

The Blueprint Decoded NOTES

蓝图解码笔记

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Day 1

第一天

Introduction

引言

- **Goals evolve.** Once you reach one goal, the natural tendency is to always want more.

目标发展。一旦你达到一个目标，自然的倾向总是想得到更多。

- At first, most guys just want to get one girl and get out, then they want to get the skill. They get good, but it's not consistent.

起初，大多数男人只是想得到一个女孩，并得到了，然后他们想要学习技巧。他们做的很好，但是这没有一致性。

► The blueprint is about becoming consistent. Having that click where you don't have to think about it anymore. It's not something you're doing, but something you are. (Being, not doing.)

蓝图是关于变得一致。得到这样的恍然大悟的感觉，你不需要再去考虑它了。这不在于你做了什么事，而在于你是什么。（在当下，而不是行动）

The Secret Code

密码

- You're not meant to understand more than what will take you to the next level. 你每进入下一层级，你将会了解的更多。

► Every time you watch it different things will pop out. You'll understand more.

每一次你看这套视频，都会发现不一样的东西。你会明白更多。

- The same info will mean different things depending on where you're at. If you watch it again in a year, it's gonna hit you at a different level. **From surface to deeper levels.**

同样的信息将意味着不同的事情，这取决于你所在的层次。如果一年之内你再次看它，在一个不同的层级，它将在内心深处打到你。**从表面到更深的层次。**

► (de2e: Like when you're underlining important stuff in a book. If you read it again in a year, the stuff you had underlined will now seem obvious, it'll feel like you were missing the point.)

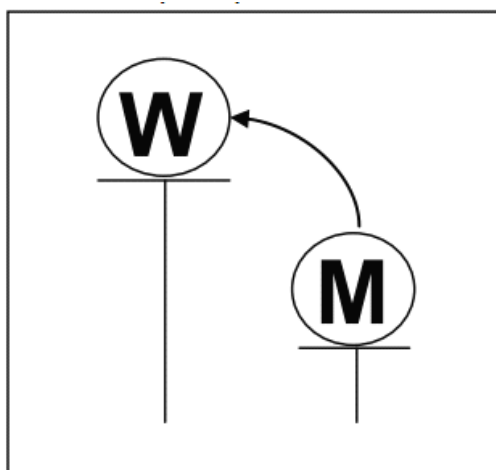
(de2e: 就像当你在一本书中划重点强调的东西，如果你在一年内再次读它，你做记号强调的东西现在看起来好像更明确了，就好像你曾经错过了这些重点。)

Old Paradigm

旧的模式

- When pickup first started, it was built upon the basic belief/frame that the woman is higher value than the man, on a pedestal, and the man needs to find some way to get up there through tricks/techniques.

当把妹第一次开始时，它是建立在女人比男人更有价值，她站在高台上，男人需要通过计谋/技巧去找到一些方法靠近她的这个基本的信念/框架上的。



- For guys who've had little success with women, this makes a lot of sense: She's attractive, socially proofed, guys want her, and you're just an average-looking guy. It's LOGICAL that she would be higher value, "above" you socially.

对于哪些几乎没在女人身上取得过成功的男人来说，这制造了很多观念：她很有吸引力，有社交证明，男人们都想要他，而你只是一个普通长相的家伙，这从逻辑上定义了她在社交方面拥有“凌驾”于你之上的高价值。

- **The Big Realization: THIS IS ALL IN YOUR HEAD.** In reality, you're equal.

重要的现实：这一切只存在你的头脑里。在现实中，你们是平等的。

- When this old paradigm is what you really believe in, your reality, then everything you see you'll try to fit it into what you believe in. The Blueprint is about giving you a new reality through pieces of the puzzle, so you can give yourself permission to do what works.

(From social conditioning and ego to authenticity and self esteem.)

当这种旧的模式是你真正相信的，是你的现实，那么你会试图把你所看到的一切放进你所相信的东西上。蓝图旨在给你一个全新的现实拼图，让你可以给自己的一个权限去做真正有效的东西。

(从社会框架和小我到真实性和自尊)

Models of Reality

现实的各种模型

- When you have a certain model of reality, all the principles and distinctions that you make are based off of certain basic assumptions. And they make sense (fit into your reality) if you first believe in those assumptions.

当你拥有确定的现实模型，你的所有原则和特质都是基于确定的基础性假设。如果你一开始就相信那些假设，那他们是有意义的（适合你的现实）。

- **Most people's basic assumptions are wrong** and dictated by social

conditioning. If you stop believing in the basic assumption that the woman is on a pedestal, then you need a whole new set of principles to build off of that new model of reality.

大多数人的基本假设是错的，是由社会框架决定的。如果你不再相信女人是在高台上的基本假设，那么你就需要一套全新的原则，以构建新的现实模型。

- We construct models of reality and form new principles in order to let ourselves do what works. Most of us already know what it takes to be successful with women, we just don't give ourselves permission to do so.

为了让自己做有效的事，我们构建现实的模型，并形成新的原则。我们大多数人已经知道如何才能成功地吸引女人，我们只是不允许自己去做。

All The Old Stuff Still Applies

所有的旧东西任然适用

- Learning this stuff doesn't mean you can just sit around. You still have to go out and approach girls and be social. **IF YOU GO OUT, MOST OF YOUR PROBLEMS AUTO-CORRECT.**

学习这东西并不意味着你可以坐着不动。你还是要走出去，接近女孩，去交际。**如果你走出去，你的大部分的问题都可以自动修正。**

- All that changes is that we're coming from a different frame now. Being, not doing.

所有的变化都来自我们现在有了一个不同的框架。在当下，而不是行动。

Social Conditioning - Limiting Beliefs

社会框架 - 限制性的信念

- **Most people in the world walk through life in a walking daze.** They don't know what their values are, who they are or what they want out of life. Just being controlled by other people who are also in a daze.

世界上的大多数人精神恍惚地走过人生，在茫然中前行。他们不知到，他们的价值观是什么，他们是谁，他们想要什么样的生活。只是被其他同样茫然的人所控制。

- What most guys think gets girls:
大多数人关于得到女孩的认知：

► **Money** - No. There is a small % of girls that are attracted to guys with money, but it's the same as with anything different. (Like bodybuilders - most girls are terrified of them, but small % are obsessed.) So most are not attracted to money, except for gold diggers, and do you really want to date those!? But guy sees dude with money and hot chick, and thinks he NEEDS money. You don't need it for chicks. It's not a bad thing, if you do it for yourself. Plus, when you have money, girls tend to see you as a provider, not a lover. You can't really go from provider → lover, but you can

go lover→provider.

钱 - 不需要。有一小部分的女孩会被有钱的家伙吸引，但是这和别的事情没什么不同（像健美运动员 - 大部分女害怕他们，但是一小部分很痴迷。）所以大多数女孩不会被钱吸引，除了拜金女，但你真的想和拜金女约会吗？但是男人

看到花花公子既有钱又有辣妹，进而认为他**需要**钱。你不需要为了把妹而赚钱。

如果你是为了自己而赚钱，这当然不是一件坏事。另外，当你有钱了，女孩往往看到你作为一个供养者，而不是一个情人。你真的不能从供养者变成情人，但你可以从情人变成供养者。

► **Looks** - No. Only thing about this is that being good looking means that you usually have less limiting beliefs, it's easier to approach because you think you deserve a good reaction. You also get results faster because some girls will select you.

“He's cute.” But for the most part, there's no difference. What happens is guys will have this belief and see random anomalies to validate their beliefs, they're always trying to be scientists. A good looking guy will get early results easy - when you're a chode, being good looking matters A LOT, but not in the long run.

相貌 - 不需要。长得好看唯一的好处是你通常有较少限制性信念，这让你更容易接近女孩，因为你觉得自己应该得到一个良好的反应。你还可以更快的得到结果，因为有些女孩会选择你。“他很可爱。”但在大多数情况下，这没什么区别。会发生的是，男人都会有这样的信念，看到随机异常现象来验证他们的信念，他们总是想成为科学家。一个漂亮的家伙会很容易得到的早期的结果 - 当你是一个挫男，长相好看可以帮到你很多，但从长远来看不是这样。

► **Romance** - No. Most guys see romance in movies and think that's how you get girls. The romantic approach could work if the girl wants you so bad that she's intimidated by you. She thinks you're too amazing to like her, but then she thinks:

“Oh, look at these flowers and chocolates and stuff he bought me, I guess he really does like me.”

浪漫 - 不需要。大多数人看到电影中的浪漫场景，并认为这就是你得到女孩的方法。要是这个女孩是如此的需要你，浪漫的方法可以奏效，不然她就会被你吓到。她简直不敢相信你喜欢她，但是接着她会想：“哦，看他给我买的这些花和巧克力之类的东西，我想他真的喜欢我”。

► **Commonalities** - No. (de2e: People will rationalize connection and find commonalities if there is value, as explained later.)

共同点 - 不需要。(de2e: 如果有价值的话，人们会使联系合理化，并找到共同点，后面会解释。)

► **Friendship First** - No. Lots of guys think they can become good friends with the girl and sneak in under the radar, listen to her problems, then suddenly come up - “SURPRISE! I have a dick!” and become her bf.

先建立友谊 - 不需要。很多男人觉得他们可以和女孩先做朋友，潜行在女人的侦查雷达之下，倾听她的问题，然后突然出现 - “惊喜，我有一个 JJ”并成为她的男朋友。

● **There's no cause-effect relationship between all these things and attraction.** If attraction already exists the girl will let the guy get away with these, but they aren't

the cause.

所有的这些事情和吸引力之间没有因果关系。如果吸引力已经存在，女孩会让男生远离这些东西，但是这些不是原因。

Social Conditioning - What Everyone Else Is Doing (Mass Confusion)

社会框架 - 每个人都在做什么（大规模混乱）

- Comes from: the media, society, parents, work, friends, religion, movies (“Hollywood reality”), music, television, advertising, billboards, radio, magazines . Ever since the day you were born, it's hitting you from all angles.

来自：媒体，社会，父母，工作，朋友，宗教，电影（“好莱坞现实”），音乐，电视，广告，广告牌，广播，杂志，自从你出生那天开始，它从各个方面打击你。

- The common view is wrong because:

普遍的看法是错的，因为：

- ▶ Girls are wired to go for guys that stand out from the crowd. (The crowd is doing what SC tells them to.) You shouldn't even do what Tyler says, but learn and apply the principles and form your own model.

女孩被设计成倾心于那些从人群中脱颖而出的家伙（人群做什么事是社会框架告诉他们的。）你甚至不应该做泰勒所说的事，而是去学习和应用这些原则，并形成自己的模型。

- ▶ The types of approaches encouraged by SC are, generally speaking: chode, lame, desperate, needy, weak, beta. They communicate low social value.

接近的类型受到社会框架的支持，一般而言，挫男，无说服力的，极度渴望的，有需要的，虚弱的，测试的。它们传达出低的社交价值。

- **Has there ever been a time in history when we as a people had a wrong belief about something on a mass level?** (Ex: Earth is flat.) Could it be possible that maybe even today we could be wrong about some things?

在大规模的水平上，我们作为人对某事有一个错误的信念，这样的事在历史上发生过吗？（例：地球是平的。）有没有这样的可能，甚至在今天我们认定的一些事也可能错的吗？

- We have no clue how most of the stuff around us is working because we live in such an amazing society. (Ex: It's normal to fly in airplanes with thin windows, sitting feet from being in midair thousands of miles above ground.)

我们生活在这样一个惊人的社会，我们对我们周围大部分的东西是如何工作的一无所知。（例：乘坐着窗户很薄的飞机，坐在脚离地面数千英里以上的空中，这很正常。）

- ▶ As a result, the natural tendency is to give authority to society. We let society dictate our beliefs to us, we think “Well, they're right about all this other stuff” . It's easy to give up control of beliefs and let society dictate beliefs because it seems to be the right way, just because of the way that our society is structured.

因此，自然的倾向是授权给社会。我们让社会决定我们的信念，我们认为“恩，他们了解这一切其它的东西”。这样很容易放弃控制信念，让社会决定信念，因为这样似乎是正确的做法，仅仅是因为我们的社会构造的方式。

Social Conditioning – Why It Works

社会框架，为什么它会起作用

- People are very FAST learners. This is because they learn and are influenced socially. We learn from the people around us constantly. This is both very good and very bad.

人们是非常快速的学习者。这是因为他们从社会中学习并被社会所影响。我们不断地从我们周围的人身上学习。这样既很好又很糟。

- There are 2 ways to learn:

两种学习的方式

- ▶ **1. Firsthand experience.**

- 1、亲身体验

- ▶ **2. Socially.** We know most things without having to actually try it.

People are constantly looking at what other people are doing; they're looking to see who they can learn off of. (Ex: Don't have to jump out of a very high window and get hurt to know it's bad. Learn it from mom/TV/teacher. This is good.)

2、从社会。我们不必实际尝试，就了解到大多数的东西。人们时常关注其他人在做什么；他们正在寻找，看看谁可以学习。（例：没必要从高楼上跳下去，受了伤，才知道这样做不行。可以从妈妈/电视/老师那里学到。这是好的方面）

- **MOST SOCIAL CONDITIONING IS A GOOD THING,** lets you survive.

But it messes guys up in the rare case it isn't right.

大多数的社会框架是一件好事，可以让你生存，但是，它在极少数情况下将男人头脑弄乱，这就不好了。

- **We accept ideas socially based on:**

我们接受观点从社交上基于：

- ▶ 1. How certain they are of their ideas.

- 1、他们对于他们自己的观念有多确定。

- ▶ 2. How in alignment they are with their own ideas.

- 2、他们与他们自己观念之间连接地有多紧密。

- ▶ 3. The number of other people that buy into those ideas.

- 3、接受这些观念的人的数量。

- So whenever something passes through those filters your unconscious mind tells you “this must be true.” The consequence is that IDEAS, NO MATTER HOW STUPID, CAN SPREAD LIKE WILDFIRE. Most myth, propaganda, etc. is based on the logic: “It's true. I can feel it.”

所以，每当有东西通过了这些过滤器时，你的潜意识告诉你“这肯定是真的。”

结果是，**无论多么愚蠢的观念，都会像野火一样蔓延**。大多数的神话，

宣传等等，都是基于这个逻辑：“这是真的，我能感受到它。”

- You have to become a person that can look at stuff with your own set of eyes and outside of social conditioning because social conditioning...

你必须成为一个能用自己的眼睛观察事物，而且不受社会框架影响的人，因为社会框架....

- ▶ Gets you to look at the surface of things and not the depth.

让你注意事物表面而且不是深层次。

- ▶ Gets you addicted to never-ending stimulation.

让你沉迷于永无止境的刺激。

- ▶ Gets you addicted to letting other people think for you.

让你沉溺于他人对你的看法。

- ▶ Gives you beliefs that seem so real because so many other people believe them that you don't listen to your own common sense.

给你一些似乎真实的信念，因为有如此多的人相信它们，你不再听从自己的常识判断。

Value

价值

- **The core root of all attraction.** You get attraction when you know how to communicate value.

所有吸引力的根本核心。 当你知道如何传播价值，你会变得有吸引力。

- Value is anything that:

价值可以是任何事情:

- ▶ Helps you survive.

帮助你生存。

- ▶ Helps you have kids.

帮助你繁育后代。

- ▶ Has characteristics that those kids would survive.

具有让后代能够生存下去的各种特质。

- ▶ Beyond that, it's anything that gives you good emotions.

除了上面这些以外，能够给你良好情绪的任何事情。

- **Value is like a magnet.** Your focus goes to the value. (Ex: If you're really hungry and talking to your friend, then someone walks by with a plate of hot food, you're focus will instinctively go to the food, make you look at it. Same as if a hot girl walks by.)

价值就想一块磁铁。 你注意力被价值吸引。(例: 如果你正在和你的朋友聊天，同时你真的饿了，这时有人端着一盘热腾腾的食物走过，你的注意力将会本能的转移到食物上，让你盯着它。如果一个辣妹从你身旁走过，情况会一样。)

- ▶ For millions of years, we've been hardwired to want short-term more than long-term benefit.(We eat oversaturated foods, we procrastinate, we have faulty belief systems that make us feel good, take drugs, drink alcohol, believe in convenient falsehoods, etc. → Guys like attractive women even though one you pick based on looks may not be a good mother.)

数百万年来,我们本能地想要短期的利益胜过长期的利益。(我吃过饱的食物,我们拖延时间,我们有错误的信念系统来使我们感觉良好,吸毒,酗酒,相信方便的谎言等等。->男人喜欢有吸引力的女人,即使你基于长相挑选的这个女人可能并不是一个好母亲。)

► Day-to-day, the quest most people are on is pleasure, building value for themselves.

一天又一天,大多数人都追求快乐,为自己建立价值。

- What constitutes value for a man is different than for a woman.

一个男人和一个女人在价值的构成上是有区别的。

► Man: wants attractive, skinny(represents youth and health), large breasts(represents fertility).

男人: 想要有魅力的, 苗条的(代表年轻与健康), 大的乳房(代表生育能力)。

► Woman: decisiveness, resourcefulness, dominance, confidence, fearlessness, a guy who dictates reality and does not have reality dictated to him, leadership. (These qualities are gonna be a lot more important to survival than anything else.)

女人: 果断, 机智, 优势, 自信, 无畏, 一个决定自己现实而不被现实支配的家伙, 领导才能。(对于生存而言, 这些品质都会比其他东西重要的多。)

- **If you're walking up to a woman and you're nervous**, your heart is beating fast and you talk like you're unsure of yourself and quiet, THAT HAS ZERO VALUE. NONE. That's like having negative value. How well could you kill an animal to eat in caveman days if a woman intimidates you?

(Sidenote: Cavemen didn't need a mirror, you don't need one either.)

如果你朝一个女人走去, 你很紧张, 你的心跳得很快, 你用不确定、不起眼的方式说话, 这样一点价值也没有, 没有。这是负价值。在穴居时代, 如果一个女人就能吓到你, 你如何能杀死一只动物来充饥呢?

(旁注: 穴居人不需要镜子, 你也不需要。)

- Before, being a provider to a woman had value. Now she has male groupie/parents/job to take care of her. She doesn't need money to survive, so being a provider isn't all that appealing anymore. Some respond to that, but most don't.

从前, 作为一个女人的供养者是有价值的。现在, 她有男粉丝/父母/工作来照顾。她不需要钱来生存, 所以成为一个供养者不再那么吸引人了。一些女人会(对供养者)做出回应, 但大部分不会。

Sub-Communication

潜沟通(亚交流)

- It takes a guy a couple seconds to decide if a woman is attractive, takes a woman a couple hours. Why? → Men look for visual cues, women look for behavioral cues. (Man – light switch, Woman – volume knob.)

男人只需要几秒钟就可以判断一个女人是不是有吸引力, 而女人判断男人则需要几个小时。为什么? ->男人寻找视觉线索, 女人寻找行为线索。男人——电灯开关, 女人——音量旋钮。

- Communication is the words that you're saying, the surface level. Women are looking for sub- communication, the communication beneath all of that. The words that you say very rarely register to a woman, you're thinking that they are, but they're not. The more attracted she is, the more that the words that you're saying are irrelevant. You could talk in gibberish.

表面层次的沟通是指你所说的话，而女人一直寻找潜沟通，一种掩藏在所有这一切之下的沟通。你说的话很少给女人留下影像，你认为它们很重要，其实不是。她越是被你吸引，你所说的内容也就越无关紧要。你甚至可以胡扯。

- **2 types of sub-communication:**

潜沟通的两种类型：

- ▶ 1. Your behavior.

1、你的行为。

- ▶ 2. How people react to you.

2、人们对你的反应。

- **Some examples of sub-communication:**

潜沟通的一些例子：

- ▶ Eye contact, vocal tonality, body language, your sense of individuality, humor and playfulness, comfort in your environment...

眼神接触，声音音调，肢体语言，你的个性，幽默感和趣味性，在环境中感动舒适...

- ▶ indifference to what people think of you,

不在乎别人对你的看法，

- ▶ your concepts and boundaries of what you will and will not accept,

你会接受和不会接受观念的和界限，

- ▶ your control over your own emotions and your own sense of reality,

你控制自己的情绪，和你自己的现实感，

- ▶ your confidence to say what's on your mind and stand out,

你有信心表达在你脑海中脱颖而出的东西，

- ▶ your self-directedness, conviction and grasp of your own standards,

你的信念和自我指引，把握你自己的标准，

- ▶ your sense of entitlement and willingness to go for what you want,

你的权利感，乐意去做你想做的事情，

- ▶ and the types of things you say and the way in which you say them all in relation to the other people there.

你所说的各种类型的事情，以及你说话的方式都与那儿的其他人相关。

- If your behavior is on, but logically you're not the kind of guy that she goes for, then she's still gonna be attracted. It's why, even when a girl finds out Tyler teaches pickup, she's still attracted. It makes no difference. The attraction triggers are not influenced by logic.

如果你的行为是正确的，虽然从逻辑上说你不是她喜欢的类型，她任然会被你吸引。这就是为什么，即使当一个女孩发现泰勒是教把妹的，她任然会被吸引。这没影响。吸引的触发是不受逻辑影响的。

► (Sidenote: As soon as you go all “logic” on her, you have cut off the process of attraction that you two've been building up.)

(旁注：一旦你尝试通过逻辑说服她，你们两个已经建立起来的吸引力就会被你切断。)

- As a man, your behavior, and therefore your attractiveness, can change second-to-second. This also means that attraction is a very fast and straightforward process. It happens within seconds.

作为一个男人，你的行为，你的吸引力，可以瞬间改变。这也意味着吸引是一个非常快速而直截了当的过程。它发生在几秒钟之内。

► Also, attraction either happens or it doesn't. She either likes you or she doesn't. Don't try to change her mind if she's not attracted. It's done. Tyler doesn't get crushes on girls that don't like him.

此外，吸引要么发生要么没有。她要么喜欢你要么对你不敢兴趣。如果她不喜欢你，不要试图改变她的主意。就这样呗。泰勒不会迷恋上不喜欢他的女孩。

Objectification to Get Value (and Why It Doesn't Work)

客体化的获得价值（为什么它不起作用）

- On some level, you can sense that women look at you as an object of value, just like you may look at them. So the tendency is to objectify yourself, turn yourself into something that has value.

在某种程度上，你可以感受到女人把你看作一个价值的物体，就像你可能这样看她们。这样的趋势是使自己客体化，把自己变成有价值的东西。

- **SC tells us that the way to get value isn't to become a better person, more authentic, but to:**

社会框架告诉我们，获得价值的方法不是成为一个更好，更真实的人，而是：

► 1. Get the job.

1、获得工作。

► 2. Get the money.

2、赚钱。

► 3. Become like the guy you see on TV. (He has the girls.) You see how he looks, what products he uses, etc.

3、成为那个你在电视上看到的家伙。（他有女孩。）你看他长得如何，他用什么样的产品，等等。

- Society has in many ways evolved to preserve social order. It is designed to give you a set of achievable goals that you can strive towards and meet. It gives you never ending mental stimulation. Gives you the answer to everything. The unconscious assumption is that if you believe in the system, everything will be fine. Go to work, get the girls.

社会已经在许多方面发展，来维护社会秩序。它的目的是给你一套你可以努力实现和满足的可完成的目标。它给你永无止境的精神刺激。给你一切问题的答案。无意识的假设是，如果你相信这个系统，那么一切都会好的。去工作，得到

女孩。

► Fight Club: “You are not a special snowflake. You are not the contents of your wallet. You are not your furniture. You are not your fucking khakis.”

搏击俱乐部：“你不是独一无二的雪花。皮夹里的东西不能代表你。家具也不能代表你。衣服也不能代表你。”

► Society is in many ways a lot like a Hollywood movie. There's a good guy, a bad guy, and an ending that reinforces social norms. It's real simple – everybody believes they're good, the other guy's bad, there are no differing opinions. People don't want to have to dig in deep or be required to be aware all the time.

