve much success.

Nevertheless, I look back at my teenage years with fondness.

**Can you give some examples of films you have sought out with incel characters?**

Two very well known “incel movies” are Taxi Driver (1976) and Joker (2019). Some less known examples are Teddy Bear (2012), Virgin Mountain (2015), Cuck (2019).

I watch a lot of movies, not just the ones about incel problems. But if I know some movie to incel-themed, then it gets special interest from me.

Sometimes I’m reluctant to watch some movie, which I suspect to be very “triggering” to incel guys like me. By that I mostly mean movies where people get sex or relationships very easily. For instance, the movie Fifty Shades of Grey (2015). I have a general idea that in this movie some attractive and rich guy gets a lot of girls and sex. Watching such a movie can make me feel depressed.

**Have you considered, or are aware of other explanations for inceldom, such as via social sciences, e.g. critical feminist or masculinity theories?**

I have not specifically looked into feminist theories of incel. But I assume that incel is a topic that feminists would want to have a go at.

Without trying to google it, I’d assume that for feminists, incel is first of all an ideology. An ideology full of misogynistic and patriarchal views. Whether a supporter of the “incel ideology” is actually celibate or not, that’s of little importance to a feminist. Male celibacy must seem like a pseudo-problem to most women, especially feminists.

Such approach is contrary to what I’ve said previously. For me, incel is simply a lack of sex life, not a particular set of opinions and values.

**In regard to the social reasons for long term relationship standards/ differences, how have you come to these conclusions?**

Why do I think that women have higher standards for partners than men do? Well, everything points to it. My personal experience, what I have heard from others and what I have read from research.

**In regard to having to appear attractive (physically and socially) to women. do you think there are socially constructed standards for male beauty in the eyes of women? If so, what are they?**

Of course, the attractiveness of both men and women is socially constructed to a large extent. But there is also a biological component. If we talk about the physical attractiveness of men, specifically, then that must also be socially constructed to some degree.

Which attributes of male beauty are socially constructed – I have no opinion about such specifics

**What is it about rejection by women that leads to a fear and subsequent reluctance to try again that other forms of rejection does not produce (e.g. not getting a job but still applying for others afterwards)?**

Where do you get the idea that rejection in job search is easy to take? Any kind of rejection is hard, be it dating-related rejection or job-related rejection. If you get rejected many times, you start to loose your self-confidence and become desperate.

I suppose, the socio-economic pressure to get a job is greater than the pressure to get a partner. You can function without a partner, but it’s almost impossible to be without a job. So, most people have to keep looking for a job, even if their confidence runs very low.

**What is it about the incel communities you frequent that is absent/different to other forums e.g. incels.is?**

I learned about the website incels.is from your previous message. I visited it and it seemed quite pointless to me. There’s very little meaningful discussion going on there. Most posts are just one sentence remarks or memes. Very little substantive is being said there. People mostly just repeat the same ideas over and over again.

A good incel discussion forum, that I discovered recently is <https://www.reddit.com/r/IncelExit/>

One specific benefit of the love-shy forum is that the average age of the members seems to be closer to my age than in other incel forums. I find it hard to identify with the dating problems of the 20 year olds. I feel more connection to older incels.

**What are your views on various forms of psychological therapy as means to assist with inceldom?**

I have never been to a psychological therapy and have never seriously considered going to one. I am mildly curious as to what would happen if I went there and told about my incel problems. But I really don’t believe that a standard psych therapy would help me to overcome incel. I mean, what could I possibly get from a therapy? A better understanding of my negative thought patterns, remember some childhood conflict, or learn to accept myself?

If I could get some external “push”, that might perhaps help me. The push alone would not be enough, but that could get me working harder towards a solution. A therapy could provide me such a push, but I don’t really need to go to a therapist to get such push.

Some incel guys might perhaps get more benefit from psychological therapy. In particular, the guys who are very shy.

There are also some unorthodox forms of therapy. I’m thinking about sexual surrogate therapy. That seems like something that’s well suited for incel guys. It does sound a look like prostitution. But I imagine that a sexual surrogate would be more patient and slow (compared to a prostitute), which should be good for inexperienced and nervous guys, such ad myself. Unfortunately, I don’t think I can get it in my country.