

Essay Assignment for Daniel Paul - Creating the February Valentine Cards

My thoughts and feelings that went into creating the Valentine cards.

For this assignment, it was essential for me to **understand** and **confront** the toxic aspects of masculinity that have led to me to ignore my instinctual feelings of inadequacy and inferiority, and document my feelings from my research on this project.

I must say before I came to FSU... I knew I was submissive, but I was objectifying women at the same time, so in reality this submissiveness was a fetish... which I realized after a few lessons here at the FSU I had to desperately change.

By definition, beta males live in such a way that their entire life is based on the values and the visions of other people. Some people may believe that beta males are lazy or weak,

I learned that being a beta male has nothing to do with physical strength or professional success. It also has nothing to do with dating. It is all about my seeking external validation (by a Superior Female) for every choice and decision I make, and my lacking the gumption to be myself.

Most of the submissive character traits that we are stuck with in our adult life are formed in our childhood. Many betas including me... got bullied by other kids and adults in their childhood, but the difference here is that we beta males are still an easy target for bullies because of our wimpy ness.

The thing I notice most about myself is I lack the power for making decisions and am not in control of my life. I am mostly scared of the consequences of my decisions, and I usually let other people take the front seat in my life.

One of the most important and contributing factors to self confidence in men is physical strength and viral sexuality. Women are attracted to healthy and viral (Alpha) males. But beta males lie on the other end of the spectrum, because of our (my) lack of physical strength and sissy sexuality.

I am more vulnerable and always remain in a precarious state. Due to this, my self-confidence is usually low and because Women are able to sense this in me, nobody wants to be around me.

i seems many beta males think that they are in the "friend zone" with their Crush because they are trying to be extra nice to win over Her approval. But the truth is that they end up in the friend zone because they're not as nice as they think they are.

I see myself as a nice guys, but that doesn't necessarily mean my Crush or other women will see me this way.

Maybe because I come off as a total loser because I do not put in the effort to better myself in Her eyes. i get stuck in the some boring rut that she really doesn't care about, thinking more about myself than what is important to her. So... This ultimately leads to the ultimate rejection as a potential beta to simp for Her. It's about HER not me.

As a beta male I often get sweaty just thinking about looking people in the eye and talking to them. This is an essential especially during a conversation. It lets people know that I am supposed to have confidence in myself (But I don't) so the conversation can be taken seriously.

By my not looking the person in the eye, I come off as hiding something or being disingenuous. Because of this... Women don't trust me or find me appealing, and I appear as a pansy or a wimp.

As a beta male I obviously don't get much sex very often, and even if I did, I wouldn't be that great. It's not a surprise – especially since I have a wimpy sissy like penis, and given the traits mentioned above. Because of this, I am awkward socializing and spend most of my time playing games, i am rejected or ridiculed by the opposite sex a lot.

In addition... wearing panties with my training penis tucked under 24/7 reminds me who I am, (a weak Nancy boi) rejecting my masculinity and the patriarchy, and trying to be docile and obedient, choosing to be sexually frustrated and primed for my Crush.