社会在很多方面都很像一部好莱坞的电影。有一个好人，一个坏人，和一个加强社会规范的结局。它真的很简单 – 大家认为自己是好的，其他人是坏的，没有不同意见。人们不想每时每刻都深入挖掘或必须去注意。

- All the things society tells you to do will not inspire the confidence or qualities to get attraction and have success with women. All it'll do is give you a temporary fix of confidence, but not a real set of values or self esteem. Real confidence comes from: your sense of [identity / who you are / values / integrity].

社会告诉你做的所有的事情不会激发吸引力和在女人方面成功的信心或品质。它只是给你一个暂时修复的自信，而不是一套真正的价值或自尊。真正的自信来自于：你对于你的[身份/你是谁/价值/完整性]的感觉。

- **Attraction will never work by a superficial set of values** (looks, money, etc.) because, by a superficial set of values, an attractive girl is the pinnacle of achievement. You could be a doctor that's saved 1000's of lives and a 19-year-old girl with fake tits, some nice clothes/hair, skinny because she does coke will have more value than you if you believe in that set of values. No matter how high you go, you cannot win this game if you believe in SC. This game is rigged against you. **YOU CANNOT WIN THIS GAME.**

吸引力永远不会通过一套肤浅的价值观起作用（长相，金钱等）。因为，按照肤浅的价值观，一个有吸引力的女孩就是登峰造极的成就。如果你相信这一套价值观，你可能是一名挽救了1000多人生命的医生，但同一个苗条的装着假乳房的，有着一些漂亮的衣服或头发的19岁的女孩相比，她将拥有比你更高的价值。如果你相信社会框架，无论你达到多高的成就，你都不可能赢得这场游戏。这场游戏是对你的操纵，**你赢不了这场游戏。**

Social Conditioning – Consumerism

社会框架—消费主义

- When you buy something, like when someone buys their 12th pair of shoes, they aren't buying the 12th pair for comfort, utility, etc, but for a little piece of self esteem for a couple weeks. You feel great for the first couple weeks wearing a new shirt, then the feeling wears off until you buy a new one. But has it ever occurred to you that you should feel that way ALL THE TIME?

当你买东西时，就像有人购买他们的第十二双鞋时，他们不是为了舒适，实用等而买，只是为了那一点点维持几周的自尊。最初几个星期，穿着一件新衬

衫让你感觉很棒，然后感觉会消退直到你买个新的。但你有没有想过，你应该**一直**就有这样的感觉呢？

► Best consumer: mild paranoia, confusion, no identity, no values (just wants what other people want.)

最好的消费者：轻度偏执，混乱，没有身份，没有价值观（只是想要别人想要的。）

- There's nothing wrong with possessions, a good job, etc if you're doing what you love to do and you're not doing it to impress anybody or live up to somebody else's standards that you didn't even create. The problem is when you see a cute girl and hesitate and think you need more money, looks, etc to talk to her.

如果你只是做你喜欢做的事，而不是试图给别人留下深刻印象或达到谁标准，你甚至没有产生这种想法，那么财富，好工作等等就没有什么错。问题是，当你看到一个可爱的女孩，你犹豫了，觉得你需要更多的金钱，长相这些来跟她说话。

- All guys who are good at pickup understand SC on a very deep level. They look around like in the matrix and see how much everyone is affected by what other people think of them.

所有的把妹达人对社会框架都有很深的了解。他们像在矩阵里一样环顾四周，观察者每个人受别人看法的影响有多深。

Spectatorism

旁观主义

- We're constantly looking for other people to have the glory. We're looking at movies, 6 hr/day of TV. People would rather watch a show about the natural environment than actually go out into wilderness. It's easier to watch other people.

我们一直在向他人看齐的来获得荣誉。我们看电影，每天看6小时的电视。人们宁愿观看关于自然环境的演出，而不是真正走出去到旷野。这样更容易观察其他人。

- **THE GLORY IS TO BE HAD.** This is your life. Turn the TV off, turn off the web surfing. It's garbage.

荣耀就在你手中。这是你的生活。关掉电视，关掉网页。那是垃圾。

► Tyler believes in a life of your own design. Doesn't worry what other people think. Life's too short. Do what you want, because this is all there is.

泰勒认为过自己设计的生活。不要担心别人怎么看你。生命太短暂。做你想做的，因为这就是一切。

Social Conditioning – How It Affects Your Perception of Your Value

社会框架—它如何影响你对你价值的看法

- When you see a girl you like, your mind is processing your value to her. Is she out of your league? Do you live up to her standards? Are you good enough?

当你看到你喜欢的姑娘，你的头脑正在处理你对于她的价值。她和你是同一个世界的人吗？你达到她的标准了吗？你足够好吗？

► If you're looking for other people's standards to determine your value, you will always come up short. Even if you're successful, you're still a dumb chode that spends all his time living up to other people's standards. You still are coming from a foundational level where you react to other people is how you spend your days. (Rather than dictating your own standards and pulling people into it.)

如果你寻找其他人的标准来决定你的价值，你将永远达不到。即使你成功了，你仍然是一个愚蠢的挫男，大部分时间都生活在别人的标准。你仍然停留在基础水平，你靠其他人的反应来度日。（而不是决定自己的标准，把别人带进来。）

- **If you have your own standards**, and you walk up to an attractive girl and she has one of your values (beauty for example), and you're screening her for more, then you don't really care what she thinks. You're not immediately won over just because she's attractive.

如果你有自己的标准，你走向一个漂亮的女孩，她有你要的价值（例如美貌），而且你筛选她更多，你真的不在乎她怎么想。你没有仅仅是因为她有吸引力就缴枪了。

► All this is sub-communicated – when she can sense that she's trying to live up to your standards, and you're not trying to live up to hers, she's gonna be far more attracted. (Who's reacting to who more? Who's trying to get the other person's validation? The lower value person in any interaction looks to the higher value one to dictate their identity.)

这一切都是潜沟通，她能感觉到她试着达到你的标准，而你不想迎合她的，她会被吸引地更多。（谁对谁反应多一些？谁试图得到别人的认可？在任何的互动里，低价值的人依靠更高价值的人来决定他们的身份。）

► But most guys go up: “Please give me IOIs so that I can go into state. Tell me I'm cool.” Then they try to live up to her values and make her dictate your identity.

但是大部分男人上去：“请给我一些IOI，这样我就能进入状态了。告诉我，我很酷。”然后，他们尝试迎合她的价值观，让她决定你的身份。

► **If you don't know who you are you're always gonna be sucking value from other people, trying to get them to tell you what you should think.**

如果你不知道你是谁，你总是会从他人哪里吸收价值，试图让他们告诉你应该怎么思考。

Living In Reaction

活在反应里

- Lacking a crystal-clear concept of: (Chode is opposite of all these.)

缺乏一个清晰明了的概念：（挫男与所有这些是相反的）

► 1. Who you are.

1、你是谁。

- ▶ 2. What you value.
2、你的价值观是怎么。
- ▶ 3. What you're grateful and appreciative for.
3、你感激和赞赏的是什么。
- ▶ 4. How your emotions work.
4、你的情绪是如何工作的。
- ▶ 5. What you really want out of life.
5、你真正想要的生活是什么。
- ▶ 6. Why certain influences are positive or corrupting.
6、为什么某一影响是积极的或败坏的。

● Say you go out and get plastic surgery or you go out and purchase things that'll impress people – while on the surface level it feels like you're helping yourself, on the deeper level you're establishing the pattern that you're constantly living up to other people's standards. A pattern of living in reaction through habits of behavior.

说你出去做整形手术或你出去买东西，会给人们留下深刻的印象 – 虽然表面上感觉你在帮助自己，在更深层次你建立一种你不断地活在别人的标准的模式。通过习惯行为建立一种活在反应里的模式。

● People want the shortcut, the magic pill, they don't want a slow, gradual process. They want tactics, not principles. Ego enhancement. We don't want to fix the larger problem, or face the complexities. When we're living in reaction, we're just putting a band-aid on our problem.

人们想要快捷键，灵丹妙药，他们不想要一个缓慢的，渐进的过程。他们想要手段，而不是原则。小我增强。我们不想解决更大的问题，或面对复杂的事物。当我们生活在反应里，我们只是把一个创可贴贴在我们的问题上。

▶ Most people's self image is that they're a little worthless shit and they want to be enhanced through a magic pill. We do this because we've evolved to conserve energy.

大多数人的自我形象是，他们自己是一个一文不值的小人物，他们想通过灵丹妙药变强。我们这样做，因为我们已经进化得来节约能量。

The Self Is Always Coming Through

真我早晚会显露

● When you're a cool guy, you can say the dumbest stuff and get away with it. A different guy who isn't cool could do the exact same thing and get a very bad reaction.

Who he is is showing through the cracks of what he's physically doing.

当你是一个很酷的家伙，你可以说最愚蠢的东西，并摆脱它。一个不酷的家伙，可能做同样的事情，却得到了一个非常糟糕的反应。**他真正的自我通过他行为中的分歧表现出来。**

● **It's a liberating thing because you realize you don't need to keep "doing stuff" all the time just to attract a girl.** If you believe that the woman's on a pedestal, then of course you're gonna have to keep doing stuff just to hold her attention. But if you believe you're a cool guy and that the self is always coming through, that's how you can become a natural.

这是一件解放的事情，因为你意识到你不需要一直保持“做些什么”来吸

引女孩。如果你认为女人在高台上，那么你当然会继续做些事情来保持她的注意力。但如果你相信你是一个很酷的家伙，真我早晚会显露，那是你如何能成为一个自然人的原因。

- Also why this stuff will keep on working no matter how much media coverage it gets. You're just a cool guy, women's magazines can't warn women: "Watch out for any guy that seems cool."

同样为什么这东西会持续起作用，不管有多少媒体报道它。你只是一个很酷的家伙，女性杂志不会告诫女人：“当心那些看起来很酷的家伙。”

Value Causes Rationalization

价值导致合理化

- On one level, you have the person you think you are. The values you have. On another level, you have your biological drives. Your biological drives are telling you to do what will be good from the perspective of value. There's sometimes a tension in some situations because what would benefit us the most, selfishly, goes against our values. The tension is resolved through backwards rationalization.

在一个层面上，你拥有你所认为的人格。你的价值观。在另一个层面上，你有你的生物驱动器。你的生物驱动器从价值的角度告诉你做有益的事情。有时在某些情况下会产生紧张，因为最有利于我们东西，自私地，违背我们的价值观。紧张通过逆向合理化得到解决。

► To feel good about your emotionally motivated actions (and feel like you're the one in control), we invent logical reasons for them during or after the fact. All of us do it to some extent.

为了对你出自情感动机的行为感觉良好（为了感觉像是你在掌控），我们在事情发生期间或发生后为它们创造理由。我们在一定程度上都这么做。

Value Comes 1st (Rationalization)

价值先行（合理化）

- **How you are perceived depends on your value.** A nice guy with low value won't really be seen as being nice, but a total dick with high value who does one nice thing for a girl will make her say "He's such a nice guy." → Because he's high value and the girl likes him, she will find something to rationalize why she likes him. "I like him because he's nice." She will impose the qualities that she likes in men onto him unknowingly.

你是如何被感知取决于你的价值。一个低价值的好人不会真的被看作好人，但一个有着高价值的绝对的混蛋，只为女孩做了一件好事，就让女孩说出“他真是一个不错的家伙。” → 因为他有高价值，而且那个女孩喜欢他，她会找出理由来合理化为为什么她喜欢他。“我喜欢他因为他是个好人。”她会不知不觉地将她喜欢的男人的品质强加在他身上。

- Some girls will say: "I don't care if a guy has value, I just want a guy who can make me laugh / that I can feel a connection with."

有些女孩会说：“我不在乎一个男人是否有价值，我只是想要一个能让我笑/我能感到和他连接的人。”

► **But if you have value, how easy is it to make a girl laugh?** When you have enough value, sense of humor is automatic, you could do anything and the girl will laugh at it uncontrollably. Think about the popular guys in high school who said stuff that wasn't even really objectively funny, but everyone still laughed at it.

但如果你有价值，让一个女孩笑会有多么容易呢？ 当你有足够的价值，幽默感是自发的，你可以做任何事，女孩会不能控制的发笑。想想高中那个受欢迎的家伙说的东西，客观来说都不是很好笑，但每个人都笑了。

► And when someone has value, we pay more attention to them and see these slight little things in common and say: “Oh, wow, we have a connection.” It's the value that makes the girl receptive to the idea of having a connection with you in the first place.

当一个人是有价值的，我们更加关注他们，并看到这些常见的细微小事就会说：“哦，哇，我们有联系。”这是你首先展示的价值，使女孩接受和你有联系的想法。

- It's not that you shouldn't worry about your sense of humor or making a connection with a woman, it's just that **value tends to be a prerequisite**. It's not everything, but it tends to come first. She's gonna give you much more of a chance, listen more, and be more affected by you if you have value.

这并不是说你不应该担心你的幽默感或创造和女人的联系，只是**价值往往是一个先决条件**。它不是一切，但它往往是第一位的。如果你有价值，她会给你更多的机会，更多的倾听，而且更受你的影响。

- Because we only have so much time and energy, **we tend to seek out the relationships that provide us the most benefit**. It's not good or bad – it is what it is. Recognize it, but don't analyze or judge people for it.

因为我们只有这么多的时间和精力，**我们倾向于寻求为我们提供最大利益的关系**。这没有好坏之分，- 它就是这样。认清这一点，但不要因为它去分析或判断人们。

► Every relationship is up for grabs. The second someone senses that they benefit more by directing their time + energy from an old relationship to a new one, their mind is wired to start seeking out reasons to do so.

每一个关系都是待价而沽的。当有人感觉通过投入他们的时间和精力从旧的关系到一个新的关系使他们受益更多，他们的头脑开始自动寻找这样做理由。

RAS (Reticular Activation System)

RAS (网状激活系统)

- **Part of the brain which filters out that which is of no value to you and zones in on that which does have value.**

大脑中过滤掉那些对你没有价值的东西，留下那些有价值东西的部分。

- This also works with your memories of past events. When a relationship has value, your RAS causes you to remember the good stuff in the past of the relationship.

But when the relationship has no value anymore, the focus changes. You start to only see the bad things about the person and in the past of the relationship.

这也适用于你的对过往的事件回忆。当一个关系是有价值的，你的 RAS 使你记住在过去关系中好的东西。但是当这种关系没有价值了，焦点就变化。你在过去的关系中开始只看到这个人坏的一面。

- To get around RAS and not put too much value on the girl, you have to treat her as if she is like a guy, if she can get your full attention fast, then subconsciously she thinks: "Oh, I have value." When you can be normal around a very attractive woman, that's gonna get a pull of attraction.

为了绕开 RAS，并且不要给女孩太多的价值，你要把她当成一个弟兄来对待，如果她能很快得到你的充分重视，然后她会潜意识地认为：“哦，我有价值。”当你可以有一个非常有吸引力的女人身边保持常态，这是非常有吸引力。

- With RAS you know how to pull the social energy in your direction, and you also know how to make people fight to get within your field of vision.

通过 RAS 你知道如何把社交能量拉向你的方向，你同时知道如何使人们为赢得你的视野而争斗。

► The game the girls play is trying to get you to react to them, they're trying to get into your RAS.

女孩玩的游戏是试图让你对她们反应，她们试图进入你的 RAS。

- **People sustain relationships by focusing on what they get out of it. When the value changes,** what they focus on is subject to change. What you shouldn't take away from this is (DEAR GOD!) not that everyone is rationalizing against you – that's a self-fulfilling prophecy. You can recognize what's going on but at the same time you just chill and assume the best.

人们维持关系，关注他们能从中得到什么。当价值发生变化，他们关注的是变化对象。你不该远离（亲爱的上帝！）不是每个人都对你合理化，这是一个自我实现的预言。你能意识到发生了什么但在同一时间，你只是放松和假设最好的。

- The world is a light place, so don't get too caught up in this stuff. Understand it, but don't focus on it.

世界是光明的，所以不要太陷入这个东西。了解它，但不专注于它。

The most liberating mindset:

最自由的心态

**Accept that the world owes you
nothing, and in the end you'll get back
no more, no less, than you deserve.**

接受这个观点：这个世界并不欠你什么，同时最终你能得到的会比你应得的不多不少。

Value Is Your Magnet

价值是你的磁铁

- When you have value, people will listen to what you have to say and they'll try to impress you in conversation. You'll change the topic of conversation/venue/etc and they're into it.

当你有价值时，人们会听你说话，他们会试图在谈话中给你留下深刻印象。你会改变话题/地点/等，他们将跟随你。

- People want to be in the warm end of the pool, not get kicked out. Want to be at the popular end of the table, instead of looking over at it.

人们想跳入泳池热的那一端，不想被撵走。人们想要待在桌子受欢迎的那一边，而非看着那一边。

Situational Value / Subjective Perception

情景价值/主观感受

- Social value could come as a result of a specific situation. It's a form of value that isn't worth anything on its own, but in a particular situation, as a result of the environment, is worth a lot. The environment gives someone status they wouldn't have on their own.

社交价值可能因为具体情景而产生。这是一种不是自己真正拥有的价值形式，但在特定情况下，作为环境的结果，它很有价值。环境给了一个人他自身并不拥有的状态。

► (Ex: Professor giving inspiring lecture, performer performing concert, guy throwing party at his house, DJ, celebrity, bartender, etc.)

(例：发表鼓舞人心演讲的教授，音乐会上表演的演奏家，一个在自己家里开 party 的家伙，DJ，名人，酒保等。)

- **This leads to situational confidence.** If you know that you can anticipate a positive response based on your environment, you're gonna feel confident. You assume value and when you know that you have value, you will tend to be outside your head, when you don't think you have value, you will tend to be inside your head. In the moment vs. micromanaging. It's ironic that, when you need value the most, you'll tend to act in ways that don't convey value, but when you know you have value, you convey it naturally.

这导致情景信心。如果你知道基于你的环境你可以预见积极的反应，你会感到自信。你假定你有价值，当你知道你有价值，你倾向超越你的头脑，当你不认为你有价值，你倾向受困于你的头脑里。在当下 vs 微处理。讽刺的是，当你最需要价值的时候，你倾向于以无法传达的价值的方式行动，但是当你知道你有价值时，你自然地传递它。

► **When you are outside your head you are:** enjoying yourself, acting in the moment, letting your real personality come out, saying what's on your mind, being unaffected by how other people react, being detached from the outcome of any one particular interaction, taking things as they come, being fully present to what's going on around you and expecting that everyone is your friend.

当你超越你的头脑：玩的开心，活在当下，让你的真正人格展现出来，表达你头脑中的想法，不受其他人反应的影响，与任何一个特定的互动结果分离，来之则安之，对周围发生的一切完全掌控，假定每个人都是你的朋友。

► **When you are in your head you are:** not enjoying the moment for what it is and saying to yourself “How can I make this moment better?”, “How can I get more status/liked/acceptance/validation?” You are trying to change your personality specifically to make people like you, feeling flustered by all the social things that you feel like you need to be doing, being emotionally affected by other people's reactions, feeling like some particular interaction HAS to work or you might not get another chance, trying to think a step ahead and analyze how everyone will respond to you, being too stuck in your mind to even pay attention to what's going on around you and feeling like you're being judged. Makes you feel: unnatural, forced, needy, contrived.

当你受困于你的头脑里: 不能享受当下的时刻, 对自己说 “我怎么能让我此刻变得更好? ” “我怎样才能得到更多的状态/喜欢/接受/验证? ”, “你试图特意的改变你的人格让人喜欢你, 对所有社会的的东西感到不安, 觉得你需要做些什么, 在情绪上受到他人反应的影响, 感觉一些特别的互动必须起作用否则你可能不会得到另一个机会, 试图先行一步, 并分析每个人都将如何回应你, 被困在你的头脑中更关注你周围发生了什么, 感觉就像你在被评判。 让你感觉: 不自然, 被强迫, 有需求, 做作。

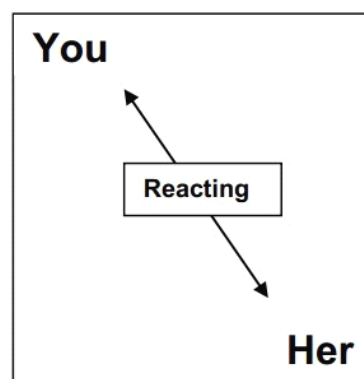
The Best Way To Make People Like You: **让人们喜欢你的最好方法**

- **Just express your personality freely and let the chips fall where they may.**
只是自由的表达你的个性, 不管结果。
- This implies that you are secure with who you are and probably have the value to back it up. What you're sub-communicating is so much more powerful when you can just be in the moment and allow the words to come out, shows you aren't even trying.
这意味着, 你确信你是一个怎样的人, 很可能你有自己的价值备份。当你活在当下并且一想到什么就直接说出来时, 你的潜沟通是如此强大, 显示你甚至没有尝试。

► What you'll find is that anytime you go into your head to try to impress, you'll lose the girl. Even if what you are saying is not as intelligent as if you had gone into your head to fish it out, you'll still hold more attraction. You'll be saying nonsense and she'll be enjoying it, but as soon as you go into your mind of some cool thing that you wanted to say to impress her, you'll repel her.

你会发现, 任何时候当你陷入你头脑来试图让人印象深刻, 你将失去女孩。即使你所说的好像没有你陷入头脑时绞尽脑汁想出来的聪明, 你还是会保持更多的吸引力。你将说胡话, 同时她也会很享受, 但是当你陷入你的思维, 想去说一些很酷的东西给她留下深刻印象, 你会使她不愉快。

Reactiveness **反应**



- In any social interaction, one person's reacting more to the other person than the other person's reacting to them. Always.

在任何社会互动，总是有一个人对其他人反应比其他人对他们的反应多。

▶ They change their personality/act different to get your acceptance; they analyze how they are taking up your space and time. You don't want to risk losing the relationship.

他们改变自己的人格/表现不同来得到你的认可；他们分析他们是如何占用了你的时间和空间。你不想冒险失去关系。

- **Symptoms of someone who's reacting:**

一些有反应的人的症状

- ▶ 1. Their natural personality's being affected by you.
1、他们的自然个性受你的影响。
- ▶ 2. The way that they feel about themselves is tied up in your responses to them.
2、他们感觉自己被你的反应绑架的方式。
- ▶ 3. Their focus is more directed towards you than other people in the room.
3、他们的焦点更多的朝向你而不是房间里的其他人。
- ▶ 4. They feel a heightened emotional response to physical contact from you.
4、他们在和你的身体接触中感受到高度的情绪反应。

- When you are having these types of reactions to people you are **giving your power away**. People don't want you to do that, everyone wants to be around the cool, fun, charismatic dude that doesn't do that. They would rather be with someone of equal value.

当你对别人有这些类型的反应，**你就放弃了自己的权力**。人们不希望你这样做，每个人都希望周围的人是很酷的，有趣的，不会这样做的有魅力的家伙。他们宁愿和同等价值的人在一起。

Core Confidence

核心信心

- Whereas people with situational confidence will become inhibited and reactive when you put them into a new situation, someone with core confidence doesn't depend on being in a situation. They **assume value all the time**, they have core value as opposed to situational value. They can be confident without any reason or any of these reinforcements.

然而，当你把他们放入一个新的环境中时，只有情境信心的人会变得拘谨和易反应，有核心信心的人不依赖于他们所处的环境。**他们总是呈现价值**，与情境性价值相对，他们拥有核心价值。他们能够自信，没有任何理由或任何这些增援。

- The reason why you should have core confidence is simply because **people will buy into it**. You can see the glitch in the matrix, how other people are walking around and if you just appear a little more confident than them, you'll have the dominant reality.

