

According to Scientists

The SSH has been publicly accepted as SETTLED SCIENCE

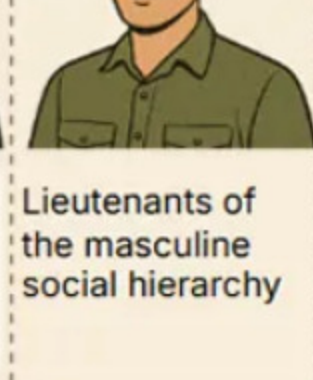
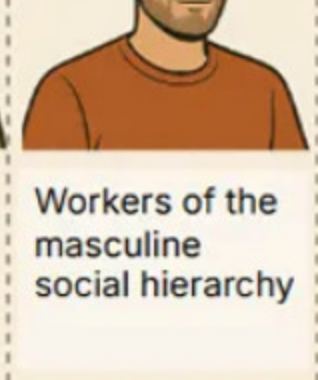
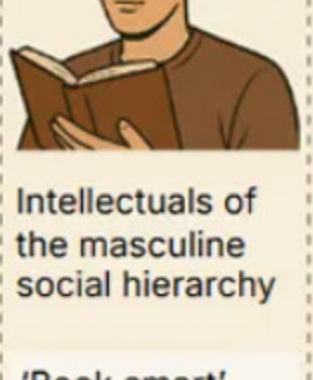
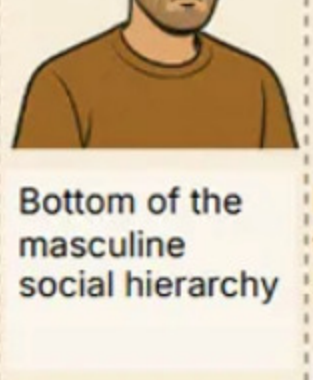
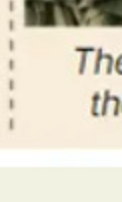
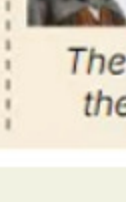
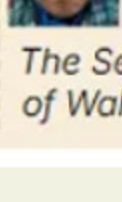
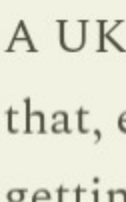
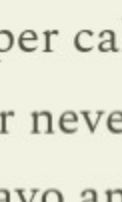
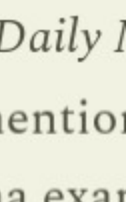
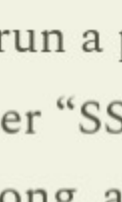
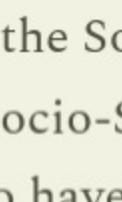
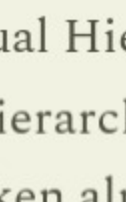
JUN 17, 2025

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THE SIX CATEGORIES OF MEN					
ALPHA	BRAVO	DELTA	GAMMA	OMEGA	SIGMA
					
Leaders of the masculine social hierarchy	Lieutenants of the masculine social hierarchy	Workers of the masculine social hierarchy	Intellectuals of the masculine social hierarchy	Bottom of the masculine social hierarchy	Lone wolves of the masculine social hierarchy
Charismatic, decisive and willing to take risks	Charismatic, decisive and willing to take risks	'Normal' guys who get the job done	'Book smart' types who lack social skills, money and mental toughness	Tend to be introverts who lack social skills	Competent, with no interest in leading
Successful with women	Well-liked by women	Sometimes exploited by women	Dismissed by women	Unpopular with women	Successful with women
 Captain America <i>Marvel Avengers</i>	 Ron Weasley <i>Harry Potter</i>	 Marty McFly <i>Back to the Future</i>	 Jack Sparrow <i>Pirates of the Caribbean</i>	 Peter Parker <i>Spiderman</i>	 James Bond <i>James Bond</i>
 Tommy Shelby <i>Peaky Blinders</i>	 Samwise Gamgee <i>The Lord of the Rings</i>	 Frodo Baggins <i>The Lord of the Rings</i>	 Tony Stark <i>Iron Man</i>	 Walter Mitty <i>The Secret Life of Walter Mitty</i>	 Bruce Wayne <i>Batman</i>

A UK newspaper called *The Daily Mail* has run a piece on the Socio-Sexual Hierarchy that, except for never once mentioning either “SSH” or “Socio-Sexual Hierarchy” and getting the Bravo and Gamma examples wrong, appears to have been taken almost entirely from this site.

