Twitter Thread by ■ Masculinity Rediscovered ■ | Become the ALPHA



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@BecomeAManAgain



Women sleep with Men who are Emotionally Stable.

Here are 7 Ways to Master your Emotions:-

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1) Your Environment

Emotions are nothing but Energy in MOTION.

Surround yourself with Beauty, Positive Energy, and High Value people.

The environmental effect is Incredible.

2) Understand that Emotions are just feedback.

If you find yourself wanting to escape, or avoid going deep into a particular emotion, ask yourself this:

Can the emotion actually do any harm, or is it just a bad feeling?

Exactly. It's all just a story in your head.

3) State Control:

This one is so underrated.

Practice Physical and Mental anchors that put you into a badass state

-Meditate
-Music that amps you the fuck up.
-Power Poses; take up space
-Mental Pictures of you dominating.

-Hand Movements that let you know its game time.

4) Stop trying to get rid of them.

You're feeling good? Experience it fully.

You're feeling terrible? Feel it all over your body.

You will realize that they go away when you don't try to stop them.

5) Your Default State

The state you're in most often becomes your default state.

You will always feel at your best when you practice state control exercises.

Always have an empowering mental story running in your brain about yourself.

" I DOMINATE EVERYTHING IN MY PATH"

6) Women and Dating

Women will throw shit-tests at you every now and then.

They are designed to separate the emotionally strong from the emotionally weak.

If you take it personally and react? You're rejected.

If you maintain your state and flip it on her? She's wet.

7) Expose yourself to Tension.

- Cold Showers
- Maintaining eye contact with Women.
- Not laughing in conversations- hold the sexual tension.
- Maintain a straight face while lifting weights at the gym.

Become normalized to it.

Nothing can shake you

Emotional Mastery is a key element of seduction and game.

I drop pure GOLD on becoming a Higher Value Man and Sleeping with Hot Women in my course.

It makes women say "He just gets me" to all her friends.

Here's your chance to Invest in yourself-

https://t.co/QNScuNuuEE