你为什么要有核心的信心很简单，因为人们会认可它。你可以看到矩阵中的差错，其他人是如何走动的，并且如果你比他们看起来更自信一点，你会拥有优势的现实。

► “If you act like a rockstar, you'll get treated like a rockstar.”

如果你表现得像一个摇滚明星一样，你就会像摇滚明星一样被对待。

● Anyone can understand how and why you should have core confidence intellectually, but to really become a guy that's great with women, you really **need to have that “click” in your head**: “Okay, I have core value.” A lot of this seminar is how to create that click.

任何人在智力上都可以了解如何和为什么你应该有核心信心，但真正成为一个对女人来说很棒的男人，**你真的需要在你的脑海中有“顿悟”的感觉**：“好吧，我有核心价值。”很多这样的研讨会是关于如何创造这种恍然大悟。

► You think “My personality is enough”, and give yourself permission to act in ways that you know are attractive. Draw confidence from your value as a human being.

你认为“我的人格是充足的”，并允许自己以你知道有吸引力方式行动。从你作为一个人类的价值中获得信心。

● This is about being able to be that same cool guy no matter where you are or who you're with. Able to go into any environment and be the person who you're meant to be, not relying on any personality shell or situational confidence. Don't develop a prison for yourself, develop freedom / authenticity.

这是关于无论你在哪里，你和谁在一起，你都能像那些酷小子一样。能融入任何的环境和成为你注定要成为的人，不依赖任何人格外壳或情境信心。不为自己开发一个监狱，发展自由/真实性。

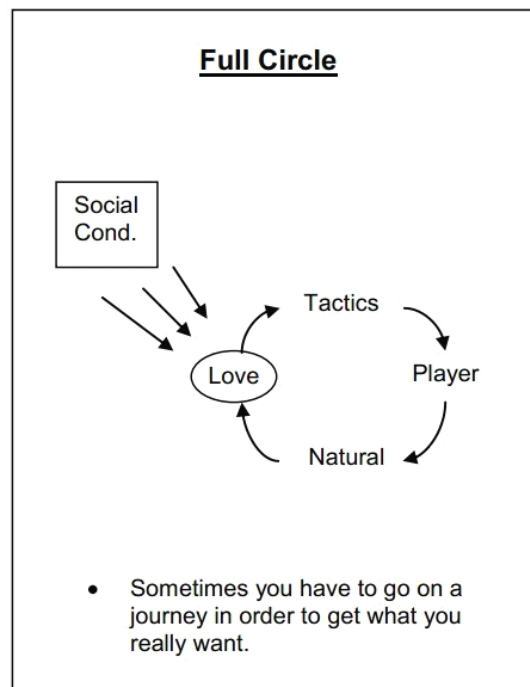
Love 爱

● When most guys get in, they want one girl. Truth is, you have to become good with women in general. You have to get out of the model of the world where every girl you meet you're “falling in love with”.

当大多数人开始行动时，他们想要一个女孩。事实是，你必须变得善于和一般的女孩相处。你必须跳出的世界的模式，与每一个你相遇的女孩坠入爱河的模式。

● It's a big mind screw when your 1st girlfriend breaks up with you, and you want to get her back more than anything, especially with SC, and many guys come into the community wanting to “win” their old girlfriend back.

这是一个巨大的思维螺旋，当你的初恋女友与你分手，你不顾一切地想要



追她回来，特别在社会框架的影响下，许多人加入泡学论坛，想要“赢回”他们的前女友。

- Sometimes you have to go on a journey in order to get what you really want.
有时候，为了得到你真正的想要的东西，你不得不去旅行。

- **What is love?** Language is a weird thing in how it sometimes dictates our reality, instead of describing it. In most languages, there are many words for many different types of love (brotherly love, love for a father, love for a mother, infatuation, long term love, etc.) while in English it's just “love”.

什么是爱？ 语言是一种奇怪的东西，它有时支配着我们的现实，而不是描述它。在大多数语言中，有许多词来表达许多不同类型的爱（兄弟之爱，父爱，母爱，迷恋，长久的爱，等等。）而在英语中就是“爱”。

► When you break the one word up and you don't have this one all-encompassing word that's supposed to mean everything, then the self-hypnosis most guys get into is not so common. (“Forever” is the key word in self hypnosis.)

当你分解这个词，你不再怀有这个包罗万象的词，这个意味着一切的词，然后大多数男人陷入的自我催眠就不常见了。（“永远”是自我催眠里的关键词）。

- A lot of people see love as having supernatural properties. (Ex: Only one soulmate for them out there, true love lasts forever, fate will handle love for them.)

许多人认为爱拥有超自然的力量。（例：茫茫人海中你只有一个灵魂伴侣，真爱恒久远，爱情在命运的掌握之中。）

► With the belief systems that there's these types of “powerful forces” at work, it's no wonder people self-hypnotize themselves into wacky beliefs and emotional pain.

带着有这样一些类型“强大的力量”在起作用的信念系统，这也难怪人们自我催眠自己进入古怪的信念和情绪的痛苦。

- **Love is not caused by another person.** It's a trance that you put yourself into caused by yourself. As we loop our thoughts over and over around the concept of a particular person, our mind shifts the way that we perceive them and suddenly everything makes sense – it's love. Our thinking makes the person into someone they're not.

爱情不是由另一个人造成的。这是一个种着迷，通过你自己把自身带入造成的。当我们把我们思想一遍又一遍围绕在一个特别的人的观念上，我们的思维转变了我们看待他们的方式，突然一切都是有意义的 – 这就是爱。我们的思想让人们变得不再是他们自己。

- A chode is walking around with a gap in his self esteem, gets to plug the gap temporarily if he finds a woman. Mistakes validation or codependence for love. But you should be able to self-generate that feeling → a lot of guys are stuck in unhealthy-land, use the girl as a pillar because they're disconnected from their own self esteem. Use the woman as a sort of situational confidence.

一个自尊有缺口的挫男到处闲逛，如果他得到一个女人，这会暂时像得到塞子来堵住缺口。对爱情的错误验证和相互依赖。但你应该能够自我生成这样的感觉 → 很多人被困在不健康的国度，把女孩作为支柱，因为他们与他们自己的自尊断开连接。把女人当做一种情境的信心。

► The difference in Tyler's relationship is that he wasn't coming from a position of lack, and neither was she. There was an offering of value there, like fueling fire, not codependence.

泰勒的关系的区别是，他不是源自于一个缺乏的状态，她也不是。关系中有一个价值的提供，像给火加燃料，而不是相互依赖。

- When you first start talking to a girl in a club and you two hit it off, you may start to feel as if you two have a connection. This is bad because when you were just having fun, she was giving you her “hot guy” personality, but once you start to become outcome-dependent and she starts to lose attraction to you, you start to lose state.

当你在俱乐部第一次开始和一个女孩说话，你们俩一拍即合，你可能开始觉得好像你们俩有连接感。这样不好，因为当你只是玩的开心，她将给予你她的“帅哥”的人格，但一旦你开始变得依赖结果，她开始不再感觉到你吸引力，你开始失去状态。

► Get over it by: knowing that you do not know somebody until you've gotten to know them over a significant period of time. Don't make judgments/assumptions.

克服它：认识到这一点，你不会了解某人除非你已经花了相当长的时间去了解他们。不要做判断/假设。

- Love is something that you experience everywhere. To become very good at picking up chicks, sounds weird, but you have to get that spiritual side of you figured out. You become a person who is independently happy, validated and amused.

爱是你随处可以体验的东西。为了变得擅长把妹，听起来怪怪的，但你必须在精神方面想明白。你成为一个独自就可以快乐的，自我认可，自娱自乐的人。

► That good feeling, that validation most guys get when they have a gf – you should be feeling that about the whole world, and once you do, then you can focus it on one person. It's no longer needy/attached/codependent.

那美好的感觉，当大多小伙子有一个女朋友时他们得到的验证 - 你应该从整个世界中感受到，而一旦你这样做，你就可以将精力集中在一个人上，不在有需求感/依恋/相互依赖。

Day 2

第二天

Identity

身份意识

- A concept that relates you to and also separates you from your social environment. Your concept of who you are and how you're different from people. → “Here's what gives me a certain status relative to other people and as a result I can act in all these different ways.”, “I'm cool so I can act cool.” → By comparing yourself to other people you form the concept of who you are and where you stand.

一个把你与社会环境联系起来，同时也将你从你的社会环境区别开来的概念。你的关于你是谁以及你是如何与他人不同的概念。→ “相对于其他人，这给我一个确定的状态，因此我可以用所有这些不同的方式来表现。”，“我很酷，所以我可以表现得很酷。”→通过把你自己与别人作比较形成的你是谁和你的立场是什么的概念。

- We are always processing our world through that little seed in our mind that is identity. What we perceive, **the way that we perceive it**, what we think about other people, way our emotions respond to other people.

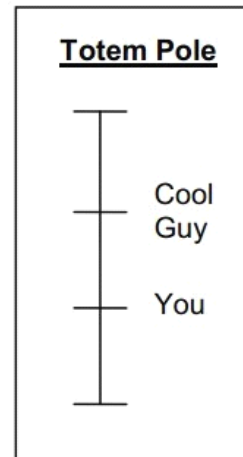
我们一直通过头脑中那个小小的种子来处理我们的世界，那就是身份。我们所感受到的，**我们看待它的方式**，我们对其他人的看法，我们的情绪回应其他人的方式。

- If you think you are down low on the totem pole and you meet a guy who's up high, your experience of that person is gonna be a lot different than someone's who's as high as him.

如果你认为自己在阶层柱的下端，同时你遇见一个地位比你高的家伙，你对他的感觉和另一个与他地位一样的人对他的感觉会有很大不同。

- There's nothing physically stopping you from being who you want in social situations. We all have a construct of what a cool guy looks like, but we don't give ourselves permission to be that guy. **The only thing that's really stopping you from being that guy is your sense of identity.** If you don't think you're the cool guy high up on the totem pole, then anytime you try to be cool, it'll feel weird and you won't want to do it, like swimming upriver.

在社交场合，物理上没有什么阻止你成为你想成为的人。我们都有一个关于一个很酷的家伙看起来像怎样的概念，但我们不让自己成为那样的人。**唯一真正阻止你成为酷家伙的是你的身份感。**如果你不认为你是阶层柱高处的酷家伙，那么任何时候你试图变得酷，都会让你感觉奇怪，你不会想要这么做，这就像往上游游泳。



- Ultimately, your potential for social success is unlimited, but it's your identity that's going to push you forward or pull you back. Anything that involves elevating your status or going beyond the constraints of your identity, you will block out that idea subconsciously. “That's not me.”

从根本上说，你社会成就的潜力是无限的，但你的身份会把你向前推或拉你回来。任何涉及提升你的状态或超越你身份限制的东西，你会下意识的阻止这个想法。“我不是那样的人。”

- Most of your personality is arbitrary. It could have developed one way or another, depending on your circumstances. You may think that you came up with your personality (“That's me, I can't do something that's not me!”), but most of it at this point you did not come up with. → When you were young, did something and got validation, started to develop those personality traits.

你大部分的人格是主观的。它可能已经开发出一种或另一种方式，这取决于你的境遇。你可能会认为你符合你的人格（“这就是我，我不能做那样的事情，那不是我！”），但最重要的是在这一点上你与它不符合。→在你小时候，做了一些事情，得到了验证，开始开发这些人格特质。

- ▶ Although your core never changes, many of your personality traits have **developed in reaction**. (Beta behavior, introversion, etc.)

尽管你的核心从未改变，你已经**根据反应开发**出许多的人格特质。（测试行为，性格内向，等等。）

You Can Be The Person Who You're Meant To Be

你可以成为你想成为的人

- ▶ The biggest thing is not to get too attached to what you believe right now. To grow and evolve you can't be attached. If you want to change your personality / style / etc – do it.

最重要的是不要太依赖你现在所确认的。增长和发展你不能依赖的。如果你想改变你的人格/风格/等 – 行动吧。

- Everybody has a good idea of what they deserve, including the types of women. When you believe that you're on a girl's level, you're gonna behave naturally and you're easily gonna be able to create attraction with that girl. When you think you deserve her, attraction is automatic.

每个人关于他们应得的都有一个好的观念，包括各种类型的女人。当你相信你达到一个女孩的标准，你会表现得很自然，你很容易就能创造对那个女孩吸引力。当你认为你应该得到她，吸引力是自动的。

- ▶ But when you're going into your head to relate to what she's saying or impress her, on some SUBTLE, SUBTLE level the power's being given away.

但是当你陷入你的头脑，去关注她说什么或想给她留下深刻的印象，在一些微妙的，细微的层面上，力量正在被送离。

- The core difference between guys who are dancing monkeys (entertainers) and guys that pull is that the guys that pull know who they are.

那些跳舞的猴子（艺人）和吸引异性的家伙的核心区别是，那些吸引异性的家伙知道他们是谁。

Social Feedback

社会反馈

- You don't figure out how the world works on your own. You learn not to do a lot of stuff through 2nd hand feedback – learning socially.

你不明白自己的世界是如何工作的。你学会了不去做很多的东西，只通过二手反馈 - 从社会学习。

- **On a subtle level, what we're doing all the time is looking how other people are reacting to our behavior.** Because we can read social cues, we can learn what is normal, permissible behavior.

在一个微妙的层面上，我们所做的，总是寻找其他人的对我们行为的反应。因为我们可以读出社会线索，我们可以了解什么是正常的，允许的行为。

► So if you were young while your identity was forming and you tried to step up and you saw other people say “that's not permissible behavior”, “That's not the right way to act” then your mind goes “no, don't do that” – “don't act cool, don't act popular, don't be fun, etc.”

所以，如果你在年轻的时候，当你的身份正在形成时，你试图加强而且你看见别人说“那是不允许的行为”，“那是不正确的行事方式”那么你的思想就会“不，不要这样做” - “不要表现的酷，不要表现的受欢迎，不要变得有趣，等等。”

- A great deal of your reality is unverified and second-hand. We don't have enough time to learn everything on our own, so we learn to trust secondary info. We trust it based on how certain the other person is of what they are saying, certain of their reality.

你的大量的现实是未经证实的，二手经验。我们没有足够的时间来亲身学习一切，所以我们学会相信二次信息。我们相信它基于某些其他人对他们所说的确信程度，对他们现实的确信程度。

- When someone has a lot of certainty about who you are, there's a lot of psychological pressure put on you to become that person. You don't have to succumb to it.

当有人有很大的确认关于你是谁，这会产生很大的心理压力让你成为那样的人。你不必屈从于它。

► They could be total dumbasses, but they had that level of certainty.

他们可能全是傻逼，但他们有那种水平的确信度。

Imprints

印记

- In your mind, you have a concept of what a cool/uncool person looks like. It's an instinct to know what high status behaviors are. A rough sketch.

在你心里，你有一个关于哪些人看上去酷，哪些人看上去很土的概念。它是

一种本能，知道什么是高地位的行为。一个草图。

● **Your mind is always ping-pong to find out how you're supposed to act.** In different situations you act differently, depending on where your mind thinks you are on the social totem pole. It's looking at social feedback to determine your value and which personality is appropriate at the time.

你的头脑总是在不停地侦测，找出你应该如何做。在不同的情况下你表现不同，这取决于你认为你在社会等级中的位置。这是察看社会反馈来决定你的价值和哪个人格在那时是适当的。

► These different ways of acting are called imprints. You use different imprints in different situations. So depending on how people are reacting to you when you ping, your mind lets you have a different imprint.

这些不同的行为方式被称为印记。你在不同情况下使用不同的印记。所以基于当你侦测时人们如何反应，你的头脑让你拥有不同的印记。

● **Your mind lets you choose a different personality based on what it thinks people will accept/like.** It does this because for the first millions of years of evolution if you made someone unhappy they would take a rock and bash your head in. Now you can do practically anything and get away with it.

你的思维让你选择不同的人格基于它认为人们会接受/喜欢。这是因为在数百万年的进化中，如果你让某人不愉快的，他们会拿石头砸掉你的脑袋。现在你实际上可以做任何事情，逃脱处罚。

► Yes, you'll get humiliated a lot and feel uncool since you're trying to be someone you're not. When you're working on your personality, but you won't get injured, you won't die. If you're afraid of humiliation and discomfort, then you'll never grow. Your personal range is not gonna expand.

是的，一旦你试图成为别人，你会感觉很没面子，感觉没把握。当你坚持你的人格，你不会受伤，也不会死。如果你害怕丢脸和不安，那么你永远不会成长。你的人际范围不会扩大。

► It's harder to willingly humiliate yourself than get in a fight for most guys because, while being a manly man is part of your identity, being a dumbass chode is not.

比起与一帮男人大战一场，更难的是心甘情愿地羞辱你自己，因为成为一个有男子汉气概的男人是你身份的一部分，而成为一个笨蛋挫男却不是。

● **The mind has developed an emotional system that doesn't let you act above your range** because it wants to keep you alive. It gives you encouragement to access the confident part of your personality, the "confident imprint" whenever you think you have value and gives you discouragement from accessing it when you don't. You still have this system even though most of the threats it was designed to help you avoid no longer exist. There's no risk of getting kicked out of the tribe and dying. Now it's only "really embarrassing and annoying".

大脑已开发出一种情感系统，不让你超越你的行动范围，因为它想让你活着。任何时候你认为你有价值，它给你鼓励获取你人格中自信的一部分：“自信的印记”，当你认为你没有价值，它让你气馁而不能获取它。你还保留着这个系统，尽管它被设计用来帮助你避免的大多数的威胁已不再存在。没有了被踢出部落和死亡的危险。现在它唯一有的是“真正的尴尬和恼人”。

State / Nimbus

状态/光环

- Fancy word for confidence. You give yourself permission to be the person who you're meant to be.

关于信心的华丽辞藻。你允许自己成为你想成为的人。

When you're in state:

当你在状态:

- ▶ A feeling of being complete,
一种完整的感觉,
- ▶ A surge of positivity, steadiness and dominance,
一种积极性, 稳定和优势的急剧上升,
- ▶ A sort of naturalness where everything clicks,
一种对每件事都豁然开朗的自然的品质,
- ▶ A feeling that you are the source of good emotions in the environment,
一种你是环境中良好情绪的源泉的感觉,
- ▶ A feeling of total abundance where nothing could go wrong,
一种丰富的没有什么会出错了的感觉,
- ▶ Your jokes hit and you can say anything,
你的笑话大受欢迎, 你可以说任何事。

When you're out of state:

当你不在状态:

- ▶ A feeling of being incomplete,
一种不完整的感觉,
- ▶ A burden of being weighed down, anxious or antsy,
一种被拖累, 焦虑或坐立不安的负担,
- ▶ A sort of unnaturalness where everything is off-rhythm and ill-timed,
一种每件事都失去节奏, 不合时宜的不自然的品质,
- ▶ You view other people as the source of good emotions (value scanning).
你认为别人是良好情绪的源泉 (价值扫描)

- **Key distinction:** you have good emotions and you don't care vs. you have no good emotions and you're self-conscious. Your mind quiets, you're in the moment and you're totally outside of your head.

关键的区别: 你有良好的情绪, 你不在乎 vs 你没有良好的情绪, 你有自我意识。你的心智沉静, 你活在当下, 你完全超越你的头脑。

- Naturals tend to go in state more than regular people, it's what makes them natural.

天生好手与普通人相比更倾向于在状态, 这让他们变得自然。

- **State sub-communicates value.** When you're in state, people's unconscious mind says: "this guy must have value, he must be the shit". You're also communicating authentically, which is what people like – when you're coming from a position of abundance, you have less need to be inauthentic. You're not trying to impress/persuade/conform, because you have no reason to care.

状态潜沟通出价值。当你在状态,人们的潜意识说:“这家伙一定有价值,他棒极了”。你也真实地交流,这是人们喜欢的——当你来自一个富足的位置,你对不可靠的东西有更少的需求。你没有试图打动/说服/循规蹈矩,因为你没有理由去在意。

- **The problem:** when you know about state you get self-conscious and try to force it.

问题: 当你知道状态你变得有自我意识,并试图强迫它。

► **Solution:** While on one level you can understand that state is liberating, state allows you to do what you want, say what you want and it'll work great, on another level you have to have a personal boundary: Never monitor whether or not you're in state, just go:

“If I’m not in state ,I’m just GOING
TO GO THROUGH THE MOTIONS
ANYWAY”

“如果我不在状态,反正我只是走走过场”

解决方法: 虽然在某种程度上你可以了解状态是一种解脱,状态允许你去做你想做的,表达你的想法,它会运行得很好,在另一个层面上,你必须有一个个人的边界:从不监控是否你在状态,放手去做:

- **Side note:** You can train yourself to be in state through meditation.

旁注: 你可以训练自己通过冥想进入状态。

Resistance

阻力

- Concept from eastern philosophy, a new emotion.
来自东方的哲学观念,一个新的情感。
- **Resistance is the emotion that you experience when you wish that the reality that is in front of you was different in some way.** It's the opposite of acceptance. Never resist the reality that's in front of you, just accept it and take right action.

阻力是一种你经历的情感,当你希望的与在你面前的现实在某种程度上是不同的。这是接受的对立面。永远不要抗拒你眼前的现实,接受它,并采取正确的行动。

► Instead of: “Oh, I'm so depressed. I hate being depressed.” do: “I'm depressed. I don't mind.” Creates space between you and the emotion. You're not identifying with the emotion, just recognizing it as a chemical reaction in your body.

用“我很沮丧。我不介意。”代替:“噢,我很郁闷。我恨自己的沮丧。”创造你和情感之间的空间。你不认同感情,只是承认它是一个你的身体里化学反应。

- So the first gateway out of not being in state is just accepting. “That which you resist, persists.”

所以脱离不在状态的第一途径就是接受。“你所抗拒,依然存在。”

Taking Right Action

采取正确的行动

- Taking right action is a muscle. We live in a society where the idea that [bad emotions are a valid excuse not to act] is a good reason not to do something. Taking right action is like saying “This is what is required to be done and I'm gonna do it regardless of emotion.” You feel the emotion in your body, but you just move forward anyway.

采取正确的行动是一种力量。我们生活在这个社会，认为这样[坏情绪是不行动的一个有效的理由]是一个很好的理由不去做些什么。采取正确的行动就像说，“这是需要被完成的事，我会不顾情感去做它。”你感到情绪在你的身体里，但你只是继续前进。

► It's like when you're drunk and the police officer asks you to walk in a straight line. You're totally shit-faced, but you try, you just try. THAT'S LIKE WHAT MOST OF TYLER'S LIFE IS.

这就像当你喝醉了，警官要求你走直线。你完全喝醉了，但你尝试，你只是尝试。这就像泰勒大多数的生活一样。

- The only difference between courageous and cowards is being able to walk through a fog of bad emotions. Even Tyler doesn't take right action all the time, maybe 1/3 of the time, but most people do it 2% of the time.

勇敢和懦弱之间唯一的区别是能够穿过坏情绪的迷雾。即使泰勒不是所有时间都采取正确行动的，也许 1/3 的时间，但大多数人只做了 2% 的时间。

Identity Criterion – State Thermometer

身份标准—状态温度计

- There is truth to the idea that people in impoverished countries are happier than those who have many luxuries. The reason?

这是真实的观念，贫困国家的人们比有很多奢侈品的人更快乐。原因是什么？

► Someone who lives in impoverished may have less rules about when they allow themselves to experience happiness. “I can be happy when I'm out dancing.” Vs “I can be happy when I have this and this and when I've accomplished this in my job, etc”

那些生活在贫困国家的人可能有更少的规则，当他们让自己体验幸福的时候。“我可以很高兴当我出去跳舞。”vs“我可以很高兴当我有这个，还有这个，当我已经完成了这个工作等。

- What does your mind need to view yourself as a worthwhile guy? Your identity/entitlement criterion is where your mind looks to reference how much value you have. (A.k.a. the rules you have to decide whether or not you can go into state.)

