

Gamma in Action

Proof of the SSH in real time

MAR 08, 2026

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You may recall how I pointed out that Gammas reliably react negatively to the SSH in *Sigma Game*.

Consider two contradictory ideas. The first is that Gamma behavior is defined, identifiable, widespread, and recognizable. The second is that Gamma behavior is unfalsifiable and solely defined by my personal dislikes. Both statements cannot be true. And the irony, of course, is that in his passive-aggressive language, the commenter showed clear signs of the very behavior that he implicitly claims is impossible to objectively recognize. He didn't engage with the substance of the model. He didn't provide counterexamples or alternative explanations. He didn't identify a specific prediction that the SSH makes about Gammas that fails when tested against reality. He simply declared the whole thing to be a rigged game in which I always win, which is itself a textbook Gamma move: attack in the most general terms possible, make the objection about the person rather than the argument, and frame your dismissal as the product of superior discernment rather than wounded pride...

The Gamma recoils from the label because, unlike other insults, it describes something specific and meaningful. You can shrug off “nerd” or “loser” because those words are vague enough to be dismissed. But “Gamma” comes with a list of behavioral tells, and the man who recognizes those tells in himself can't unknow what he knows. The insult doesn't bounce off because it sticks in the place where the delusion bubble is thinnest, and the Gamma can feel it.

Now consider [this recent review](#) of Sigma Game posted to Amazon. It is, of course, not a verified purchase:

John K 1.0 out of 5 stars

Reviewed in the United States on March 7, 2026

Not a good book. Most of the material is also on the author's substack which you can access for free.

How do we know it's a Gamma who hates the SSH rather than an honest review by someone who just isn't impressed favorably by the book? Because it's not merely a negative review, however trivial, it's got that intrinsic sense of malice that the Gamma can never quite manage to hide. He's not only trying to denigrate the book, he's actually attempting to harm its sales, and through that, the author, by telling potential readers that they can access the material for free.

Which, of course, is true, and certainly every reader here is familiar with most of the material collected in the book. And frankly, I'd rather have paid monthly subscribers than book sales, but some people find value in one format, others find it in another, and then, there are those who clearly find no value in it at all. Things are what they are, and that's as it should be.

De gustibus non est disputandum.

But I point this out to show the way in which you can never underestimate the relentless petty malice of the average Gamma male. This is why you cannot afford to hire them, to date them, or to just give them a chance.

The book is a multi-category bestseller. Over 1,000 copies have already been sold. Most of the reception has been extremely favorable. And yet, nearly 10 percent of the public reviews on Amazon are malicious, fake reviews posted by Gamma males. Think about how motivated one has to be to not only post a fake review of a book one has neither bought nor read, but purposefully attempt to harm both the sales of the book and the author simply because one doesn't approve of its contents for personal reasons.

On the one hand, this is not surprising in the least. It's literally predicted behavior; we all knew there would be Gammas posting one-star reviews on Amazon. And yet, the sheer pointlessness and pettiness of the activity still tends to defy belief.

Now imagine that same malicious energy directed at you because you criticized someone's work, obstructed someone's path toward an objective, refused to go on a date with someone, or worst of all, broke up with someone. Those are all things that personally affect Gammas, as opposed to what I did, which was to simply write a book containing various ideas that have absolutely no direct first-order effects upon anyone.

That's what you're potentially dealing with every time you have any interaction with a Gamma male. And that is why it is so important to be able to identify them quickly and accurately, which, ironically enough, is why it's so important to read *Sigma Game*.

Subscribe to Sigma Game

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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Miguel

Mar 8

♥ Liked by Vox Day

The idea that attacking the character invalidates the argument is something I see a lot with women.

♡ LIKE (41)

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11 replies by Vox Day and others



Jeynick

Mar 8

♥ Liked by Vox Day

Disliking the book is beyond retarded. The first chapter is completely on point about training AI on bad data leads to model collapse and it's the same with humans. If you get bad data, you get bad outcomes which is why the book is so important.

For example, in the alpha section Vox talks about their weaknesses of intellectual laziness which felt like a big spotlight was put right in my face. "Damn, he caught me."

How can you not be grateful that there is hands on advice on how to be better in your given position and even how to survive in a situational role that is not your natural SSH rank.

One more thing, I disagree with the information being free on the blog. The info here is like ore. The book is refined to 99.9999% purity.

♡ LIKE (32)

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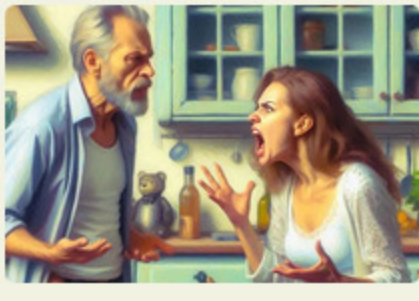
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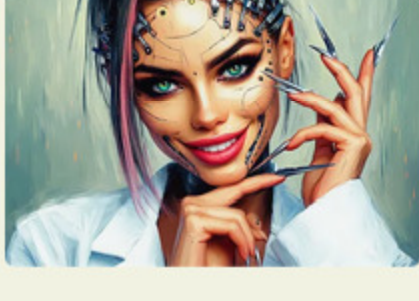
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