Scientists say all men fit into 6 categories – take the test to see if you're an alpha, bravo, delta, gamma, omega, or sigma

From Fight Club to Gladiator, many films feature characters described as 'alpha males'.

But did you know that there are actually six categories of men?

According to scientists, all men are either alphas, bravos, deltas, gammas, omegas, or sigmas.

So, which one are you?

Experts from IDRLabs have developed a quick Male Hierarchy Test that will reveal which category you fit into.

"The typology of male social hierarchies has become part of internet culture and is a categorization system that sorts heterosexual men into archetypes," IDRLabs explained.

"The system has variously been called a piece of modern mythology, pseudoscience, and a great heuristic for navigating social relationships.

'Where in the male social hierarchy would you be?'

The **Male Hierarchy Test** features 31 statements, which respondents are asked to respond to on a five-point scale ranging from Disagree to Agree.

Statements include things like 'Being in debt doesn't worry me as long as I can see a way out of it,' 'I demand a lot from the people around me,' and 'I do not panic easily.'

At the end of the test, you'll be told which personality type you have, based on your answers.

1. Alpha Male

Alpha males are described as the 'leaders of the masculine social hierarchy'.

These men tend to be charismatic, decisive, and willing to take risks at the top - and are usually successful with women.

'They are the type of man other men naturally want to follow,' IDRLabs explained.

While alpha males in film and TV are often depicted as jocks who lord over others and enjoy telling them what to do, the experts say that this isn't the case in reality.

In fact, being an alpha male is not all fun and games.

"To maintain their position in the hierarchy, alphas must grapple with the immense burdens of responsibility as others look to them for guidance and direction," IDRLabs explained.

Alpha males also tend to be very protective of their status.

'If the alpha senses that someone is threatening to challenge him or undermine his authority, he will strike back with impunity,' the experts explained.

'On the flip side, alphas tend to be very friendly and generous toward those who support their position as leader.'

Examples of alpha males from TV shows and films include Captain America, Tommy Shelby from *Peaky Blinders*, and Maximus from *Gladiator*.

2. Bravo Male

Bravo males are the 'lieutenants' of the masculine social hierarchy, according to IDRLabs.

And contrary to popular belief, bravos are not at the bottom of the hierarchy - they're actually near the top.

"They are usually found in close proximity to the alpha, where they act as his trusted advisors and perform essential roles in the hierarchy," the experts explained.

As loyal 'staff' to the alpha, bravos also get to enjoy many of the benefits of high social status.

"They are usually well-liked by women and enjoy the privileges of rank while avoiding the intense burdens of responsibilities the alpha has to bear," IDRLabs said.

'Because they do not have to constantly fight for their position the way alphas do, bravos can also afford to be a bit friendlier with people.'

While alpha males tend to get most of the glory, bravos are 'crucial' to stable hierarchies, as they enforce the alpha's vision to maintain order and structure.

Ron Weasley from *Harry Potter*, and Samwise Gamgee from *Lord of the Rings* are both examples of classic bravo males.

3. Delta Male

Delta males are described as the 'workers' of the masculine social hierarchy.

They consist of 'normal guys' who are not necessarily interested in fighting for dominance, and instead pride themselves on 'getting the job done'.

'Deltas are also the type that is most likely to move up or down the hierarchy as they develop their skills and their industriousness makes them indispensable,' IDRLabs said.

However, this attitude can land them in trouble.

'Because they tend to be frank and straightforward, expecting sincerity and decency in others, deltas may sometimes be exploited – by friends, family or romantic partners – who are associating with the delta to milk them for favors and resources rather than because they like them,' IDRLabs explained.

'Deltas would do well to remember that their earnestness and resources are likely to attract freeloaders.'

Delta males from TV and film include Marty McFly from *Back To The Future*, and Frodo Baggins from *Lord of the Rings*.

4. Gamma Male

Gamma males are the 'intellectuals' of the masculine social hierarchy.