2 Qualities To Cultivate:

●Non-Resistance

●Right Action

培养两项素质

1、不抗拒

2、正确行动

是什么让你的思维需要把你自己看作一个有价值的人？你的思维依靠你的身份/资格标准来参照你有多少价值。（也称作：你必须决定你能否进入状态的规则。）

- **The “thermometer” that you use to decide whether or not you go into state is actually programmable.** Much of the programming you have in your thermometer now is done through social conditioning. These are most of the ways guys chase after state:

你用来决定你是否进入状态的“温度计”其实是可编程的。你现在温度计里的大部分编程是通过社会框架完成的。这些是大多数男人追求状态的方式：

- ▶ **1. Superficial Standards** – looking good (incl. clothes, haircut), having a high status job, making money or owning nice things. Society's unrealistic standards.

1、肤浅的标准 – 好看（包括衣服，发型），有一个高地位的工作，赚钱或拥有美好的东西。社会的不切实际的标准。

- ▶ **2. Alliances** – friendships or relationships. When you feel guaranteed acceptance because of the people around you. People being nice / paying attention to you.

2、联盟 – 友谊或关系 – 当你因为你周围的人，觉得有保证的被接受。人们很友好/关注你。

- ▶ **3. Competencies** – When you have anything that makes people want something from you. Access/knowledge/expertise/jokes. Something the community has been based on for so long – get in state because it allows you to feel you can provide the good emotions.

3、能力 – 当你有什么让人想从你哪里得到的东西。访问/知识/专长/笑话。一些社区已经以此为基础很久久的东西 – 得到状态，因为它让你感到你能提供好的情绪。

- ▶ **4. Roleplays** – When the circumstances in your life call on you to assume a role. Teacher/being around people of lesser status and filling the role by default.

4、角色扮演 – 当你生活的境遇要求你承担角色的时候。老师/被地位较低人围绕和默认的担任角色。

- These things are kind of like rules that you want to move past. Try going out not dressed as good or alone to accumulate new reference experiences and learn not to depend on any external forces. Nice clothes aren't bad – dress nice if you want to, but don't be limited by it. Move past it.

这些东西就像是一种你想要超越的规则。试着不穿地很好就出去或独自积累新的参考经验和学习不依赖任何外部力量。漂亮的衣服并不坏 – 如果你想，那就穿的好看，但不要被它限制。超越它。

- ▶ It's letting that confidence come from within and not needing something else to be there.

就是让这种信心来自内部，不需要别的东西存在。

► Tyler had several experiences that made him realize this (zits, food stains he didn't know about, but he still had an awesome night because he didn't know that he wasn't meeting his own rules.

泰勒曾今的多次经历使他意识到这些（青春痘，食物污渍，他不知道，但他仍然有一个可怕的夜晚，因为他不知道他是不符合他自己的规则。）

- Pickup lines. When a pickup guru who has so much authority and social proof tells you “use this line”, your subconscious mind believes it, says “look at this, I have something to offer now.” You say it with confidence, in a way that conveys value, because you now truly believe that you have value.

把妹方法。当一个非常有权威和社会证明的把妹大师告诉你“使用这个方法”，你的潜意识相信它，说“看，我有东西能提供了。”你很有自信的表达，在某种程度上这传递价值，因为你现在真的相信你有价值。

CORE VALUE: The Final Criterion On State Thermometer

核心价值：状态温度计上最终的标准

- Most guys spend their lives chasing circumstances, it's a self-destructive pattern. The problem is, most guy's perception of the cause-effect relationship with these things is skewed.

大多数人穷其一生追求境遇，这是一个自我毁灭的模式。问题是，大多数人对于这些事物因果关系的认知是扭曲的。

► Ex: Cool clothes. Most new styles were created by guys who have enough charisma to pull them off. Hip hop clothes were first created by people who didn't have money, but they decided it was cool and believed in it so much that it became cool. So rather than going out and trying to get the perfect clothes, what if you said “I'm gonna make these clothes cool. Own what I'm wearing.” Anything that you have, you can make cool. Don't be the guy who reacts to trends, be the guy who creates them.

例：酷衣服。最新款式是由那些有足够的魅力将它们脱去的人创造的。嘻哈服装最先被没有钱的人创造，但他们决定这是酷的，而且如此相信这一点，以至于让它变得酷。所以，与其去想得到完美的衣服出去，倒不如你说“我要让这些衣服很酷。我的穿着我做主。”你可以让你拥有的任何东西变得酷。不要做那个跟随流行的人，成为创造流行的人。

► Likewise, most people are looking in a venue for friends/relationships, “When I have these relationships, then I'm gonna feel confident.” But in reality, core confidence is what brings the relationships to you.

同样的，大多数人都在希望在一个有朋友/人际关系的地点，“当我拥有这些人际关系，那么我会感到有信心。”但实际上，核心信心为你带来人际关系。

► Most people need people reacting to them in order to feel confident, but they don't realize the cause and effect that **when you are confident people react to you.**

大多数人都需要人们的反应来感到自信，但他们不明白因果关系，**当你有自信，人们会回应你。**

- The first layer of getting core confidence is the flipping of cause and effect. You can stop chasing all the circumstances. It's not gonna happen right away. We're just planting the seeds here. **If you don't know how your old, outdated emotional system works, it all feels so real.** Knowing about this allows your core confidence to just sort of come out. And as you get more reference experiences your mind starts to accept "This is the truth." Most people are living in this reality in a daze, knowing how it works allows you to get perspective and change.

关于获取核心信心的第一层次在于因果的翻转。你可以停止追逐所有的境遇。它不会马上发生。我们只是在这里播下种子。**如果你不知道你的旧的、过时的情感系统的工作原理，这一切都感觉如此真实。**了解这一点，允许你的核心信心显露几分。当你获得更多的参照经验你的思维开始接受“这是事实。”大多数人都茫然地活在这个现实里，知道它是如何工作可以让你获得洞察力和改变。

- **Traits to cultivate to get core value:**
培养的获得核心价值的特征

- ▶ You identify yourself as an individual that can't be categorized, with a dynamic and flexible identity that could evolve at any time that you choose.

你确定自己作为一个不能被归类的个体，有一种可以在你选择的任何时间发展的动态的和灵活的身份。

- ▶ You know what you've been through in life and trust yourself to get by no matter what situation you choose.

你知道你所经历的生活并相信自己，不管你选择什么样的情景。

- ▶ You value your opinion of yourself more highly than the values and opinions of others and you determine your own value by a criteria that is your own.

相比于他人的价值观和意见，你高度重视自己的主张，你通过自己的标准确定自己的价值。

- ▶ You know that your acceptance in any particular situation is never a threat to your overall well-being.

你知道你在任何特定情况下的接纳程度是不会威胁到你的整体安乐。

- ▶ You know what your best qualities are and that even if people don't see them or acknowledge them, you know very well that they exist. (You don't need other people to validate that your best qualities exist. Your state will not go down.)

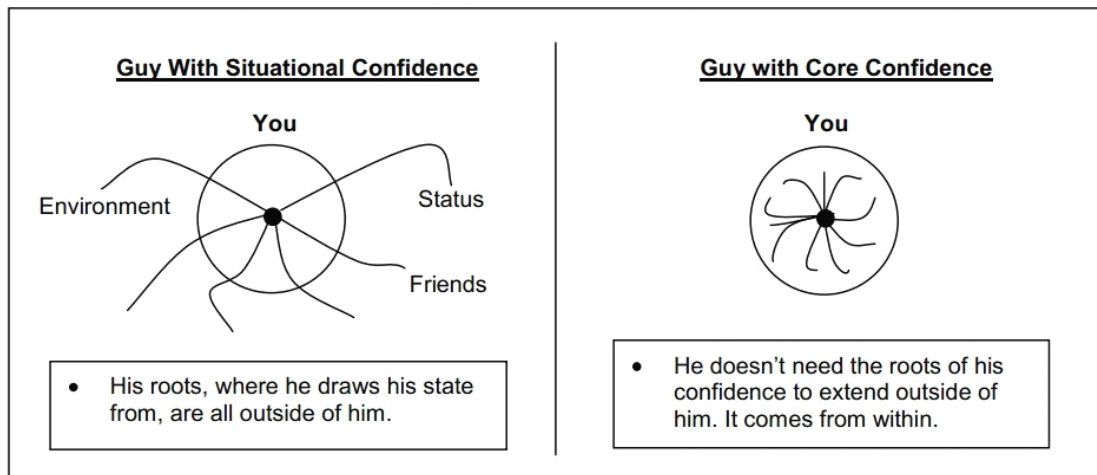
你知道你最好的品质，即使人们看不到或不承认他们，你很清楚得知道它们的存在。(你不需要其他人来确认你的最佳品质的存在。你的状态不会下降。)

- ▶ You know that you offer real value to people and if they don't see it, it's their issue, not yours.

你知道你给人们提供真正的价值，如果他们没看到，那是他们的问题，不是你的。

- ▶ You believe that your life, perspective and energy have an inherent value whether other people acknowledge it or not.

你相信，你的生活，观点，能力有一种内在的价值，无论其他人是否认可。



● His roots, where he draws his state from, are all outside of him.

他所获得状态的来源，都在他自己以外。

● He doesn't need the roots of his confidence to extend outside of him. It comes from within.

他不需要他信心的根源来自他的身外。它来自内部。

Conflicting Realities - Anticipated Responses

矛盾的现实-预期反应

● **Whenever you do anything, you have an anticipated response.** You can predict, so your sense of reality is what allows you to make predictions about the world.

无论何时你做任何事情，你有一个预期的回应。你可以预测，所以你的现实感允许你对世界做出预测。

► You have a model in your head about all the different cause-effect relationships you've learned in your life. It's your view of how the world works, how people are like and how they should respond to you and your view of what you deserve out of life.

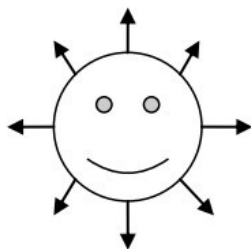
在你脑海中有一个你从生活中学来的关于所有不同的因果关系的模型。这是你关于世界是如何运转的，人们是什么样的，他们应该如回应你和你应该从生活中得到什么观点。

● **“Whoever has the strongest reality wins.”** They'll tend to impose that reality onto the other people around them. They have the stronger belief about who they are, how people should treat them, and where they stand on the totem pole. It will suck other people into that reality, and people will begin to interact with them through that context.

“拥有最强大现实的人获胜。” 他们会倾向于用这一现实对周围的人施加影响。他们有更强的信念，关于他们是谁，人们应该如何对待他们，和他们在社会阶层的位置。他将吸引他人进入这一现实，人们将开始通过这样的背景与他们互动。

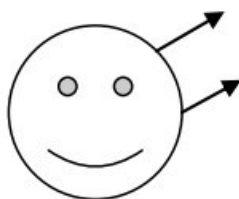
► So while most people are always ping-pong to see how they should act.

因此，虽然大多数人总是在侦测来看看他们应该怎么做。



...people with strong realities ping much less than others, and are less affected. They act mostly the same in all situations...

那些有具很强现实的人相对于他人更少去侦测, 而且更少受到影响。他们的行为在所有情景下基本相同。



...When you understand that by having the stronger reality you can pull people into your reality, and you find yourself doing it, you'll find that you tend to rely less and less on other people's opinion's and more and more on your own.

当你明白, 通过拥有更强的现实, 你可以把他人拉入你的现实的时候, 你发现自己正在这样做, 你会发现, 你会倾向越来越少地依赖于其他人的意见, 越来越多依靠你自己。

- Ex: strong reality of a hot girl in a bar vs. a dude who gets a lot of girls:
例: 强大的现实的一个在酒吧的辣妹vs一个得到了很多的女孩花花公子:

<u>Hot Girl Believes:</u>	<u>Cool Dude believes:</u>
<p>▶ 1.I'm a hot girl.</p> <p>▶ 2.You are the next guy of the night.</p> <p>▶ 3.You need validation/approval/sex from me.</p> <p>▶ 4.I am too hard for you to get...</p> <p>▶ 5...but feel free to entertain me if you like</p> <p><u>辣妹认为</u></p> <p>1、我是一个辣妹。</p> <p>2、你是今晚的备胎。</p> <p>3、你需要从我这里得到验证/批准/性。</p> <p>4、我对你来说太难得到了</p> <p>5、但你喜欢的话可以随时逗我开心</p>	<p>▶ 1.I have no shortage of options.</p> <p>▶ 2.I'm chatting you because I'm having fun.Girls are silly/adorable/fun to be around,and I'm chatting you. That's it.</p> <p>▶ 3.I am totally fulfilled in everything.I have everything I need.</p> <p>▶ 4.You seem cool, and if you turn out different from the other girls, we might hang out .</p> <p>▶ 5.When I want something I take it, but for now I'm just chatting and having fun.</p> <p><u>超酷的花花公子认为</u></p> <p>1、我不缺乏选择。</p> <p>2、我和你聊天因为我高兴。女孩是幼稚的、可爱的、给身边的人带来欢乐, 同时我在和你聊天。仅此而已。</p> <p>3、我对一切都完全满足, 我有我需要</p>

	<p>的所有东西。</p> <p>4、你看起来很酷，如果你能证明你跟其他女孩不同，我们或许可以出去玩玩。</p> <p>5、当我有想要的东西，我去得到它，但现在我只是聊天，玩的高兴。</p>
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● **How to tell who has a stronger reality in an interaction:**

如何分辨谁在互动中有更强的现实

► Who is Screening vs. Qualifying – who is trying/reacting more in the interaction? Can be obvious (trying to impress) or very subtle (who is going into their head more and exerting more effort?)→ There's no “tactic” for this. The self is always coming through. Ex: Even if you are talking more than her maybe you're just in a blabbermouth mood and she's trying to impress you by seeming aloof.

谁在筛选 vs 谁在使自己有资格-谁在互动中努力/反应得更多？可以明显（讨好）或非常微妙的（谁更多地进入他们的头脑，努力的更多？）→对于这点没有“策略”。真我早晚会显露。例：也许你只是处在一个大嘴巴的情绪，即使你说的比她多，她也试图用看似冷漠的方式来打动你。

► Who is emotionally affected by the other person's acceptance, and who would feel no change?

谁在情绪上会受他人接受度的影响，而谁会觉得没有变化呢？

► Who is losing their concept of what's cool and who feels no change?

谁在丢失他们关于酷的概念，而谁感觉没有变化呢？

► Who is changing the way that they normally talk in order to keep up and who is setting the tone of the conversation? (Ex: White guys who start talking gangsta, “Yo”, if around a cooler dude who does it all the time.)

谁为了维持谈话不断变化他们通常说话的方式，谁定下谈话的基调？

（例：白人讲开始谈论黑帮，“哟”，如果一个总是这么做的更酷的花花公子周在围。）

► Who would be having just as much fun if the other person wasn't there and who would feel like they're getting kicked out of the warm end of the pool? The ability to amuse yourself is one of the most attractive qualities anyone can have, because it's gonna eradicate the highest level of neediness and you're the party. (Some guys just pretend to have fun without the girl as a “takeaway” ... but ... how about actually having fun?)

如果对方不在那里，谁会保持同样多的乐趣，谁又会感到他们被踢出泳池温暖的那端？自娱自乐的能力是任何人都可以拥有的最有吸引力的特质之一，因为这将消除最高层次的需求感，你就是聚会。（有些人在没有女孩作为“外卖时”只是假装有乐趣……但是……如何真正过的快活呢？）

Being Unreactive

保持无反应

- By feeling good, you're not feeling that pull of neediness and it allows you to be unreactive. Neediness makes you react. By not allowing your own behaviors and emotions to be thrown off by the other person's reality, you are being the most unreactive.

通过感觉良好，你感觉不到需求感的影响，这可以让你保持无反应。需求感让你起反应。通过不允许你自己的行为和情绪被其他人的现实打乱，你正在成为最大限度的无反应的。

- **This DOESN'T mean being unresponsive or inexpressive.** It's about being yourself, responding to the world, but on your own terms. Another way of looking at being unreactive is acting through your own intentions. When a girl tries to push you into the role of chasing/impressing her, you don't allow that into your reality. You don't react to that as being a part of your reality.

这并不意味着不答复或无表情。它是关于做你自己，回应这个世界，但是以你自己的表达方式。从另一角度看，保持无反应是通过你自己的意图行事。当一个女孩试图把你推入追逐/讨好她的角色时，你不允许它进入你的现实。你不会作为自己现实的一部分回应它。

- **THE KEY:** You stay positive, upbeat and being you, and draw her into that good reality and state that you're in. You hold the frame / reality and plow. **“Not only do I not put up with negativity, I don't even realize that negativity exists, because I've never seen it.”** aka “The way you're acting is retarded, because no one else acts like that.”→It's outside of your reality, like trying to fit a square block into a circular hole.

关键: 你保持积极，乐观并做自己，把她拉进你所在的良好现实和状态。你保持框架/现实同时独树一帜。“我不仅不容忍消极，我甚至没有意识到消极的存在，因为我从未见过它。”又叫做“你的行动方式是延迟的，因为没有其他人像你那样行动。”→这（消极）是你现实之外的，就像试图把在方块安装到圆孔里。

Trust In Your Faculties **相信你的能力**

- Most people don't trust themselves, they're unable to look at reality for what it is. They need to be told what to do by watching others, they do not have the muscle to go off of first-hand experience. They shelter themselves by interpreting the world through the eyes of others.

大多数人不相信他们自己，他们不能看清什么是现实。他们需要通过观察别人来告诉自己要做什么，他们没有力量去亲身体验。他们通过别人的眼睛解释世界并以此保护自己。

- When a girl tests you (Ex: “Ew, you have a hairy back. That's nasty.”), you have to remain unreactive. Think about it – does the girl care about the actual aspect of you or does she really care about **how it affects you?** If it bothers you or causes you to react?

当一个女孩测试你（例如：“哇，你背后好多毛。这太恶心了。”），你必须保持无反应。想想看 - 这个女孩是关心你的实际外貌呢还是她真正关心**你是怎么被这句话影响的呢**？如果这让你不安或引起了你的反应？

► You only react to people you perceive as having higher value than you – would you be bothered if a mentally ill homeless person said “You're a meanie”?

你只对你认为拥有比你更高价值的人做出反应-如果一个精神有问题的流浪汉对你说：“你是一个吝啬鬼”，你会不安吗？

► By reacting when someone criticizes you and keeping talking and convincing other people that you aren't what they said, you are showing that the other person is obviously in your RAS and high status to you. You're giving your power away when you react too strongly to criticism.

通过当有人批评你时你做出反应，想保持讲话，使他人相信你不像他们所说的那样，你表明了其他人明显的进入你 RAS 里而且比你地位高。当你对批评反应过强时，你正在放弃你的力量。

- **Signs that you don't trust in your own faculties:**

你不相信你自己能力的迹象：

► Putting on a front.

装样子。

► Justifying / qualifying yourself.

证明自己，让自己有资格。

► Trying to think of what you'll say to make somebody like you.

试图思考应该说些什么来让某人喜欢你。

► Worrying about their opinions. (If someone teases you, you feel affected.)

担心他们的意见。（如果有人取笑你，你感觉受到影响。）

► Feeling emotional about whether or not they hang out with you.

感觉情绪受影响无论他们是不是和你一起玩。

- Basically it says “I don't value my own faculties highly enough to take my own opinion of myself over somebody else's. I need other people to believe what I believe in order to make it real. I value other people's opinions more highly than I value my own.” You have no trust in your faculties.

基本上，它表达了“我没能足够重视自己的能力来采用我自己的主张来代替别人的。我需要其他人相信我所相信的，为了让它成真。我重视他人的意见超过自己的。”你不相信你的能力。

- **Don't always be trying to impose your reality over other people**, you only have to assert it over yourself, and then maybe people will be sucked into it or maybe they won't. But they have the choice, and you leave them the choice. Have dominion over your own mind.

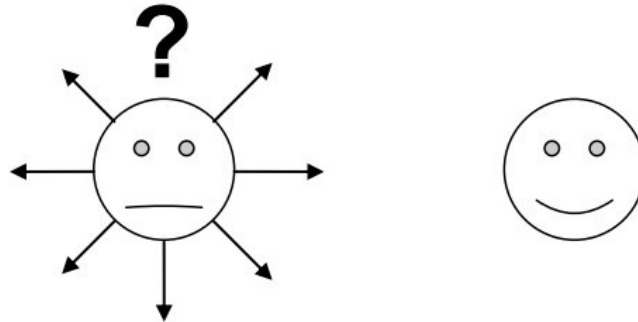
不要总是试图把你的现实强加到他人身上，你只是必须自己坚持它，然后，人们也许会被进入它，也许他们不会。但他们有选择，你把选择交给他们。掌控你自己的大脑。

Social Pinging Determines the Dominant Reality

社会侦测决定优势的现实

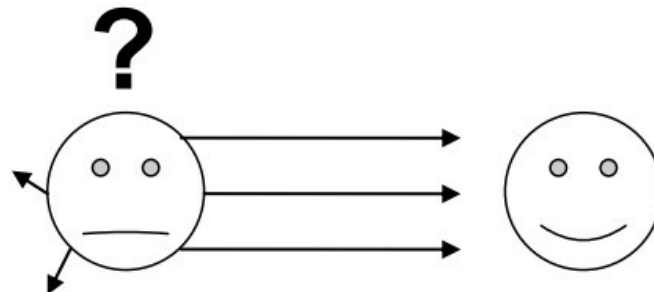
► Most people's views of reality are very subjective and always up for grabs, when you have the dominant reality people will tend to look to you. Usually people are always pinging, while a guy with a strong reality isn't (much):

大多数人关于现实的观点是非常主观的，而且总是供人竞购的，当你拥有优势的现实，人们趋向于依靠你。通常人们总是侦测，而一个拥有强大现实的人，不（多）：



...But as they start to accept the dominant reality, it gets imposed because of absolute certainty:

但当他们开始接受优势的现实，因为绝对的肯定它得到实施，：



...Most people are always looking to others and seeking out certainty.

大多数人总是依靠别人并寻找到确定性。

- So if you believe that whatever limitation you have (looks, money, etc) is a shortcoming, then it is. But if you believe that it's no big deal and completely arbitrary, then it's not. If you want to fix something about yourself, then do it for you, but realize that **it's you who decides whether it's an issue or not.**

所以如果你相信你有的任何限制性的东西（长相，钱，等）是一个缺点，那它就是。但如果你认为这没什么大不了的，完全随心所欲，那它就不是。如果你想解决一些关于你自己的事情，那就为你而做吧，但意识到，**由你决定它是否是一个问题。**

- **Your Reality:**

你的现实:

- ▶ You're a worthwhile guy.
你是一个有价值的人。
- ▶ You have a lot going for yourself.
你非常喜欢你自己。
- ▶ You're totally happy with your looks / lifestyle.
你完全满意你的长相/生活方式。
- ▶ You've got an abundance of women that want to be in your life.
你有很多想要进入你生活的女人。

● **When you take a woman out, you have to bring her into your reality.** Most guys have it backwards, they try to think “what would she like?”

当你邀请一个女人外出,你必须把她带入你的现实。大多数男人都弄反了,他们试图思索“她会喜欢什么?”

▶ She's gonna take a journey into many guy's realities and stay in the one that gives her the most good emotions. Let her mess/play around in your reality, which is 100x more exciting than what every other guy is doing. That's what she wants.

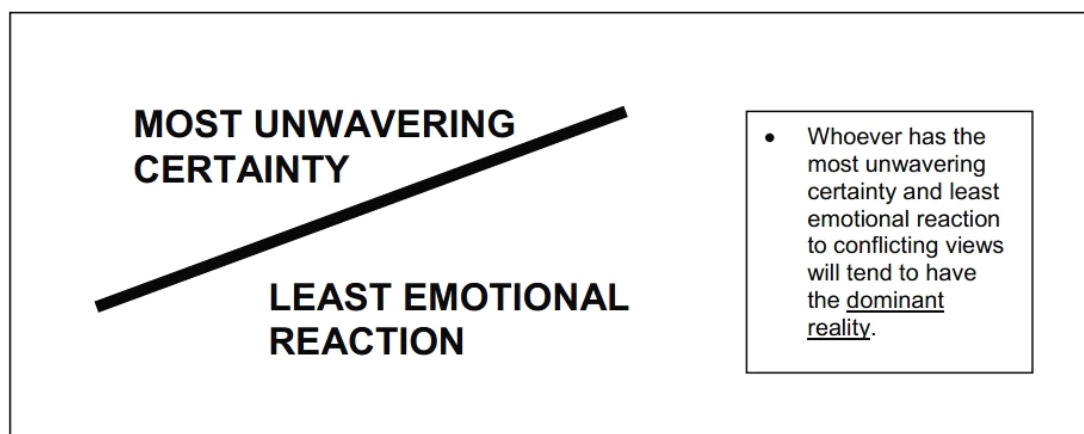
她将会前往很多男人的现实并待在那个给她最美好的情绪的人那里。让她围绕你的现实混乱/玩耍,这比其他男人做的刺激100倍。这就是她想要的。

▶ The worst thing to do is to approach her with approach anxiety and be like “I'm out of state right now so please dictate my reality to me.” A good way to approach is to just start talking about whatever silly thing pops into your head.

能做的最糟糕的事情是带着接近焦虑靠近她,就像“我现在不在状态,所以请为我决定我的现实”。一个好的接近方法就是只是开始谈论出现在你脑海中的任何没头脑的东西。

The Formula For Dominant Reality

优势现实的原则



Most unwavering certainty

最不可动摇的确定性

Least emotional reaction

最少的情绪反应

Whoever has the most unwavering certainty and least emotional reaction to conflicting views will tend to have the dominant reality.

对冲突的观点拥有最不可动摇的确定性和最少情绪反应的人将趋向拥有优势现实。

The 4 Pillars Of A Strong Reality

强大现实的 4 大支柱

- **1. Who you are.** Your identity.
你是谁。 你的身份。
- **2. Your values.** Taste/opinions. Sense of humor. When you have these, you're not mesmerized by superficial qualities. You become a naturally screening person, and that creates a dynamic that's very attractive.

2、你的价值观。 经历/意见。幽默感。当你拥有这些，你不再沉迷被肤浅的东西。你成为一个自然筛选的人，并创建一个非常有吸引力的动态力学。

- **3. Personal boundaries.** Strong sense of what's acceptable in your reality/what's not. Includes self- boundaries – your boundaries of what you accept from yourself.

3、个人边界。 强烈的感觉，对于在你的现实什么是可以接受的，什么不能接受。包括自我的边界 - 你接受自己的界限。

- **4. How you expect people to act around you.**

Whatever price tag you put on yourself is your price.

4. 你期望人们在你周围如何行动。 你觉得自己有多少价值，你就能有多少价值。

► You need to set a bar in your mind of how cool something has to be in order for you to respond to it. This brings out the best in people and makes them work for and value their relationship with you more.

你需要在你的头脑里设置一个“什么东西是酷”的栅栏，好让你对它回应。这激发人们最好的部分，使他们更加重视并致力于他们与你的关系。

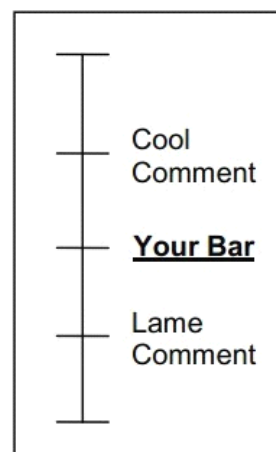
- Other Factors:

其他因素：

- How strong your beliefs are.
你的信念有多强大。
- How much your beliefs influence people to think and act how you expect.
你的影响人们以你所期望的方式思考和行动的信念有多重。
- How little your beliefs depend on the people around you to reinforce them.
你的依赖周围的人并增强他们状态的信念有多轻。

Cool comment 酷评

lame comment 蹩脚的评论



Strength Of Reality Is A Muscle

现实的力量就像肌肉

- The strength of your reality is a muscle – becomes stronger as you get more centered, as you get more experiences.

现实的力量就像肌肉—当你得到更多的集中，当你获得更多的经验，它会变的更强。

- **Just like a muscle, you have to break it down first by putting yourself into situations that test your sense of reality.**

就像肌肉一样，你必须首先通过把自己放入情境中来打破它，测试你现实的感觉。

► A man always has to be leaning into his fears, pushing his fears, or else he's stagnating. Living on your edge.

一个男人总是要学会面对他的恐惧，推动他的恐惧，否则他将停滞不前。活在你的边缘上。

- **Progressive desensitization and GO OUT** is the process to become a good PUA. Any night out where you've accumulated new reference experiences is a good night. That's why you try the difficult/challenging approaches, the ones that intimidate you.

不断进步的脱敏化和外出交际是成为一个优秀 PUA 的过程。任何你积累到的新的参考经验的晚上都是一个不错的夜晚。这就是为什么你要尝试困难/挑战的方法，那些让你恐惧的方法。

- **Learn to laugh at yourself.** Imagine yourself in your most pimp image, when you feel best, and LAUGH AT IT. You have to learn to laugh at yourself and let that image go. Let go of trying to control what other people think of you. LET GO. Express yourself freely without thinking that you have something to lose.

学会嘲笑自己。在你感觉最好的时候，想象你自己最皮条客的形象，嘲笑它。你必须学会嘲笑自己并让图像消失。不要试图控制别人对你的看法。放开它！自由的表达自己，不去想你会失去什么。

► When you get shot down and feel humiliated, the big pimp image dies, so you learn to stop looking to second-hand opinions to validate your sense of self. You stop self-seeking in other people's reactions to you. “The more fire you blast onto you, the more it melts off all the shit around your core, and it leaves that core piece of integrity that grows.”

当你被打枪并感到羞辱，大皮条客形像死了，所以你要停止寻找二手的意见来验证你的自我感。你停止自我寻求其他人对你的反应。“你给自己炙烤的火焰越猛烈，它们在你的核心熔化的垃圾就越多，同时只留下完整的核心部分生根发芽。”

► With every inch by painstaking inch, you COME INTO YOUR POWER.

通过一步一脚印的努力，你开始行使自己的权利。

Coming Into Your Power **行使自己的权力**

- You make internal and external distinctions when you do this. The more distinctions that you have about the world, the more at home you feel in the world.

You learn these through living, not tactics – the tactics and lines just set up conversations that you can use to learn from.

当你这样做时，你对内部和外部加以区别。你对世界的区别了解的越多，你在世界中生活的越自在。你通过生活方式学习这些，而不是策略——策略和台词只是建立你可以用来学习的交谈。

► External: what her reactions mean, what you should/shouldn't say.

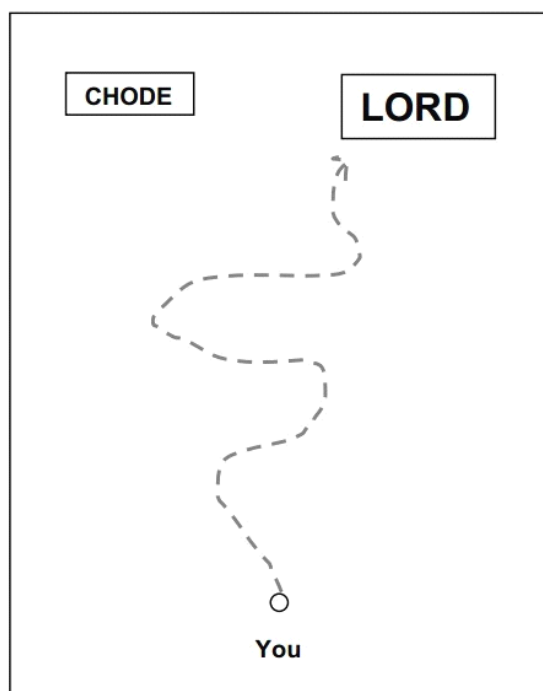
外部的：她的反应是什么意思，你应该/不应该说什么。

► Internal: Not being stuck in your head, not sheltering yourself with existing beliefs/assumptions, and being “in the moment”, dynamic. **You learn how you need to be in your head.** What thoughts you allow/don't allow in your head. (Fear / victim thinking / feeling sorry for yourself.

内部的：不要困在你的头脑里，不要用目前的信念/假定庇护自己，“活在当下”，充满活力的。**你知道你需要进入你的脑海中。**什么样的想法你允许/不允许在你的脑海中。(恐惧/受害者思想/为自己感到抱歉)

● **This is about where you are moving towards on a day-to-day basis.** Every day, you have to ask yourself if you are growing and leaning into your fears or not. (see diagram right)

这是关于你在日常的生活中朝着何处前进。每一天，你要问自己，你是否在成长并学会面对你的恐惧，或是没有。(见图右)



When you go out, and you're thinking of some complex explanation about what's happening, there's 2 words to simplify it – HAVE FUN.

当你外出交际的时候，你会对发生的事情有一些复杂的解释，有 2 个词来简化

它——玩的开心

Day 3
第三天

Accessing State
进入状态

- Here's what to do if your mind is trying to block you from accessing state:
这里告诉你做些什么如果你的大脑正试图阻止你进入状态:
- **Principle #1:** You are not your mind. You don't have to let your mind drag you around, you can be the one who takes control.

原则 1: 你不是你的思维。你不必让你的思维左右你，你可以成为一个自我掌控的人。

- You know what a cool guy acts like, because you can recognize one when you see one. There's a manual in your mind, it's just that your mind won't let you access the manual. You know how to talk / be confident when your mind recognizes you as being in that role on the totem pole. (imprints)

你知道一个很酷的家伙是怎么表现的，因为当你看到一个酷家伙时你能认出他。在你的心中有一本指南，只是你的思维不让你使用指南。当你认识到你是位于社会阶级上的高价值角色，你就知道怎样谈话/怎样有自信。（印记）

► Imagine you're flying an airplane and your mind has the flying manual for it. It doesn't want you to take off – it won't give you the manual – but you start down the runway anyway. **You're doing it whether or not you get the manual, like a crazed lunatic.** So all your mind can do is say “okay, okay” and give you the manual to stop you from not crashing.

想象你正在驾驶一架飞机，你的思维拥有飞行指南。它不想让你起飞，它不会给你指南，但你开始顺着跑道起起飞。你就像个疯子一样，不管是否获得指南，你这样做了。所以，你的思维能做的就是说“好了，好了”，并给你指南来阻止你坠机。

► This is the same as when Tyler sees a group of girls he wants to approach. “Hmm. I can't think of anything to say right now. Well, I guess that's going to be awkward.” And then he goes. Gets blown out repeatedly until something clicks.

同样的，当泰勒看见一群他想要接近的女孩子时，“嗯。我现在不知道该说些什么。好吧，我想那会很尴尬。”然后他去了。反复地被打枪，直到一些事情豁然开朗。

► **Trust yourself. Force that snap.** You don't want to sit there procrastinating and getting stuck in your head. You want to be like that obnoxious guy to your mind. It's like going into the ocean, you don't tiptoe in, you jump in. You will mess up every so often, take it as a reminder. The first time is always the hardest, but it gets easier as the night goes on because now you've accessed that social part of your brain, that “high value imprint”.

相信你自己，全力加速。你不想坐在那儿拖延，并陷入你的头脑。你想成为你心中的那个讨厌的家伙。这就像进入海洋，你不要踮着脚进去，你直接跳进去。你会时不时的搞砸，把它作为一个提醒。第一次总是最困难的，但它变得更容易随着夜晚的深入，因为现在你已经进入你大脑社交性的那部分，“高价值的印记”。

► You may not get approach anxiety, but you're not gonna want to always be in the state that'll make you the most successful. You're resting and don't wanna expend the energy that's needed to be that cool, social guy.

你也许不会接近焦虑，但你也不会想要总是在这种会给你带来最大成功的状态。你正在休息，不想消耗能量酷的能量，社交男孩。

● **The best guys can approach with NOTHING in their mind.** They're just feeling. They're just feeling good. This is counter-intuitive, because in almost all endeavors, your logic and intelligence is your greatest asset, but in meeting women, thinking is your greatest weakness. When you're not thinking a step ahead, it's cocky.

最出色的家伙能够没有任何想法的去接近。他们只是去感受。他们只是感觉很好。这是反直觉的，因为在几乎所有的尝试中，你的逻辑和智力是你最大的资产，但在约会女人方面，思考是你最大的弱点。当你不思考领先一步，这是骄傲的。

● **2 principles to get “unclogged”.** (Never get the “I ran out of things to say” syndrome.)

2个原则来获得“畅通”（永不产生“我不知道改说什么了”综合症。）

► 1. What you have to say is valuable purely because it comes from you.

1、你所说的必须是纯粹的有价值因为它来源于你。

► 2. What you have to say is interesting, not because of the content, but because she's interested in what you find interesting.

2、你所说的必须是有趣的，不是因为内容，而是因为她对你觉得有趣的事情感兴趣。

● If she finishes talking, and there's a silence and you go into your head to think of what you should say – if there's that type of pause, then probably you're done. But if you stop and keep the tension, consider what she's saying, then probably she'll giggle because of the tension.

如果她说完了，之后这里产生了一个沉默，你进入你的脑袋去想你应该说什么 – 如果有这种类型的停顿，那么你可能就完了。但如果你停下来，保持张力，仔细思考她说的话，那么她可能会因为张力而咯咯的笑。

► You're not retreating into your little bullshit shelter of judgments, interpretations, labels, comparisons, etc. It's a shelter for you from facing reality for what it is. You're not really experiencing it. When you're conscious, you can really enjoy something instead of comparing it to past experiences.

你不退回到你的关于判断，解释，标签，比较等的垃圾避难所，它是一个庇护所，让你不敢面对真正的现实。你不是真正的体验它。当你有意识时，你能够真正地享受事物而不是将它与过去的经验作对比。

Masculine Polarity

雄性极性

● **Masculine polarity is your grounding amidst the emotional chaos.** It is the magnet that draws women towards you in the form of your deepest self esteem. Total trust in your faculties and ability to determine reality. (Ex: not value scanning.) Very

attractive woman will respond to a man who has a stronger reality than her. She's gonna feel it standing close to you and either know it's attraction or rationalize it in some way.

雄性极性是你混乱情绪中的底子。它是吸引女人朝向你的磁石，以你深层次的自我尊重的形式。完全相信你的能力，同时能够决定现实。（例如：没有价值扫描）非常有魅力的女人会回应比她有更强现实的男人。她会站在靠近你的地方感觉到它，要么知道这是吸引力要么以某种方式进行合理化。

- It is...

它是...

- ▶ Acting only through your own intentions.

只以你自己的意愿行动。

- ▶ Being entirely uncontrollable and above manipulation.

变得完全不可控制，并超越操作。

- ▶ Dictating the reality around you rather than being affected by it.

支配自己周围的现实而非被其影响。

- ▶ Being in the moment and walking through the world with ease.

活在当下同时自在走世界。

- ▶ Having absolutely no intimidation of the girl or the world whatsoever.

对女孩或这个世界上的任何东西完全没有恐惧。

- ▶ Tapping into the energy inside you, not around you, as a source of your

mood.

发掘自己内在而非周围的能量，把它作为你情绪的源泉。

- ▶ Feeling no spikes or lulls of self esteem from any girls' responses to you. You might gain or lose attraction, but it does not affect your sense of who you are.

对任何女孩给你的回应感觉不到有芥蒂或产生间歇性自尊。你可能获得或失去吸引力，但这不会影响你关于自己是谁的感觉。

- ▶ Being at home in the environment. "This is my house. This is my environment. We're already friends."

把这个场景当做自己的家。“这是我家，这是我的场子。我们都已经是朋友了。”

- ▶ Carrying yourself with total confidence and even playful cockiness.

让自己处于完全的自信中，甚至好玩的骄傲自大。

- ▶ Asserting that what you have to say is funny, interesting and worth being heard.

坚持认为自己说的东西很好笑、有趣并且值得聆听。

- ▶ Positioning yourself as already chosen by every girl in the environment, and you are choosing the girl that you like.

把自己放在已经被在场的所有女孩选中的位置，同时你是在挑选自己喜欢的女孩。

- **MAN→ACTION, GIRL→REACTION**

男人 -> 行动, 女孩 -> 反应

- ▶ It's why you can't get attraction just by simply reacting well to everything she does. You have to be the one leading the interaction. She's following.

这就是为什么你不能仅仅通过对她做的所有事情进行简单的回应来制造吸引力。你必须成为那个引领谈话的人，而她是跟随者。

- She feels protected and having fun while in your presence, but also challenged by your indifference to social constraints that if she doesn't hold your attention you might stray.

当你在场时她感觉被保护和玩得高兴，但也会通过你对如果她没有保持对你的注意你就会熄灭的社交限制的漠不关心而受到挑战。

Feminine Polarity

雌性极性

- These are unconsciously and socially learned behaviors. They make you invest more time, emotions and energy into her, feel like if you don't keep her in a good emotional state, she will leave because it feels like she is perfectly fine without you.

这些是无意识和通过社交学到的行为。他们让你在她身上投资更多的时间、情感和精力，就好像如果你不能让她保持一个好的情绪状态，她就会离开因为感觉上她没有你就能活得非常好。

- It is...

它是...

► Being totally fulfilled and enraptured by the energy of the environment.
完全满足和陶醉于环境的能量。

► Dressing and walking in a way that gets attention.
以备受关注的方​​式打扮、走路。

► Enjoying whatever she's doing and not scanning the room for people to meet.

享受她正在做的一切，不扫视房间寻找认识的人。

► Letting the energy of the environment flow through her and even dancing for hours on the same spot and playing mock bisexual with her friends.

让环境的能量流过自己，甚至在同一个地方跳舞数小时，和同伴玩模拟双性恋。

► Rarely being the one to call, ask out, or re-initiate a conversation.
极少是召唤、邀约、或重启谈话的那个人。

► Losing interest in sex if she comes out of a happy emotional state.
失去对性的兴趣，如果她在一个快乐的情绪状态。

► Only being moved by an energy that's better than the one she's already in.

只被拥有比自己已有更强大能量的人打动。

► Rewarding good behavior with little tastes of physical affection.
用小滋味的身体爱抚奖励好行为。

Congruence Tests Create Polarity

一致性测试创造极性

- Congruence tests are so the woman can see that you are centered in your own reality, creates a lot of polarity. Playfully brush them off. Because they don't fit into your reality.

一致性测试是女人用来看你是否是你自己现实的中心，创造了许多极性。好玩地拂去它们。因为它们无法融入你的现实。

- **Subtle CT's:**

微妙的一致性测试:

► Who's controlling the rhythm of the conversation? (If she breaks the rhythm of the conversation and you hold it, you get attraction.)

谁主宰了谈话的节奏？（如果她打破了谈话的节奏，同时你稳住节奏，那么你会制造吸引力。）

► See if you're dictating reality or being affected by it.

看看你是在支配现实还是在被它所影响。

Obvious CT's:

明显的一致性测试:

► Prodding you to justify yourself.

刺激你来为自己辩护。

► Saying obnoxious things to make you jealous / insecure.

说讨厌的东西来让你嫉妒/不安全

► Being cranky, throwing tantrums to see if you'll be dragged into it.

行为古怪、大发脾气看看你是否会被卷进来。

► Calling you out on your worst features to see if you'll be insecure about them.

说出你最差的一面来看看你是否对之有不安全感。

► Trying to get you to qualify to her so that she can have the selector role.

试图让你证明自己有资格，以便她可以拥有一个选择者的角色。

► Accusing you of things to see if you'll react.

用事情指责你来看看你是否会有反应。

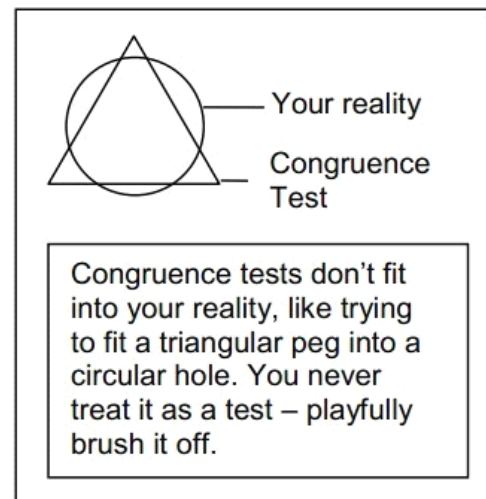
- **SIDENOTE: Advanced supplication** – when you are acting indifferent in order to make her like you. It may be a stage you go through in your development, but eventually you want to just be indifferent.

旁注：高等级恳求——当你为了让她喜欢你而假装漠不关心。这可能是你成长的一个阶段，但最终你只是想变得漠不关心。

Centeredness

集中

- Women draw their state from their environment, men draw state from themselves. Women want to experience a range of emotions, guys want to be in the “sweet spot”, being chill most of the time.



女人从她们的环境里汲取自己的状态，男人从自身汲取状态。女人想要体验一系列的情绪，男人想要处于“甜蜜点”，大多数时候都很失望。

► This means: you can feel happy whenever you want, it's simply a decision you have to make about where you want your awareness to go. (The limitation that most guys are under is that SC tells them that constant never ending stimulation is where the happiness is.)

这意味着：无论何时只要你想你就可以感到快乐，这是一个你必须做的简单决定，你想让你的意识去哪里。（大多数人所受的限制是，社会框架告诉他们无止境的刺激是幸福的所在。）

- **Exercise:** Shift your awareness from outside to your breath. Take a 4 second breath and feel it in your hands, feet, etc. Stimulation can get you focused on “the little me” (and where you fit into it all), but when you slow it down, your perception dilates and you feel the depth. Lets you feel good and enjoy the moment, instead of overwhelmed. You can feel good independently and not look to your environment for instant gratification.

练习：把你的意识从外界转移到呼吸上。做一个4秒钟吸气并把意识集中到你的手、脚等等。刺激会让你集中于“小我”（你使自己完全适应它），但是当你慢下来，你的感知扩大同时你感觉到深处。让自己感觉很好并享受那一刻，而不是变得不知所措。你可以独立地感觉很好，并且不依靠你的环境获得片刻的满足感。

► Another way to change your state at will is through your physiology. Jump up, clap your hands, etc will make you feel happy.

随意改变你状态的另一种方式是凭借你的生理机能。突然站起、拍手得到会让你感觉愉快。

- **Consciousness vs. Self-Consciousness** – Consciousness, us being aware of everything around us, is a great gift. The problem is self-consciousness. When we're just conscious, that's when everything flows. You can retreat into your mind to fish things out, but that's all that it is, don't be always thinking about past memories or future projections. When you're having a great night, it's not “I am the doer.” It's “This is happening through me.”

意识 vs 自我意识——意识，我们感受自己周围的一切事情，是一个伟大的礼物。有问题的是自我意识。当你只是有意识，一切都会很流畅。你可以撤退回自己的头脑打捞事情，但是这就是它本身，不要老是思考过去的记忆或将来的预测。当你有一个极好的夜晚，它不是“我是一个行动者”。而是“这通过我自然发生”。

Acting Through Your Own Intentions

按你自己的意愿行动

- **You do what you want to do, not worrying about responses.** You're very rooted in your own power. So when you see a girl, you go. It's like you can't help yourself, like a little kid. When you do this, it's like a light bulb around a group of moths.

你做自己想做的，而不去担心会有何回应。你是你自己能量的根源。所以当遇见一个女孩，你走上前去。就好像你控制不了你自己，像一个小孩。当你这么做的时候，就像被一群蛾子围绕的灯泡。

- It's not doing what SC / RSD / neediness tells you to do, it's doing what your core wants you to do after you peel back all the layers of programming. You get better at it with every year that goes by.