These men tend to be 'book smart', but lack the social skills, money, looks, or mental toughness needed to establish dominance.

'Because intellect is their strength, gammas often overstress the intellectual side of life, believing that it alone should determine who makes it to the top,' IDRLabs said.

"To gammas, it will often seem unfair that their intellectual inferiors are the ones to rise to the top.'

Many gamma males consider themselves 'secret kings' who should actually be in charge.

But since they tend to be dissatisfied with their position, women tend to pick up on their frustration and dismiss them.

"This can keep gammas from realizing their full potential, leaving them in a "gamma trap", ' the experts warned.

Examples in TV and film include Jack Sparrow from *Pirates of the Caribbean*, Tony Stark from *Ironman*, and Han Solo from *Star Wars*.

5. Omega Male

At the bottom of the masculine social hierarchy is the omega male - the polar opposite of the alpha male.

These men are often seen as social outcasts, lacking social skills and tending to be introverted, with no self-confidence.

Omegas - often depicted as nerds or geeks - usually cling to others due to fear of being lonely.

Unfortunately, these traits mean they are usually unpopular - particularly among women.

Peter Parker from *Spiderman*, and Walter Mitty from *The Secret Life of Walter Mitty* are classic examples of omega males.



"Don't mind me, I'm just sitting here sciencing. As Sigmas do."

6. Sigma Male

Finally, we have sigma males, who shun the masculine social hierarchy altogether.

These 'lone wolves' turn their backs on the norms of society, and pursue their own path instead.

This can make sigmas unpopular with alphas and bravos, who don't trust them.

However, among women, sigmas usually prove to be a hit.

'Women often find the self-determination and detachment of sigmas attractive, so sigmas are likely to do well with the opposite sex,' IDRLabs explained.

Unsurprisingly, sigmas are often romanticised in internet culture.

'However, opting out of the social order is often a high-risk play that is not guaranteed to go well,' IDRLabs added.

"There is no denying, however, that when a sigma does manage to be successful, his lifestyle tends to come with a certain glamor and mystique.'

James Bond, Bruce Wayne, and John Wick are all examples of typical sigma men

As you can probably imagine, the comments alternate between the usual three reactions to initial exposure to the SSH:

1. This is unscientific nonsense! You can't usefully break down humans into categories! Also, this other system of categorization is the one true one.
2. I am totally a Sigma!
3. None of these describe me!

Plus les gens en savent, moins ils comprennent.

I really do need to finish the book and get it out there as a reference. And perhaps you might view this as a good reason to support the science by becoming a subscriber here, as it appears I'm going to have to buy some beakers and a white coat now.

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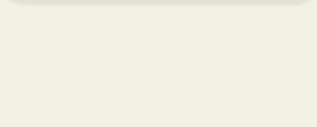
By Vox Day - Hundreds of paid subscribers

Advice and analysis concerning men's socio-sexual development on the basis of the definitive hierarchy constructed by the original Sigma Male. From Alpha to Omega, a wide range of societal topics are addressed within the context of the SSH.

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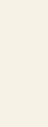
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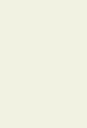
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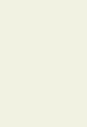
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 ScuzzMan

Jun 17, 2025

By Vox Day · Liked by Vox Day

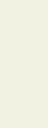
We now know that Vox is a Scientist.

[eyeroll]

The demonstrable fact that he is better at observation-theory-experiments-refinement-repeat than the vast majority of people who publicly wave their Science! credentials around is just icing on the irony cake.

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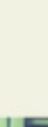
 Jeynick

Jun 17, 2025

I know you don't care much about getting credit but I am bothered that you didn't.

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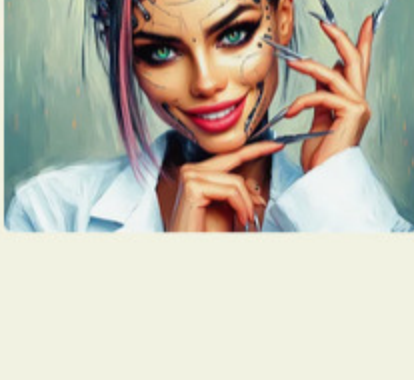
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