不是要你做社会框架/RSD/需求感要求你做的事情，而是要你做剥去所有外衣后你的核心要求你做的事。随着一年年过去，你会做得越来越好。

- It's a hard concept to describe because most guys will think "Okay, now I'm going to act through my own intentions because Tyler said that that will make the girls like me." – THAT'S NOT ACTING THROUGH YOUR OWN INTENTIONS.

这是一个很难描述的概念，因为大多数人会这么想“好的，现在我要按自己的意愿行动，因为泰勒说过这会让女孩喜欢我。”——这不是按你自己的意愿行动。

- This is why some PU guru's lines may not work for you – when they say they are acting through their own intentions, when you say the same thing you are using the line to impress the girl.

这就是为什么一些把妹高手的台词对你没用——当他们这么说时，他们是在按他们自己的意愿行动。当你说同样的事情，你是为了给女孩留下印象而说。

“Button Pushing”

“按动按钮”

- **The energy you need to get in state**, you're not gonna find that by feeding off other people's reactions. You bring it up from yourself.

你需要进入状态的能量，不是依靠其他人的反应获得。你从自身就能得到它。

► It's why guys use tactics – to get some type of positive response and pump their state up. So when they get success they think it was the tactics, when it was really the state they got, which they could have had anyway if they had the ability to draw it from themselves and not the environment. Don't need tactics. The two button pushes guys learn in the community are entertaining and disrupting her reality. (pushing her away)

这就是为什么人们使用策略——来获得一些类型的积极回应，同时为他们自己的状态打气。所以当他们成功了，他们认为这归功于策略。当这真的是他们获得的状态，那个他无论如何都有的，如果他们有能力从自身汲取而非从环境获得。这两个按钮推动人们在使人愉快和使她的现实混乱的论坛中学习。（推开她）

- **When you rely on button-pushing and not real masculine polarity**, then it feels as if when you make one little mistake, the girl goes away. In fact, Tyler believes that at some point the girl will withdraw IOIs completely to see if you are drawing state off of the environment. A dude who does will start reacting, attraction goes down.

当你依赖于按动按钮同时不是真正的雄性极性,那么这感觉就好像当你犯了一个小错误,女孩就离开了。事实上,泰勒相信在某一时刻,女孩会完全撤走 IOI 来看看你是否是从环境中汲取状态。一个这么做的花花公子将开始有所反应,吸引力下降了。

► When you have strong masculine polarity, a lot of the old rules (ex: “don't seek rapport too early”) don't apply. You can break them and still get away with it.

当你拥有强大的雄性极性,很多旧规则就不适用了(例如:“不要过早地寻求融洽关系”)。你可以打破那些规则,同时安然无恙。

● When you have a **proactive social strategy** (You act the same no matter what the social pressure or who you're with, not reactive, you don't keep changing yourself for everybody.), you're making the choice to be authentic and be yourself and let the chips fall where they may. And you realize that just by doing that, it'll solve 99% of your social situations automatically. When you're in the moment, a lot of calibration happens naturally.

当你有一个**前摄的社交策略**(无论何种社交压力或是谁和你在一起你的行为都相同,你不会为每个人去不断改变你自己),你选择了真实、做自己和顺其自然(不管后果)。同时你意识到只要那么做,就可以自动解决你的99%的社交状况。当你活在当下时,许多的校准会自然发生。

► Reactive is a short-sighted emotional response to a larger problem. Social conditioning contracts your perception and gets you focused on “the little me”. What do people think of me? What does this say about my status? You shouldn't feel the need to chase high status people.

相对于一个更大的问题,反应性是对情绪反应的短视。社会框架缩小了你的感知,并让你集中注意于“小我”。人们会如何看我?这对于我的地位来说意味着什么?你不应该感觉需要去追逐高地位的人。

Being Present

活在当下

● **Your main responsibility is holding your awareness where it counts.** Most people are constantly playing out all sorts of imaginary mental movies in their minds – about past events or possible future scenarios and don't know how to be “present” to what's directly in front of them. They're looking for a way to escape, mentally. You cannot allow your awareness to go places where it's not useful.

你的主要责任是在有价值的地方保持你的意识。大多数人在头脑里不断放映各种各样的心中想象出来的电影--关于过去的事件或未来可能的设想,同时他们不知道如活在“当下”、面对眼前正在发生的。心理上,他们一直在寻找逃避的方法。你不能允许你的意识到没用的地方去。

► **It's future projections that create the anxiety.** Think about it: the moment itself is perfectly fine. It's so easy to do it when the road is perfectly in front of you and you're in the moment and you keep your focus on it as it's unfolding. It only gets difficult when you think too far ahead.

你对未来的预测制造了焦虑。想想看：此刻本身是极好的。当道路完美的出现在你面前时你做起来会特别简单，同时你活在当下，并把你的注意力集中于它的展开。只有在你想得太远时，它才会变得困难。

► You are like a plane that has a system where it can land by itself, all you have to do is ALLOW it to. Then everything's fine. But say you start thinking into the future that you're gonna crash and burn, then you start jerking the control. "No!" That's like what happens when guys "get in their own way".

你就像一架配有自动降落系统的飞机，你唯一必须做的事就是**允许**它那么做。那么一切都很好。但如果说你开始考虑将来，你可能会坠机、爆炸，那么你就会开始猛拉控制器。“不！”这就像当人们“以他们自己的方式”会发生的。

● **Most of your thoughts are useless and repetitive.** It's good to think when you are acting through your own intention, (Ex: actively brainstorming, working on something, crunching something out, etc – “It's thinking time.”) But it's not good when you are just being compulsively drawn around because you are not able to hold your awareness where it counts. You're not able to be here.

你的大多数想法是无用和重复的。当你按自己的意愿行动时这样做是很好的。（例如：活跃的献计献策、处理一些事情、计算一些东西等等——“这是思考时间”）但是当你因为自己不能把你的意识保持在重要处而仅仅被强迫性的包围时，这就不好。你不能够待在这儿。

► If you had a case of amnesia, would your past events still affect you? Then why should they now?

如果你有健忘症，你过去的事件是否仍然影响到你？那么为什么现在会呢？

● Fully Present:
完全在当下

► 1. Your focus is on the moment you're in. As it's unfolding.

1. 你注意力的焦点放在此刻你所在的当下。就好像它在慢慢地展开。

► 2. Your faculties are not being spread too thin by focusing on past / future events.

2. 你的才能通过专注于过去/将来的事件不会伸展地很好。

► 3. You melt into the moment rather than struggling against it and have full trust in your faculties to carry you forward as the moment unfolds.

3. 你融入当下而非苦苦挣扎着抵抗它，同时你完全相信自己的才能会带领你前行，如同此刻展现。

Trust In Yourself / Trust In Your Faculties

相信你自己/相信你的才能

● You are responsible for yourself. Other than a couple close family members or friends that you may have, who will help you, the responsibility is all yours.

你要对自己负责。没有人会帮助你，一切全靠你自己。

● If you're a business owner, you realize quickly that the people around you have the luxury to whine and complain, but you don't. You can't blame people or take responsibility on anyone other than yourself. When you're the leader, there is no one

responsible other than you. If somebody else screwed something up, you screwed it up. Personal responsibility and accountability is what being a leader's about.

如果你是一个公司老板，你很快会意识到周围人充满了牢骚和抱怨，但你不会。你不能责怪人们或把责任推给除了自己的任何人。当你是一个领导者，除了你没人能承担责任。如果某人把事情搞砸了，就是你搞砸了。个人责任和问责制是一个领导应该有的。

TRUST
(in yourself)

- **Your Faculties** - You are born with them (instincts) and a lot of them you pick up through life as well. They're like autopilot responses, but can only give you the actions you need to where your awareness is.

你的能力——你与生俱来的能力（天性），同时你的大部分能力完好地伴你度过人生。它们就像自动导航反应，但是只给你需要的、你的意识所在处行动。

- **You trust in your faculty to carry you forward as the moment unfolds.** You experience life more vividly because you're free of all the distracting, useless noise who's only purpose is to bog you down.

你对自己能力的信任带领你前行，如此刻展现。你对生活的体验更加生动，因为你对所有的打扰感到随意，他人无用的噪声的唯一目的是使你陷入困境。

► No matter what happens, you know that your mind will be presented with the right course of action, not before, not after, but when and only when you need it.

无论发生了什么，你知道自己的大脑随着正确的行动为处于当下。不是在之前，也不是在之后，在而且只在你需要它的时候。

► It's not a belief, it's an understanding. You don't have to keep telling yourself that you believe it, no, you understand it. - It takes time to calibrate yourself.

这不是一个信念，这是一种理解。你不需要一直告诉自己去相信它，不需要，你理解它——这需要花时间来让自己校准。

► You don't think of the words, you allow it to arise out of you. (Being, not doing.) You're just the intermediary; don't take credit for what comes out of your mouth.

你不记得这句话，你允许它产生于你。（存在，而非行动。）你只是一个媒介，不要为你说的争取好评。

- **Read Ayn Rand** – The Fountainhead + Atlas Shrugged.

读艾因兰德 - 《源泉》+阿特拉斯耸耸肩。

Walking Through The World With Ease

自在走世界（笑傲江湖）

- Core confidence, having a strong reality, acting through your own intentions, masculine polarity and being present. When you take all of these and merge them you have WTTWWE.

核心信心、拥有强大的现实、按自己的意愿行动、雄性极性和在当下。当你拥有了所有这些，并让这些融合，你就会自在走世界。

- **There's a certain way of walking through the world that is just a lot more natural.** If you're in a fun environment, merge into that. Don't resist it. It's walking

with the current of the world, not against/above/below it. Knowing you are just a necessary part of the greater whole.

行走江湖的一种必然方式只是要你更加自然。 如果你在一个有趣的环境，融入它。不要抗拒它。于当前的世间同行，不去反对/超越/不及它。知道你只是一个更大整体的必要部分。

► You don't attach your identity to anything. Not being rich/poor, your current circumstances, etc. So while for most people these external factors (state criterion) are their foundation, your foundation is WTTWWE.)

你不会在自己的身份（同一性）上附加任何东西。无论贫穷/富有、你现在的处境等等。所以，尽管对于大多数人的来说，这些外部因素（地位标准）是他们的基础，然而你的基础是自在走世界。

► You can navigate the complexities of the world with the same certainty and understanding as you could for just the most basic of facts, like the way you know the ground is stable and the sky is above you.

你能够以同样的确定性和认知驾驭这个世界的复杂事物，同驾驭最基本的事实一样，就像你知道大地是稳定的以及天空在我们头顶那样。

► While most people are stuck in what they fear, whining at what they think is unfair, your mind is dialed only for what's right in front of you. The way forward is to exist in each moment. The order of things as it is is fine, but at any moment you could just break out and do whatever you feel like doing, not to impress anybody, but because you feel like it and it's something that you enjoy.

虽然大多数人陷入自己的所恐惧的事物之中，抱怨他们认为不公平的东西，但你的大脑只对自己眼前对的东西可控。前进的方式是存在于每个时刻。事物原本的秩序是好的，但是你可以在任何时刻爆发出来，同时做任何你想要做的事情。不去为了给任何人留下印象，而是因为你想要它同时它也是你享受的东西。

● **WTTWWE allows you to be self-forgetting.** Conscious, but not self-conscious. Allows you to be spontaneous, think of what to say at the right time instead of straining. More importantly, it's this foundation that makes people want to look to you.

自在走世界允许你变得自我忘却。 有意识，但不是自我意识。允许自己变得自然，在正确的时间想到什么说什么，而非竭尽全力。更重要的是，正是这个基础使得人们想要注意你。

► This is not about a technique, it's something you are. It doesn't mean you can just not approach anyone or not be social.

这不是关于技巧，而是你存在的状态。这并不意味着你可以只是不去接近或不去社交。

► It's not about egoic learning (where you read every single book and check them off your "tick list" and think you're not a chode anymore), this is about signposts pointing you to a better way of being.

这不是关于小我学习（每本书你读到哪里，同时清点你的“记账单”，想着你不再是一个挫男），这是一个指向你更好的存在方式的路标。

- Being successful with women is one of those things where, once you “get it”, you will look back in utter disbelief that you ever found it difficult. In any type of success, there's like this “glass wall” between the haves and have-nots.

在这里，成功与女人相处是命中注定的事。一旦你“获得它”，你完全怀疑地回首发现你曾经觉得它有那么难。在任何形式的成功中，富人和穷人之间都有一堵“玻璃墙”。

The Bearings That Make Your World Make Sense

让你的世界有意义的态度

- **AKA your map/reality.** Your view of who you are, what people are like and how they should respond to you and your view of how the world works and what is possible.

你的地图/现实。你认为你是谁，人们喜欢什么同时他们应该怎么回应你，和你对这个世界是如何运作的以及什么是可能的看法。

- **There are empowering/disempowering realities.** In a disempowering reality, the person has their world make sense to them and they feel comfortable, without achieving the success.

有授权/未授权的现实。在一个未授权的现实里，在不曾获得成功时那个人有他自己的世界让他们自己讲得通并感觉舒适。

- **“Success Barriers”** – You think that you want success, but your mind has blocks that it has put up to stop you from getting it. In getting any kind of success, the further that you push beyond what your previous concept of where you should be at is, the more anxiety you're normally gonna feel.

“成功障碍”——你认为自己想获得成功，但你的大脑会有障碍，它将阻止你获得成功。在获得任何成功方面，你超越自己先前的关于自己应该处于何处的概念越远，通常会感觉到的焦虑会越多。

- **As far as your mind is concerned, your perception of reality does not have to be objective,** it just has to be accurate enough to keep you going and alive. Most people are not too concerned with objectivity. Otherwise we'd be seeing all sorts of random particles and energies in the air that have nothing to do with our survival. Flawed or not, if it's kept us alive so far, it's easier to go deeper into the existing reality than deal with the headaches of thinking through a more complex view of reality

只要你的大脑很集中，你对现实的感知就没必要很客观，它只要必须足够精确来确保你前进并活下去。大多数人并不太关心客观现实。否则我们会看到空气中所有随机形式的微粒和能量就跟我们的生存无关。无论是否有缺点，如果这是目前为止使我们存活的，和处理通过一个更复杂的现实观带来的头痛相比深入到目前的现实会更简单。

- **Ramifications of a new reality:**

一个新现实的衍生物:

- ▶ 1. The doubts that you have the mental energy to learn all the ins and outs.

你对拥有精神能量来学习所有细节产生的怀疑。

► 2. The nauseous feeling that you're going backwards in your understanding of the world.

讨厌的感觉，你对世界的理解的倒退。

► 3. A sort of instinct that people might not accept the new you.

一种本能，人们可能不会接受那样全新的你。

● Whenever you decide that your idea of reality may not be what you think it is, that puts you into disarray – which makes your social status go down, so that's why people may have developed an instinct to ignore outside input. It's better to be confident and wrong than uncertain.

无论何时，只要你决定自己对现实的看法可能不会是自己认为的那样，那么这会让你陷入混乱——使你的社交状态降低，所以这就是为什么人们会已经发展了一种忽视外部输入的本能。跟不确定相比，有信心和不正确的来得更容易。

► Having to reconsider your reality is stressful on you, that's why when it expands so much you either feel like you need to take a nap or you can't sleep.

不得不重新考虑你的现实对你来说是有压力的。这就是为什么当它扩展了那么多，你不是感觉自己需要打个盹就是无法入睡。

Strength Of Reality (Expanded)

现实的强度（扩展的）

● **To make their reality stronger, what some people will do is link up one belief with another belief.** “Of course this is true, because before I did x, and that relates to y.”

为了增强他们的现实，很多人会做的是连接一个信心和另一个信心。“当然这是真的，因为之前我做过A，同时这和B有关系。”

► We are continually seeking validation of our existing beliefs. People want to find out they were right all along, not wrong.

我们在不断地为我们目前的信念寻找确认。人们想要发现他们自始至终都是对的，没有错误。

► Some people are not capable of having a shift in their thinking because you would be threatening too much. If one belief turned out to be wrong, it was attached to a bunch of others. So now they're stuck. This is usually what creates difficult people to get along with.

一些人不能够转变自己的思维，因为你会受到非常大的威胁。如果一个信念被证明是错误的，这会牵连到一系列其他信念。因此现在他们不知所措了。这就是通常创造难以相处的人的东西。

● **So people develop blind spots.** A guy who has strong beliefs and thinks he's god's gift to women will have many blind spots and his state won't go down when he gets negative reactions, because it doesn't fit into his reality.

因此人们发展出了盲点。一个拥有强大信念，并认为自己是上帝赐给女人的礼物的家伙，会有很多盲点，同时当他得到负面回应时他们的状态不会下降，因为这和他们的现实格格不入。

► But someone who has weaker beliefs will have less blind spots. They'll see how people are actually reacting, and are affected if it's a negative reaction. They are addicted to response, total social calibration, and most people who have it get shy.

Sometimes, they get creative and come up with the perfect line for every situation, (if she says this/gives a certain reaction, then you say this, and it's all good.) But if he doesn't get the reaction, his state drops.

但是一个有较弱信念的人会有较少的盲点。他会看到人们实际上是怎么回应他们的，同时如果是负面回应他们会被影响。他们对反应上瘾，全部的社交校准，同时大多数这样的人会变得害羞。有时，他们很有创造性同时为每个场景想出了完美的台词。（）但是如果他没有得到那种反应，他的状态会下降。

► There are pros and cons to both. One dude of the first type could be socially out of step and get blown off, other dude could get bad reaction, have a good comeback, and stick in.

两者都有优缺点。一个第一种类型的男人会变得在社交上步调不一致并使人厌烦，其他类型男人会得到坏反应、有一个好的恢复，并陷进去。

- **The “Third” Guy** – He can see the negative social feedback, but not focus on it. It's a mix, redefines our concept of a strong reality because it is simultaneously strong + weak. It's “be like water”, you are adaptable. A strong, but flexible belief system.

“第三种”男人——他们能够看到负面社交反馈，但不会专注于此。这是一个混合，对一个强大现实的重新定义，因为这是同时地强+弱。“上善若水”般，你是可适应的。一个强大的，但是灵活的信念系统。

Reordering Perception To Preserve The Map

重新制定知觉来保护地图

- People do this all the time.
人们向来这么做。
- The ability to quickly sift through ideas and either take them on or reject them is actually a strength and a skill. The more adaptable you are in allowing conflicting or paradoxical realities to exist in your mind without being shut down by them, **the more readily you can jump between maps**, and where other people would fall flat on their face, you will stand.

快速筛选想法的能力，接受或拒绝其中任何一个事实上是一种力量和技巧。你对允许冲突或矛盾的现实在脑子里不被枪毙的适应能力越强，**你可以在地图之间跳过的现实越多**，其他人会碍于面子完败，你会屹立不倒。

► Ex: You know that people rationalize value, what's best for them, but there's also the belief that you want to believe the best in all individuals, even see yourself in them. The people who see everything through the lens of “The Selfish Gene”, value, etc. tend to be so...empty. So you have to hold the paradoxical realities in your mind without having to resolve them or have everything make sense – because concepts are limited, they are not reality. (The map is not the territory.)

例如：你知道人们会使价值合理化，那些对他们最有利的，但同时你有自己想要相信所有个体里面最好的人格这样一个信念，即使在他们之中看到了你自己。那些通过“自私基因”、价值等等透视一切的人、倾向于变得非常...空虚。所以，你必须在自己的头脑里保留矛盾的现实，不需要分解它们或让一切有意义——因观点有限的，那些不是现实。（地图不是疆域。）

- **From an evolutionary perspective, your mind doesn't care if your life sucks.** You're not gonna die, so it doesn't matter. If you are getting by in your current situation, your mind doesn't want you to uproot yourself – it wants you to stay comfortable even if you don't reach your fullest potential.

从一个进化的视角来看，你的大脑不关心你的生活是否一团糟。你不会立即死去，所以这没什么大不了的。如果你现在的处境让你过得去，你的大脑不会要你改变自己的生活方式——它想要你保持舒适，即使你没有发挥自己最大的潜力。

► Everybody says they would want to be the alpha wolf when asked, but being the alpha isn't all only good. He has to expend more energy, is responsible for the groups survival, has to hold down competition for the alpha role.

在被询问时，每个人都说他们想做一头狼王，但做狼王不会只有好处。他必须耗费更多的能量，同时要为狼群的生存负责，也需要为维持狼王的角色承受住竞争。

► When you raise your social value, you're gonna get conflict and haters. They hate that you have success when they don't, so they find little things to focus on that are true, then blow them out of proportion and rationalize hating you this way.

当你提升了自己的社交价值，你会面对冲突和怀恨在心者。他们憎恨当他们失败时你却成功了，所以他们会发现一些真实的小东西并专注于此，然后不成比例地吹出来并合理化恨你的方式。

► **So your mind does not want you to get high status.** It's pretty good living being a beta male, while being that outgoing guy you have to expend more energy. Your friends may not like you anymore.

因此你的大脑不想要你获得高状态。以一个测试版男人生活是相当好的，然而成为那个开朗的家伙你必须消耗更多的能量。你的朋友们或许不再喜欢你了。

- In order to become a natural, you have to let go of the habit of frame controlling the interaction to get good responses to get in state. You have to get in state independently and learn to just chill.

为了成为一个自然男人，你必须放开这样的习惯，为获得好的回应控制互动框架来进入高状态的习惯。你必须独自进入状态并学会放松。

Bootcamp Revelation

训练营启示

- Guys would go on program, get great results, and then bitch and whine later that they didn't do good. Why? If a guy's reality is that he's not good with women and 4/10 approaches go well, then instead of focusing on the 4 that went well, he's gonna focus on the bad. Whereas a guy who believes he's good may only do 2/10 and focus on the 2. RAS – they're validating their map of reality.

男人会按照程序行动，获得极好的结果，然后坏女人和之后抱怨自己做的不好。为何？如果一个男人的现实是虽然他对 4/10 的女人接近很好但还认为自己不能很好地和女人相处，他关注与坏的一面。然而一个认为自己做得很好的人可能只有 2/10 的接近很好并把焦点集中在那 2 成上。RAS——他们在证实自己的现实地图。

- **Leader of Men vs. Wandering Nomad theory.** There are 2 types of guys who get laid a lot. One is the alpha, leader of men. The other is the wandering nomad – women seem to be attracted to guys who have something genetically different about them, like an accent. The genetic reason for this may be because they want to bring in new genes – it would have been good for the tribe.

男性领袖 vs 游牧人理论。有两种人能得到大量女人。第一种是阿尔法，雄性领袖。另一种是游牧人--女人似乎被有些不同基因的人吸引，就像一个口音。基因的原因可能是因为他们想要引进新基因--这对整个部落有好处。

- **See the best in other yourself and see the best in other people.** Cut yourself a ton of slack. When you see the best in other people, you assume they are seeing the best in you. That becomes a part of your reality.

看到自己最好的一面，看到其他人最好的一面。让自己完全放松。当你看到其他人最好的一面，你假定了他们也在看着你最好的一面。这会变成你现实的一部分。

Day 4
第四天

Success Barriers(cont···)

成功的障碍 (不断的...)

- **Success barriers means you think you want something, but if you got it right now you may not be able to psychologically handle it.** (Ex: Being president seems like a good thing, but it would mean not only having a few people ripping on you, but whole channels dedicated to it.)

成功的障碍意味着你认为自己想要某些东西，但如果你立刻得到它，你可能不能够在心理上处理它。(例如：当总统视乎是一件好事，但这意味着不仅少数人会和你撕裂，而且所有的电视台都会致力于此。)

► If you think a girl's more attractive than you perceive yourself as being, then you're gonna become outcome-dependent and needy. If your unconscious mind understands that you'd be devastated by being broken up with, then it's gonna self-sabotage and try to put you into a situation where you wouldn't even get the relationship in the first place.

如果你认为一个女孩比你更有魅力，那么你会变得对结果依赖以及有需求感。如果你的无意识大脑理解了你曾经因为分手而伤心欲绝，那么它会变得自我摧残且试图把你推到这样一个情况，你甚至本来就不会得到这段关系。

- **When you're in any position of high status, it's gonna put your world into disarray** (haters, people that want your position, etc), so a lot of the concepts in the Blueprint are the ones that allow you to center yourself and be in that type of position with ease.

当你在高状态的任何位置，有人会把你的世界推向混乱（怀恨在心者、想夺取你位置的人等等）。所以蓝图里的很多概念是允许你以自己为中心，以及在那种类型的位置感觉舒适。

- But being in a position of high status is easy once you understand it, it's no more difficult than being in a position of low status. In fact, once you've completely come into alignment with it, it's actually easier than being low status and dealing with all the self hate and mediocrity that goes with that. It's getting there and dealing with all the new headaches of social pressure is where the success barriers come in.

但是一旦你理解了，那么在高状态的任一位置都会很简单。这并不比在低状态更困难。事实上，一旦你已经完全和它校准，这实际上比低状态更简单。同时可以解决所有的由低状态产生的自我厌恶和平庸感。这是达到目的的，同时解决所有社交压力带来的新的令人头痛的事，而这些事情会带来成功的障碍。

- **Put yourself into a position where mistakes will occur.** (Ex: Tyler had to screw up several relationships with hot girls in the beginning because he still had insecurities. But the important thing was, he let himself get far enough to screw up - most guys won't even get that far.)

把你置于会犯错误的位置。(例如：泰勒不得不在开始的时候把自己和几个辣妹的关系搞糟，因为他依然有不安全感。但是重要的是，他让自己离搞砸足够远—大多数人甚至不曾有那么远。)

This Seminar Won't "Fix" You

这个研讨会不会“修复”你

- Just hearing “be in the moment” won't make you get it. But if you go out, you'll start to see the connections between when you do bad and times when you do good, and in a year's time you'll be a lot less in your head than you used to be. The ratio of time you spend in the zone that you want to be in will slowly tilt in your favor.

单单听了“活在当下”不会让你获得这些。但如果你走出去，你会开始看到你做的差和做的好之间的联系，同时通过一年的时间你会变得比之前更少地进入自己的大脑。你在这个你想进入的领域所花时间的比例会慢慢倾向对你有利。

- This stuff takes time. You may think that the destination you want to get to is great, and getting there is the bad part - that's not really true. Life is about moving towards that core self and authenticity, and the journey that you take to get there - that's meant to be enjoyed. Even if it's difficult, man, that's your life.

这些东西要花时间。你可能认为自己理想的目标很伟大，同时越来越有坏的一面—那不是真的。生活是关于朝着核心自我以及真实性前进，而且是你习惯于达到目标的旅程—这意味着享受。即使这很困难，男人，这就是你的生命。

Anticipated Responses / Assumptions

预期反应/假定

- Everyone has a reality of how they expect to be treated. How you expect the world to respond to you. This is the core of natural game. You could really make an argument that this is what it's all about.

每个人都有他们认为自己应该怎样被对待的现实。你期望这个世界怎么回应你。这是自然流游戏的核心。你可以真正的讨论所有这些是什么。

- ▶ 1. Whether a person of your status can be expected to be treated badly or well.

1. 有你这样状态的人是应该被很好还是很差的对待。

- ▶ 2. Whether people are generally trustworthy or manipulative, friendly or mean.

2. 人们是值得信赖还是工于心计，友好还是卑鄙。

- ▶ 3. Whether there's an abundance or scarcity of people in the world who could like you.

3. 有大量还是极少数的人喜欢你。

- Ask yourself:

问问你自己:

- ▶ Do I like myself?

我喜欢自己吗?

- ▶ Would I hang out with somebody like myself?

我会和一个像我这样的人出去玩吗?

- ▶ If I saw a guy who looked like me with a really attractive girl, would I be like “What's that about?” or would I be like “Of course he's with her.” (RSD calls it “when you believe that a girl could like you just for you.”)

如果我看到一个像我这样的人和一个真正迷人的女孩，我会像“那是怎么回事？”还是会像“他们当然应该在一起。”（RSD 称之为“当你相信一个女孩会因为你本身而喜欢你”）

- **People are always doing things to cause their anticipated responses to come true.** (Ex: A girl who has low self esteem and her anticipated response is that attractive guys won't like her - will blow off guys that approach her more than an attractive girl. She'll have behaviors that keep her model of reality intact. A self-fulfilling prophecy. On the other hand, a girl who thinks she's attractive who then meets a guy who shows no interest is gonna start flirting with him.)

人们总是做些事来让他们预期的反应成真。（例如：一个有低自我尊重的女孩，她的预期反应是有魅力的男孩不会喜欢她—比有魅力的女孩更会吹掉男人的接近。）她会有保持自己的现实模型完整性的行为。一个自我实现的预言。另一方面，一个认为自己有魅力的女孩遇到展现的对她没兴趣的男人，她会和他调情。）

► Someone who believes that the world is a friendly place and everyone is his friend is gonna have all these little behaviors that reinforce his reality. If you approach a girl and fully believe that she's friendly, of course there's a 95% chance that she's gonna be super-friendly. You can tell when someone expects everyone else to be friendly (ex: hot girl) to them vs. someone who doesn't just by looking at them.

某人认为世界是一个友好之地，同时每个人都是他的朋友，那么他会有所有这些细小行为来加强自己的现实。如果你接近一个女孩，同时完全相信她很友好，当然有 95% 的机会是她超级友好。通过观察你可以辨别某个人期待其他所有人都对自己友好（如辣妹）vs 某人不这么认为。

► Someone who doesn't have the anticipated response / it's not in his reality, that a girl / someone could like them just for them will be constantly trying to convey good things about them to the other person and can't just chill. They're talking to try to raise their value and become high status, not to build the vibe and have fun.

没有得到预期反应的某人/这不在他的现实。那么一个女孩/某人只是因为他们本身而喜欢他们会不断地尝试给别人带来自己的好东西同时不能只是放轻松。他们谈话是为了尝试提高自己的价值并且变得在高状态，不是去营造氛围或玩得开心。

- People are always trying to maintain their reality. They are trying to make their world make sense. They're not willing to shake up their reality, they don't want to take on the new bearings. **They're maintain their reality by seeing everything through a lens.** Take the fucking lenses off! Allow yourself to experience reality head on.

人们总是试图维持自己的现实。他们尝试着让自己的世界有意义。他们不愿意动摇自己的现实，他们不想承担新的举止。**他们通过一个镜头来看所有事去维持自己的现实。**扔掉那个该死镜头！允许你自己直面地体验现实。

► People will go home believing The Blueprint, find an example that contradicts this program (which inevitably you have to because the world is always shifting around), what a lot of people do is say “No, that has to go with that principle I learned at The Blueprint.” - but that's exactly what Tyler is trying to teach you

NOT to do. He could spend 4 years coming up with the most accurate map, but it still wouldn't be reality. The map is not the terrain.

人们会回家相信蓝图，发现了一个反驳这个程序的例子（你必然会有，因为这个世界总是在变化）。很多人做的是说“不，必须按从蓝图里学习的原理来。”——但是这全然是泰勒试图教你不要去做的事。他可以花4年的时间想出最精确的地图，但这仍然不会是真实情况。地图不是疆域。

Self-Fulfilling Prophecy

自我实现预言

- **When, by the strength of your beliefs, the reality that is stored up in your head becomes the reality of your actual life.** This happens because your mind is always seeking out evidence, even if it's obscure, to reinforce your existing beliefs, and because of the confidence you have in those beliefs, you draw people into your reality and inadvertently get them to act in ways that they don't expect.

随着你的信念的增强，存储于你的大脑的现实变成你真实生活的现实。它会发生是因为你的大脑总是寻找证据，即使是朦胧的，为了增强你现存的信念，同时因为你在这些信念里拥有的信心。你把人们吸引进自己的现实，同时漫不经心地让他们以自己不希望的方式行动。

► A guy who's really good with women knows how to create a SFP where women love him to death.

一个真正和女人相处很好的男人知道如何制造一个自我实现预言，在那里女人爱死他了。

► This is why you can't see everyone as rationalizing value. Having that belief is going to make it a self-fulfilling prophecy and you'll start to see evidence of it everywhere.

这就是为什么你不能把每个人视为合理化的价值。有了那个信念，会形成一个自我实现预言，同时你会开始到处寻找证据。

- **(Frame Control)** If someone tries to tool you, by calling you a smarty pants, etc - there's 2 ways you can interpret it:

（框架控制）如果某人试图通过叫你“聪明人”等等来利用你——有两种方式解释它：

► Many people interpret that being called “smarty pants” makes them feel bad. They lose a bit of state and at some level, the other people can feel it and feel that they called you out and it reinforces the reality in the other people's minds that they were correct.

很多人把被称为“聪明人”理解为使他们感觉不好过。他们失去了一点状态，同时在某种层面，其他人能感觉到这些并觉得他们把你叫走了。这同时增强了其他人脑中的现实，他们是正确的。

► On the other hand, if you don't care, think it's fun, and you treat it as if it was a joke, it reinforces the idea in the other people's minds that they were just joking all along. → The strongest reality wins, you don't have to have the best comeback or the better answer all the time. As long as there's no shift in state you don't have to win the verbal sparring match.

另一方面，如果你不在意，认为这很有趣。并且你就像笑话那样对待它，这增强了别人脑中他们从始至终只是在说笑话这样的想法。 -> 拥有最强现实者获胜，你不需要一直获得最好的恢复或更好的答案。只要你的状态没有改变，你就不需要去赢得争论赛。

- Anything that you don't like in your life, you don't have to acknowledge it. **You only have to acknowledge the reality that you want** and then the self-fulfilling prophecy comes to exist.

任何在你的一生中你不喜欢的东西，你不需要承认它。你**只要承认自己想要的现实**，然后自我实现预言会达到并使其存在。

- **2 biggest self-fulfilling prophecies:**

两个最大的自我实现预言：

▶ Sex is a natural consequence of chemistry and therefore an inevitability. It's a way to cement a moment and blow off steam.

性是吸引的自然的结果，所以这是必然的。这是一种片刻结合和花费多余精力的方式。

▶ Women like me just for me. I can be in the moment and just let it go where it may.

女人因为我本身喜欢我。我能活在当下，同时只是顺其自然。

Micro Behaviors

微观行为

- Things much more subtle than most sub-communication. (Ex: Like when you can look a girl in the eye, and your eyes hold steady, shows you are not running through images in your head. You're outside your head.) It's these micro behaviors that create the attraction.

比潜交流更微妙的东西。（例如：就像当你用眼睛看一个女孩，同时你的眼神保持镇定，显示了你的头脑里没有在放映画面。你在自己的头脑以外。）正是这些微行为制造了吸引。

- You CANNOT consciously control or understand most of these like you can with sub-communication. You can't and you don't need to - it flows from state/within, and when you are flowing, it's all handled for you automatically. All that you need to know is how to flow.

你不能有意识地进行控制或就像潜交流那样理解它们中的大多数。你不能并且也不需要——他从状态/内在流出，并且当你很顺畅，它会自动帮你处理。你要做的所有事就是知道如何达到顺畅。

Congruence

一致性

- If you have full belief in the anticipated responses you know you're gonna get, that's gonna drive your micro behaviors, and it's what makes you really, really good at this. **You're fully assuming that what you want is the reaction to be is gonna happen.** Full belief is very attractive to a woman.

Ex: When you're telling a story, you can make a girl laugh on the spots on the story that you want her to laugh just by believing that she's gonna laugh. It's like this vibe.

如果你完全相信自己会获得的预期回应，那会驱动你的微行为，同时这会让你变得真的、真的擅长此事。**你完全假定自己想要的反应将要发生。**完全的信念对女人有十足的吸引力。

例如：当你在讲一个故事，你可以在故事的任何一点让女孩笑，你只是相信她将会笑。就像这种氛围。

Flinching / Retreating Into Your Mind

畏惧/退回自己的大脑

- When you doubt yourself, it's gonna blow your anticipated responses. If you retreat into your head, the great assumptions you have won't work. → You'll come off as creepy.

当你怀疑自己，这会打击你的预期回应。如果你撤退回自己的大脑，你最棒的假设也就行不通了。 → 你会表现得令人不寒而栗。

- This knowledge (The Blueprint) can both help you or hurt you. Can help by letting you see the social phenomena and do stuff you couldn't previously do. But it could hurt you if you're going through life constantly asking yourself: “Do I have the stronger reality here?”, “Am I retreating into my head? ... oops, I guess I am.”

这个知识（蓝图）同时可以帮助或伤害你。它可以通过让你明白社会现象和做一些之前不能做的事情来帮助你。但它也可能伤害你如果你在生活中不断地问自己“我在这儿是否有了更强大的现实？”、“我撤退回自己的大脑没有？... 哎哟，我猜我是的。”

► **The solution is that we can look at it with a large scope or a much simpler one, which is “HAVE FUN”.** When you're in the science lab, be a scientist. When you're out, be a person. It's perfectly fine to teach and learn this stuff because it helps us, but if we're thinking about it when we're out, that's only going to go against us. And isn't there a funny irony there that in working to understand social dynamics more subtly, you could actually become less socially savvy? You could become less socially skilled and lose that coolness about you when you're focused on it too much. You have to be able to disconnect yourself from it when you go out.

解决之道是我们可以用一个很大的范围或很简单的“玩得开心”来看它。当你在一个实验室里，你是一个科学家。当你外出交际，成为一个人。去教或学这些东西是非常好的，因为这对我们有帮助。但如果你外出交际时正在想这些，这只会对我们不利。这儿有个有趣的讽刺，在努力更隐晦地理解社交力学，你实际上可能变得更缺少社交头脑吗？你可能变得更加缺少社交技巧，同时当你过于专注于此你会失去对自己的冷静。当你外出交际时，你必须和它断开自己。

Integrity Based Confidence (Giving Value)

基于信心的正直（给予价值）

- Having a high level of integrity as a person and knowing that you always **offer value to the people that you interact with** is gonna allow you to come across so much stronger.

拥有作为一个人的高层次的正直，同时你知道自己总是在**互动中**给人们提供**价值**，这将允许你给人**更强大**的印象。

► It's when you do/say stuff that goes against who you are (your integrity) that you go into your head. Your integrity is what allows you to do stuff with that total belief in what you're doing, not the slightest flinching/retreating into your mind and with a really incredible amount of power.

当你做/说违背你是谁（你的正直）的时候，你会陷入自己的大脑。你的正直是允许你以完全的信念做那些事情，不是渺小的畏惧/撤退回自己的大脑，而是带着真正惊人的能量。

- If you don't believe that [women enjoy sex as much as men do, if not more], then when you're calling that girl over, you're gonna feel like you're taking value, like you're trying to trick her into something.

如果你不相信【如果不是更多的话，女人和男人享受一样的性爱】，那么叫那个女孩过来，你会觉得自己在索取价值，就好像你在试图诱骗她。

- You have to feel like you're on the girl's level (equal value), or else you're gonna be retreating into your head.

你必须觉得自己在女孩的那个水平（价值相等），否则你将撤退回自己的大脑。

How To Fully Believe In Yourself:

怎样完全相信你自己：

Trust In A Foreign Set Of Bearings

相信一系列外来的举止

- When we learn new bearings like now, we have not developed the reference experiences yet that we could trust in them.

当我们就像现在一样学习新的举止，我们还未发展出可以信任的借鉴的经验。

- The process
过程

► 1. You're learning the ins and out of how the new behavior works.

1、你是在学习新行为如何运作的来龙去脉。

► 2. You're gathering evidence. Looking at what other people are doing and you're experimenting.

2、你在收集证据。看看其他人在做什么，同时你在进行尝试。

► 3. You eventually get it to the point where you don't have to think about it anymore. You have fully trusted in the bearings. Your mind has gone through the process and you now have an anticipated response, new assumptions. This is called internalization.

3、你最终到达这样一个点，你不需要再去想它。你已经完全相信了这些举止。你的大脑已经通过了这个过程并且你现在拥有一个预期的回应、新的假设。这就叫内化。

- Internalization - the process of trial-and-error that you have to go through to create an assumption that you never have to think about ever again. For something to be internalized:

内化—反复试验的过程，你必须通过它来创造一个自己不需要再次考虑的假设。要使一些东西内化需要：

- ▶ 1. You do it naturally. (Conscious, not self-conscious.)
1. 你表现自然地做那些事情。（有意识，但不是自我意识。）
 - ▶ 2. You're in the moment when you do it, because it doesn't require any thought.
2. 你在那么做时活在当下，因为这不需要任何思考。
 - ▶ 3. You never have to think about it ever again.
3. 你永远不需要再去想它。
- Your beliefs/assumptions about what will happen if you approach a stranger are, unless you've done it hundreds of times, second-hand knowledge. It's the same as jumping out of an airplane – you think you know what would happen, but it's based on second-hand knowledge. Unless you really tried, you don't know. But because most SC says that you can't, you don't try.

你对如果接近一个陌生人会发生什么的信念/假设，除非你已经做了数百次，否则那只是二手的知识。跳离飞机也一样——你认为自己知道会发生什么，但是那只是基于二手的经验。除非你真的尝试了，否则你就不知道。但是因为大多数社会框架告诉你不能那么做，你就没去尝试。

Newbie's Paradox

新手的悖论

- A newbie, if he's not confident when he's approaching, is gonna get bad results/negative evidence. **The paradox is that, in order to get that unwavering belief, you need reference experiences in order to believe it.** But you can't get the reference experiences without the unwavering belief a lot of the time.

一个新手，如果他在接近时不自信，这会得到坏结果/负面证据。**悖论是，为了得到不可动摇的信念你需要经验参考来相信它。**但是在很多时候，你不能在没有不可动摇的信念的基础上获得经验参考。

- To have unwavering belief you have to get to a point where...
要拥有不可动摇的信念，你必须达到这样的程度
 - ▶ 1. You fully assume that what you're gonna do is gonna work and...
1. 你完全假定自己将要做的事情会奏效
 - ▶ 2. You have to be totally indifferent to the odd times that it doesn't.
2. 你必须对无效的尝试完全不在乎
- ...That's how it's gonna be totally relaxed, natural and congruent when you approach. There's no pride attached to it. It's just a funny thing to do, and you know that anybody else could figure it out if they were to try. You can't make an identity out of it, believing that you can do all this stuff other people can't. Don't make it a big deal – you shouldn't have this false sense of superiority just cause you know how to approach women.

这就是当你接近时将感到完全的舒适、自然和一致。没有骄傲附加其中。只是去做一件有趣的事情，同时你知道其他任何人只要尝试都会解决它。你不能

出于骄傲而制造一个身份，相信你可以做这些而其他人不能。别太把它当回事——你不应该只是因为自己知道怎么接近女人而有这种虚假的优越感。

Ego Defense Mechanism

小我防御机制

- Telling a newbie to go approach a woman is a lot like telling him to go walk into a wall. There's always a little dip as he's approaching, that little bit of flinch. That self-protection. It's like dipping your toes into the pond to see if it's warm vs. JUMPING IN. It's an inability to put your real personality on the line.

告诉一个新手去接近一个女人很大程度上就像是告诉他去穿过一堵墙。当他接近时总有一些小小的下沉，一点小小的畏惧。那种自我保护。这就像把你的脚趾伸到池塘去看看池水是否温暖 vs 跳进去。这是拿你真实的个性去冒风险感到无能为力。

- Ego Defense Mechanism - When you're talking to a girl and your unconscious mind will make you flinch so that you can tell yourself: “She didn't reject the real me. She rejected the flinching me.”

自我防御机制——当你在和一个女孩聊天，同时你的无意识大脑会让你退缩，所以你会告诉自己“她没有拒绝真实的我。她拒绝了退缩的我。”

The Halfway Point Between Fear And Total Belief Is

恐惧和完全信任之间的中间点是

INDIFFERENCE

不在乎

- **You can't really go out and try to cultivate total belief as a newbie**, because what you're gonna get as a newbie is evidence that you suck. But what you can do is go out and get reference experiences that it doesn't matter what other people think of you.

作为一个新手，在外出交际时你不能真正培养出完全的信念。因为你将得到的是自己陷入的证据。但你能做的是走出去并获取参考经验，其他人怎么看你根本不重要。

► Eventually, you cross something called the **indifference threshold**. It's true indifference, letting go of the outcome. Loss of neediness.

最后，你越过了被称为**不在乎门槛**的地方。这是真正的不在乎，放下结果。需求感的流失。

- Confidence is communicating that you're successful with other women. **The women's system is designed not to feel attracted to you if you're not confident.** So if you aren't successful with women, the system is designed to make you not get girls. It's designed so that you can't get confident unless you really have what the women want.

信心传达了你和其他女人相处成功。**女人的系统被设计得如果你没有信心她就不会被你吸引。**所以如果你在女人方面不成功，这个系统被设计得使你得不到女孩。因此它被设计得除非你真的有女人想要的东西，否则你不能得到自信。

► So what you have to do is essentially scramble the system. Pummel your brain with so many reference experiences that the whole system overloads. You realize that you're still here after getting blown out a million times, and then you cross the indifference threshold. **And now that you're indifferent, things change.** (You go from stifled→unstifled.)

所以你必须去做的是在本质上攀登那个系统。用很多参考经验连续击打你的大脑来使整个系统超负荷。你意识到在自己在搞砸无数次后依然完好无损，然后你就跨越了不在乎的门槛。**同时现在你是不在乎的，事情改变了。**（你从遏制 -> 无遏制）

► When your mind has the click “It's better to be this high value, fun, social guy than it is to avoid attention and not infringe on anybody, the micro behaviors start to come in. RAS starts to look at behavior of cool guys more.

当你的大脑有了这样的恍然大悟“在这个高状态、变得有趣，成为社交男孩比避免被关注或不去侵犯任何人好多了，微行为开始进入，RAS 开始更多地看着酷小伙的行为。

- The indifference threshold is something that can be crossed very quickly. Don't try to be confident in life, just try to be indifferent. Confidence will flow from that point. When you become indifferent you are able to get the reference experiences and develop the anticipated responses you need in order to have total belief.

不在乎的门槛可以很快被跨越。不要尝试在生活中表现得自信，你只要试着满不在乎。自信会从那一点涌现。当你变得不在乎，你就能够获得参考经验，并发展为了拥有完全的信念所需要的预期反应。

Stifling

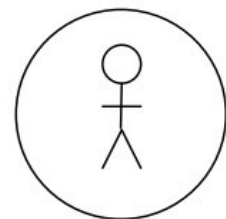
遏制

- When you're stifled, your mind is telling you: “Don't let your voice be heard past this range that is permissible. Don't take up space beyond xyz range. Don't go interrupting people, taking up their time and space. Don't do that” You don't want to go outside of what you think your identity is and lose social acceptance.

当你在遏制时，你的大脑告诉你“不要让你的嗓音超越可以被允许的可听范围。身体占用的空间不要超越 xyz 的范围。不要去打断人们，或是占据他们的时间、空间。不要那么做。”你不想走出自己认同的身份，同时失去社会接受。

- Stifling happens because, as you change environments you're not totally certain of what that environment is (possible danger), so your unconscious mind stifles you in. What happens is your voice is not totally unlocked. You have to unstifle yourself.

遏制的发生是因为，当你变换环境时你不能完全肯定这个环境是什么样的（也许很危险），所以你的无意识大脑会遏制你。会发生的是你的声音不能完全地开启。你必须去除自我遏制。



► That richness in your voice is what she's responding to, that unstifledness. (It conveys that you are comfortable in the

environment at a deep level, unconcerned with taking up space.) Like a new channel of communication.

你声音里面的丰富度是她要回应的，那种无遏制。（这传达了你在深层次上对这个环境感觉舒适，对占用空间漠不关心。）就像一种新的沟通渠道。

- **How to get unstifled and cross the indifference threshold:**

如何达到无遏制和跨入不在乎的门槛:

► First realize the law of inertia is acting on you. An object at rest will stay at rest unless acted upon by an outside force. If you're just sitting there with your buddy and then you see some girls you want to approach, you don't have any momentum. So you need to BE that outside force to get yourself unstifled.

首先意识到在你身上起作用的惯性定律。一个静止的物体会保持静止，除非有外力作用。如果你只是与你的同伴坐在那里，然后你看到一些想去接近的女孩，你没有任何动力。所以你需要成为那个使你无遏制的外力。

► To get unstifled you have to do something that's out of character, isn't really you an expands the energy, time and space that you're taking up.

要达到无遏制，你必须做一些与原来的自己不相称的事情，扩张自己的能量、自己占据的时间和空间。

- 1. The Imitation Game - Imitate something that's not you. (Ex: Lion, crocodile, toaster, rhinoceros, t- rex, whale.) The club social pressure is pushing down on you, and the club can get on top of you, or you can get on top of the club.

1. 模仿游戏—模仿一些不是你的游戏。（如：狮子、鳄鱼、烤面包机、犀牛、雷克斯猫、鲸鱼）俱乐部的社交压力在压倒你，同时俱乐部能压倒你，或你压倒俱乐部。

- 2. Sing to get unstifled.

2. 唱歌来获得无遏制。

Social Vibing (Logic vs. Emotion)

社交氛围营造（逻辑 vs 情感）

- **Logic is the opposite of emotion**, they flush each other out. When you're vibing with people and trying to be to logical, that can break the vibe - Logic is a vibe-breaker. The idea is that socializing and vibing with people is an end in and of itself. If you're feeling like you have to prove yourself, that's not really vibing.

逻辑与情感相对立，两者会互相对掐。当你正在和人们营造氛围并试图变得逻辑性，这会破坏氛围—逻辑性是氛围破坏者。理念是和人们社交及营造氛围是以它本身为结果的。如果你感觉你必须证明自己，那不是真正的氛围营造。

- **Emotional states are addictive.** Someone who's addicted to positivity when you bring up a negative topic won't focus on it, they'll change the subject. But someone addicted to negativity will play off of it and explore all the negative ramifications.

情绪状态是会让人上瘾的。沉溺于积极性之中的人，当你提出一个消极话题他不会专注于此，他会改变话题。但是沉溺于消极性之中的人会变本加厉并探讨所有消极结果。

► The more often that you access an emotional state, the more synaptic pathways your mind creates in order to access it again and again.

你越经常进入一种情绪状态，越多的突触路径会在你脑中产生，以便你反复进入它。

► Memory is also state-access dependent. When you're unhappy, you'll remember unhappy memories more and vice versa. You feel negative, so you ask yourself why and backwards- rationalize reasons.

记忆同样取决于进入状态。当你不开心的时候，你会更容易回想起不开心的记忆同时反之亦然。你感觉消极，所以你问自己为什么并逆向合理化所有的理由。

► When you vibe with people, and they're present and having fun, they can pull you into that.

当你和别人营造氛围时，他们在当下且玩得开心，他们可以把你拉进去。

► Why Tyler reads books is not only to get the info that's in it, but to get the presence from that author, get him into that zone.

泰勒读书的原因不只是获取书中的信息，而且为了获取作者的现场感。进入他的领域。

- If you're used to being an engineer or computer programmer and you're doing logic all day, a lot of the time when you go out to that social gathering, you feel alienated/disconnected from the environment. You see people playing around and you're still trying to compute it.

如果你习惯于做一个工程师或程序员，同时你整天干着逻辑性的工作。当你外出参加社交性聚会的大多数时候，在那个环境你会觉得不合群/孤立。你看着人们在周围玩乐，而自己却在试图计算它。

► The new social habits that you get from going out are maintained. You don't go back to being introverted, stuck in your head, logical right after you stop going out.

你外出获得的新的社交习惯是自我维持的。就在停止外出后你不会回到从前的内敛、陷入自己的大脑和逻辑性。

- A logical conversation is very linear, so you're thinking very linearly - topics that are logically related. Vibing is not linear, you're just expressing yourself outward. You're shooting images in-between each other's heads that amuse you and therefore amuses her back. (The value is fun.)

一个逻辑性的交谈是非常线性的，所以你的思维也是线性的——逻辑上与之相关的话题。氛围营造不是线性的，你只是在向外表达你自己。你在每个人的头脑中间投射这样的画面，自娱自乐同时因此倒过来把她逗乐。（价值是有趣的。）

► This type of “floating thoughts” is where quick wit comes from - nonlinear associations.

这种类型的“流动思维”会产生机智敏捷——非线性联想。

► When you're relaxed, the words just arise out of you instead of you having to chase them.

当你很放松，话只是产生自你，而非去追逐他们。

- Over time you will internalize...

随着时间的过去，你会内化...

► What vibing is.

氛围营造是什么。

► Conditioning yourself towards positivity.

使自己朝着积极的方向适应。

► You don't have to qualify yourself.

你不需要证明自己有资格。

Creating A New Reality and Ego

创造一个新的现实和自我

- Your reality is created through your anticipated responses. That's what determines what's possible/impossible to you.

你的现实由自己的预期回应创造。这决定了什么对你来说是可能/不可能的。

- When you are newbie/intermediate at PU and you are just starting to create all of your anticipated responses, it's like there's a hole in you. An anxiousness/uneasiness that makes you crave validation and more reference experiences to reinforce your reality. You want to keep living in the reality (and not have it “fall away”) because, in abundance, your state goes up. So you get addicted to reinforcing your reality by...

当你是一个新手/中级 PU 同时你只是开始创造自己的预期反应，就像你有一个洞。一个焦急/不安使你渴望确认，和更多的参考经验来加强你的现实。你想要一直活在那个现实之中（而不是让它“消失”）是因为，大量地，你的状态上升了。所以你沉溺于增强自己的现实，通过...

- Approaching every girl you're attracted to and feeling guilty if you don't.

接近每个吸引你的女孩，如果不去你就感到内疚。

- Can't relate to your old friends as much because they're still living in scarcity mentality and pulling you back into it. So you get PU friends.

不能和以前一样联系自己老朋友，因为他们的仍然心理空虚并会把你拉回去。所以你要交 PU 朋友。

- Researching it for hours at a time.

每次研究数小时。

- You have unhitched from your old reality and the easiness of social conditioning. So you keep pushing the reality and start to develop a false self (ego), instead you want to find your centeredness.

你已经把自己从旧的现实和舒适的社会框架里解开。所以你持续推进自己的现实并发展一个虚假的自己（小我），而非想要去发现自己的中心。

- Being a chode is easy - it doesn't require an expenditure of energy, you could go through your whole life without anybody insulting/humiliating you, and you won't have to push your edge.

当一个挫男很容易——这不需要能量消耗，你可以免于别人的冒犯/丢脸来走过自己的一生，同时你不需要推动自己的边缘。

► So once you've unhitched, it's better than being a chode, but you can get lost in addiction to validation instead of finding your core self.

所以一旦你已经解开绳子，这会比当一个挫男更好。但是你会因沉溺于确认而非找到自己的核心本性而迷失自我。

- The false self (ego) is created because you see yourself doing stuff that you didn't think was possible and that most guys can't do, so you have to rationalize it in some way for it to make sense to your mind. “I must just be the shit.”

虚假的自己（自我）的创造是因为你看见自己做了你认为不可能完成的事情，同时大多数人做不到。所以你不得不以某种方式合理化这些事情，以便使这些事情能在你脑子里讲得通。“我一定是个天才。”

The Concept Of “It Didn't Work”

“这个没用”的概念

- When you're unhappy, you either change:
当你不开心，你要么改变：
 - 1. What you focus on or
1. 你关注的焦点或
 - 2. Your conditions
2. 你的环境
- There was a point in Tyler's life when he was a teen and going through a rough time and thought, “If I just had x and y and z, then I'd be happy.” Then a couple months later he had all the conditions he had said would make him happy, but it didn't work.

泰勒的生活里有一个段时间，当他是少年，度过一段艰难的日子的时候会这么想，“如果我只是有了 A、B 和 C 那么我就能开心。”几个月后，他得到了所有那些他曾经认为会使自己开心的物质条件，但依旧没用。

► Think of how celebrities feel when they have all the fame/women, but they're still unhappy. Because if your conditions are bad, you can blame them, but when you can't blame anything, you start to feel nuts.

想想当名人有了名望/女人后是怎么感受的，但他们依旧不开心。因为如果你的条件很差，你可以怪它们，但是当你不能责怪任何东西时，你会开始感觉要发疯。

- Later he lives on beachfront Hawaii, nymphomaniac gf, RSD going fine, perfect day and everybody's happy, but he's not. Thinks **“I have arrived, so why am I unhappy still? What the hell is going on here?”** True insanity is when you get what you want, but you still have not become the happy person that you expected.

之后他住在夏威夷海滨，对自己狂热的女友，RSD 很顺利。完美的日子，同时每个人都很开心，除了他。想着“**我已经达到目的了，那么为什么我依旧不开心？**为什么这儿像个地狱？”真正的精神失常是，当你得到自己想要的，但是你依旧未能像自己期望的那样成为一个快乐的人。

- **What happens is that you develop an ego** – like your “pick up persona” that you need to “put on” in certain situations in order to get love and respect, and it starves real self esteem. In the same way that a chode feels the need to show other

people his watch, when you learn about social dynamics, you feel the need to show people your more gregarious self.

情况是你发展出了一个小我—就像你的“PUA 形象”，你需要在一个特定的场合增强自己来得到爱和尊重，同时它使真实的自尊极其缺乏。和一个挫男感觉需要给其他人展示自己的手表一样，当你学习了社交力学，你觉得自己需要向人们展示更爱交际的自己。

► If you've developed a lot of shells around your core personality, then you always feel like you need to be doing something and controlling the frame, find it difficult to just chill. You feel this type of antsiness that messes up your closing.

如果你已经围绕自己的核心个性发展了很多表面性格，那么你总是觉得自己需要做一些事情来控制框架，发现单纯放松的话会很困难。你觉得这种类型的焦虑搞砸了你的结尾。

Ego vs. Self-Esteem

小我 vs 自尊（本我）

- Society has got most people so fucking scattered, going from stimulation to stimulation. Only seeing the surface and not the depth. They don't even realize that **confidence and feeling good about yourself is a default state**.

社会让大多数人七零八落，从一个刺激到另一个刺激。只看到了表面而没有深度。他们甚至意识不到**自信和对自己感觉良好是一个默认的状态**。

- The difference between ego and self-esteem:

小我和自尊之间的区别：

► Self-Esteem: you're born with it, it's indescribable, self-sustaining.

自尊：它是你与生俱来的、难以描述的和自我维持的。

► Ego: A rational construct that we come up with as a substitute for self-esteem, when self-esteem becomes wounded at a young age. Getting status, making money, pulling girls - allows us to logically see why we should have confidence.

小我：当年少时我们的自尊被伤害，我们想出的一个理性构架，作为对自尊的替代。获得地位、挣钱、吸引女孩—允许我们逻辑性地看到为什么自己应该有信心。

- **On the surface, ego makes sense.** → “If I don't have anything going for me, then why should I feel confident?” It's rational. **We try to come up with logical reasons why we should feel confident even though it's a default state.**

在表面上，小我有意义。 → “如果没有任何东西为自己支撑，那么为什么我应该感觉自信？”这是理性的。即使自信是一个默认状态，**我们也会试图想出自己为什么要感觉自信的逻辑理由。**

- There's a very freaky epiphany that happens when you realize that happiness is your default state. Means that there's been no real purpose to all that you've done in your life. Start to question “Why am I doing this if I could just feel happy independently?”

当你意识到快乐是你的默认状态时会有一个非常奇怪的顿悟。意味着你生活中自己的所有行为没有真正的目的。开始奇怪“如果我可以独自就能快乐，那我为什么还要做这些？”

● **You used to have self-esteem**(you didn't have this grandiose image of yourself, you were just aware and felt good), **but at some point in your life you were wounded.** (Parents told you not to talk to strangers, not talk loud, social conditioning hits you with “the path to happiness”.) Kids are sponges, soak this in, and...

你过去曾有过自尊 (你没有这些关于自己的壮阔画面, 你只是有意识并感觉良好), **但是在人生的某些时刻, 你受到伤害了。** (父母告诫你不要和陌生人说话、不要大声说话、社会框架以“幸福之路”打击你。) 孩子就像一块海绵, 把这些都吸进去了, 并且...

► **What eventually happens is that you don't feel you can be confident just for you anymore.** You feel disconnected from the tribe, not a part of it. Your mind can't just let you stay that way, unconfident, so it says “What are some logical reasons why I can feel confident?”

最终会发生的是你觉得你不能因为自己本身而自信了。你觉得自己跟部落切断了, 而非是它的一部分。你的大脑不能只是让你保持那种方式, 缺乏自信, 所以它说“我能感觉自信的逻辑理由是什么?”

► So you start comparing/differentiating yourself from other people.
(Self-esteem is based on common humanity, and ego is based on separateness/differentness.)

所以你开始把自己和其他人进行比较/区分。(自尊基于人类的共性, 小我基于分离/区分)

● The ego is false because we don't have perfect memories, we twist them more positive/negative so we can make an identity out of them. Your ego is never as accurate as you think, it's just this little fake construct that you've made.

小我是虚假的, 因为我们没有完美的记忆, 我们把它曲解的更积极/消极, 以便我们能从中得出一个身份。你的小我从不像你认为的那么精确, 它只是你已经建立的小小虚假构造。

► It seems big, but really it's like a little grain of sand stuck to your eye, that's the filter through which you see the world.

它看起来很大, 但事实上它就像粘定在你眼睛的一粒沙子, 你透过它来看这个世界。

● The ego is made up of:
小我的构成:

► **Logical evidence:** “I got this girl, this one, that one.”

逻辑证据: “我得到这个女孩、这个、那个。”

► **People's opinions:** You try to “find yourself” in other people's opinions.

人们的意见: 你试图从人们的意见中“找到自己”。

► **Rationalizations:** “This person's such a dick and the only reason other people like him is because they're stupid.” Everybody has a story (connected to other stories, etc.) to come up with their sense of self.

合理化: “这个家伙是个混蛋, 人们喜欢他的唯一原因是他们很蠢。” 每个人都有一个小故事 (连接到其他故事, 等等) 来跟上他们的自我感觉。

► **Comparisons:** Life is about the unknown (no one knows where the universe is, whether we're actually alive, what happens when we're dead, etc.), but what the

ego does is it tries to shelter us from the unknown through labels/judgments/comparisons. Tells us “I know the environment” and tries to shelter us from the very frightening truth that we are constantly in the unknown. Our mind says “we have to find a context.”

比较：生命是关于未知（没有人知道宇宙在何方、我们是否真的存在、我们死后会去向何处等等），但小我要做的是试图通过标签/判断/比较来使我们躲避未知。告诉我们“我知道这个环境”并试图使我们躲避令人恐惧的真相，那就是我们一直生活在未知之中。我们的大脑说“我们必须找到来龙去脉。”

- Human life is absurd in that we create relationships, do amazing things, all to eventually die. Life will end. Ernest Beckert: “The fact that someday we're gonna die leads to a denial of death where we can begin to view the world as an arena for heroism.”

人类的一生是荒诞的，我们制造了那么多关系、做了那么多惊异的事情，最终都会死去。生命将终结。Ernest Beckert: “总有一天我们将死去这个事实导致了一个死亡的否认，从那里我们可以开始把世界看成英雄的舞台。”

- The ego always wants to kick the next man down so you can show why you're better. Because it's always looking for context, it has to show that you're more real/tangible. “I want to be the best.”

小我总是想去击倒另一个人，这样你就可以展示为什么你更好。因为它总是寻找前后关系，它必须显示你更真实/摸得着。“我想要成为最好的那个。”

► It leads to looking your whole life at the surface of things and not the depth. A life of running around, trying to figure out who you are, to heal that wound.

它引导你从表面而非深层次看你的整个人生。一个奔忙的人生，试图弄明白你是谁，来治愈伤口。

- **The ego is unsustainable because you always have to have reference material to validate it.** It's a black hole that creates neediness. You need evidence that those old wounds don't matter anymore.

小我是不可持续的，因为你必须总是有参考材料来让它生效。它是一个制造需求感的黑洞。你需要证据证明那些旧伤口已经不再重要了。

► Are you shaping your reality from this desperate feeling of lack or are you doing it for the sake of right action? To feel the flow of creativity or to deny the unknown?

你是在因为绝望的不足感而要修整自己的现实或你是为了正确的行动去做这些？要感受到创造力的源源不绝还是为了拒绝未知？

- **But you later realize: “The more personal the wound, the more universal the wound.”** We all have stories: “This happened to me, this is my identity, but look at all these girls who like me, the good responses I can generate” .

但之后你会意识到“越是个人的伤害，越是普遍的伤害”。我们都有故事“这发生在我身上，这是我的身份，但是看看所有这些喜欢我的女孩，我可以引起的好的回应”

► Ego starts with the wound at a young age, and you rationalize your identity/uniqueness is that, **BUT IN REALITY WE ALL HAVE WOUNDS.** You can't make your identity out of something everyone has.

小我始于年少时的创伤，同时你合理化了自己的身份/唯一性就是那个。但实际上我们都受到过伤害。你不能由每个人都拥有的东西之上制造身份。

► **You have to accept both your good and your bad** . Accept that the more personal it is the more universal it is, and you have to accept the wound.

你必须接受自己的好与坏。接受越是个人的东西越是普遍的东西这样一个事实，同时你必须接受那些创伤。

► It's when you can look past the surface/glitz/glamour, look past that and realize that we're all human, there's a click that takes place and you become comfortable in your own skin.

当你能够回顾往昔的表面/闪光点/魅力，并意识到我们都是人类。这会有一个顿悟，你占据空间并对自己的皮肤感觉舒适。

The Result Is Anti-Climatic

结果是反常规的

- The result can never be as good as the doing. The now. If happiness is default, there's no difference when you get something. It's all the same thing. Offering value to people is the best thing you could ever do.

结果不可能永远和做的一样好。此刻。如果幸福是默认状态，那么当你得到什么东西时会没什么区别。所有这些都一样。给人们提供价值永远是你能做的最好的事情。

- We accept a lot of negativity / victim thinking in ourselves because we think the ends justify the means.

我们自己接受了很多消极性/受害者的思想，因为我们认为只要目的正当就可以不择手段。

- **The now is the only moment there ever is** - do not seek happiness in the future, it's now. The way that you feel now, this is it.

此刻是唯一永恒的时刻—不要到未来寻找幸福，它在此刻。你此刻感受的方式。

► We're taught from an early age to go to school→high school→college→job→and when we retire is the glory. Like a “deferred life plan” . We're always taught to measure/grade ourselves and **get to the next thing, get to the future.**

我们在小时候被送到学校受教育→高中→大学→工作→当我们退休了就是荣耀。就像一个“顺从的生活计划”。我们总是被教育了去测量自己/给自己评级，并去往下一站，走向未来。

► Once you realize, yes there's a future, but this moment is it, then the concept of time become irrelevant. There's no real use for time.

一旦你实现了，是的那儿有个未来，但是此刻就是它，然后时间概念变得无关紧要了。没有真正的试用时间。

Offering Value and Self-Amusement

提供价值和自我娱乐

Value Givers and Value Takers (Tyler's “Method”)

价值提供者和价值索取者（泰勒的“方法”）

- Whenever you're operating through the ego and you're trying to get someone to react to you, that is taking value. When someone is trying to self-seek by manipulating your reactions, you can sense it.

无论何时，你通过小我去操作，你是在试图让某人对你反应，这是索取价值。当某人正试图通过处理你的反应进行自我寻找，你可以意识到这个。

► But when you're authentic and you're just offering value, it's amazing how people will respond. Don't make your criteria for success “how they responded”. Your only criteria is you put yourself out there and were true to yourself, just said what you thought in the moment.

但是当你是真实的，同时你只是在提供价值，人们会对你有令人吃惊的回应。不要把“他们是怎么回应的”作为你的成功标准。你的唯一标准是你将自己带离那里，同时对自己真实，只说你此刻想到的东西。

► Whenever you're just trying to add value, that's an attractant. Take value = repellant.

无论何时，你只是在试图增加价值，这是一个引诱剂。索取价值=令人排斥的（驱虫剂）。

- The Formula: Everyone is unique, that's their inherent value. And since we have a socially created reality we always enjoy interacting with people. But if they're giving you knowledge in order to generate reactions, that's not really giving you authentic knowledge/perspective/vibes = no value giving.

准则：每个人都是独一无二的，这是他们的天生的价值。同时，由于我们有了一个社会创造的现实，我们总是享受于和人们互动。但如果他们给你知识是为了引起反应，那不是真正给你真实的知识/看法/氛围=无价值给予。

- Self-amusement – you say things that'll pump your own state, not like most other guys who are thinking “What will she respond to best?” Say things you find funny, even if they're ridiculous. As long as what you're doing amuses you.

自我娱乐—你说一些可以迸发你的状态的东西，而不像大多数其他人那样想着“什么会使她有最好的回应？”说你发现有趣的事情，即使很荒唐。只要这能使你开心。

- **Emotional state is your full cup.** When you're bringing the party, she's interested, when you're trying to wedge your way into her party, she's repelled. Your centeredness is your value to a woman as a man, not self-seeking in other people's responses.

情绪状态是你的满满一杯。当你提供一个派对，她会感兴趣；当你在试图切入她的派对，她会觉得厌恶。你的中心感是你作为一个男人对女人的价值，不是在其他人的回应中进行自我寻找。

Authenticity

真实性

- Everyone was born fine, happy, but then something happened that moved you away from that. **But you can re-find that self-esteem.**

每个人出生的时候都很好、快乐，但是有些事发生了使你远离那种状态。但是你可以重新找回那种自我尊重。

- When you look at other people, don't necessarily see them as someone else, but as a part of the whole energy that makes up the universe. Like the light of the Universal intelligence is coming through them.

当我们看着其他人，不一定要把他们看做别人，而看做组成宇宙的全部能量的一部分。就像宇宙智慧的一道光穿过了他们。

- Anything that you think that is bad about you, without self-esteem, is an embarrassment, but when you have self-esteem, they're endearing quirks. The self is always coming through.

没有自尊，任何你认为自己坏的一面对你来说都是一个难堪的事。但当你有了自尊，它们就是使人喜欢的怪癖。真我早晚会显露。

- **Self Esteem** is what allows people to connect with each other and form great relationships. Some people have incredible ego-based confidence, but can't maintain relationships - take them out of their desired conditions and they fall apart. It is...

自我尊重允许人们互相建立关系并形成极好的关系。一些人有着惊人的以自我为基础的自信，但是不能维持关系——让他们摆脱对条件的渴望，他们会崩。自尊是...

- ▶ Getting over comparing yourself to other people.

克服把自己和其他人进行比较。

- ▶ Getting over finding your identity based on where you are on the totem

pole.

克服基于自己在社会阶层的哪一位置来寻找自己的身份。

- ▶ You can feel good. You can feel good independently of other people's

reactions.

你能感觉良好。没有其他人的回应，你独自就能感觉良好。

- ▶ You can generate your own state. (Unlike most people who chase after all these things thinking that that's what they're after, when they're not - they're only seeing the surface.)

你可以产生自己的状态。（不像大多数追逐所有这些东西的人，当他们不能自己产生状态，他们认为那就是他们所追求的，——他们只看到了表面。）