

Of Girls and Gammas

The critical challenge is instinctive

AUG 12, 2026

 182

 56

 3

[Share](#)



I noticed this in an exchange of women discussing female behavioral tendencies and something about it struck me with how similar it is to Gamma behavior.

If men use their wife's satisfaction as a metric for how well they're doing in their relationship or in life in general, it's going to go downhill fast, because women are pretty much chronically dissatisfied. Instead of being wired to scan for the positive, we are scanning for the negative and latch onto them with all of our might. And then we show them to you, look, this is the negative I found, here, and here, and here.

Yes, women tend to scan for faults and things they can criticize.

Now, the first lesson here is the substantiation of the Red Pill idea that "happy wife, happy life" is an erroneous foundation for a relationship objective. It may be true, at least in that an unhappy wife tends to correlate strongly with an unhappy marriage, but it doesn't mean that attempting to make a wife happy is a reasonable path to pursuing a happy life.

If you'll indulge me in a philosophical tangent for a moment, I think "the pursuit of happiness" is an intrinsically flawed idea. Happiness is short-lived and is closely related to hedonism in men and attention-seeking in women, both of which provide pleasure in short, but sharp doses. If pursuing happiness is truly your ultimate goal, then living fast, dying young, and leaving a good-looking corpse is the way to go, preferably with considerable quantities of cocaine and hot, crazy women. Which provides a sound philosophical basis for the Christian concept of the need to die to one's former self. Close digression.

The second lesson is that if someone is chronically dissatisfied, then there is absolutely zero point in attempting to satisfy them. A man once conducted an experiment and wrote down every single complaint he'd heard from his wife over the course of a month. The next month, he consulted his notes and made a concerted effort to proactively address every single item in order to forestall the possibility of each item generating any complaints.

The net reduction in her complaining in the second month: zero.

His efforts made absolutely no difference in that regard. So, he quite correctly stopped worrying about her complaints, recognizing that they were just part of the marital scenery, and hasn't paid any attention to them in decades. There is no point attempting to solve an insoluble problem.

My applied philosophy on the matter is a little different. I'm less intrinsically hostile to what many men view as complaints, especially when I agree with them. Yes, the trash is full and I should deal with it. Yes, the grass is too long and I do need to go out and mow it. To be honest, I don't even see those sorts of things as complaints, but as observations. Being a man who is more than a little prone to disappearing into the abstract for days at a time, it's quite helpful to have someone remind you that the material world does, in fact, require an amount of attention from time to time.

But you'll notice that it's not about her satisfaction or dissatisfaction with regards to the matter. If the observation is true, then it is, and neither her feelings nor mine are relevant one way or the other. The mission is the mission and nobody has to like it. Perhaps that's a Sigma mindset, perhaps not, I have no way of knowing if that's a common perspective or not, I just know that basic observations don't tend to increase my blood pressure the way it seems to for a fair number of other men.

Of course, it's also possible that my wife is simply better at dealing with me than most wives are at managing their husbands. She's quite clever, so the possibility can't be dismissed.

Moving on to how this relates to the Gamma males, there are two perspectives to consider here. The first is that of the Gamma himself. And here I have some pertinent questions:

1. What is the point of scanning for faults that you can criticize?
2. Do you feel as if you are somehow scoring points each time you are able to identify a problem, a mistake, or a flaw?
3. Does complimenting others or paying them their due for legitimate achievement cause you pain or otherwise bother you?
4. Do you even notice when others do things well or achieve something positive?
5. Can you tell when people don't want to be informed of their faults? Does that make any difference to whether you will inform them or not?
6. Is it the identification of the fault or the criticism provided on the basis of the fault that provides you with the most joy?

The second perspective is that of everyone else. Now, I dislike criticism more than the average person, not because I am more insecure or more pigheaded than the norm, but because so much of it is either a) incorrect or b) useless. As evidence, I offer my invention of the Red Team Stress Test, which involves going out and proactively seeking the most vicious, detailed, comprehensive and tireless criticism I can find, which I utilize to make my scientific and philosophical works as close to bulletproof as I can.

If I was sensitive to criticism for criticism's sake, obviously I would not subject myself to that, especially not ChatGPT's endless handwringing negativity. I swear, if ChatGPT was a person, it couldn't give you a glass of water without warning you about the risks of drowning.

And while I've found that most Gamma criticism is useless even when it isn't incorrect, as it usually is, it's worth initially tolerating because sometimes it points me to a new and productive line of thought. This is never anything the Gamma intends, of course, but that's the result. The most recent example was the way a few Gammas were attempting to nitpick the probability known as "the Darwillion" which was never anything more than a pure rhetorical device. But their efforts led directly to the comprehensive overturning of neutral theory and Kimura's equivalence.

The point is that one can usefully mine the Gamma's criticism for inspiration and new targets, while ignoring it at face value.

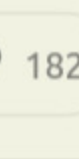
Subscribe to Sigma Game

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.

[Subscribe](#)

By subscribing, you agree Substack's [Terms of Use](#), and acknowledge its [Information Collection Notice](#) and [Privacy Policy](#).



182 Likes · 3 Restacks

 182

 56

 3

[Share](#)

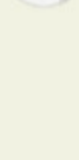
[← Previous](#)

[Next →](#)

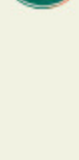
Discussion about this post

[Comments](#)

[Restacks](#)



Write a comment...

**BodrevBodrev** · 2d

 Liked by Vox Day

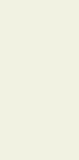
Most of the men who have problems with women's complains are deltas after they start playing the blame points game, which they usually prompt themselves when they are all super-duper helpful for no particular reason and they use it as high ground. I'm no woman, but this is absolutely predictable and infuriating before it happens, as it happens and after it happens. I can totally see a woman flipping out.

Also, read the Death and the Devil. It's very good. Thank you.

 LIKE (28)

 REPLY

 SHARE

**SM** · 3d

I thought I was the only one who hears his wife's hints and suggestions as observations.

"Why haven't you done something about (thing)?"

"Because you didn't ask me to."

"But I said (vague observation)!"

"Oh, yes, I recall now...but you didn't say you wanted me to do something about it."

Many such cases.

 LIKE (26)

 REPLY

 SHARE

4 replies

54 more comments...

[Top](#)

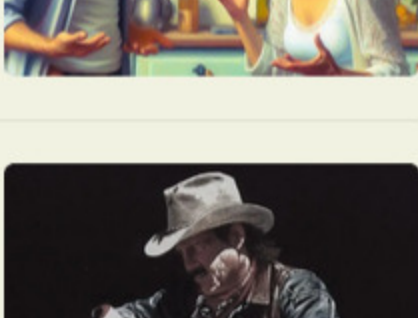
[Latest](#)

[Discussions](#)

Why Women Blow Up Their Marriages

Their reasons are often surprisingly mundane

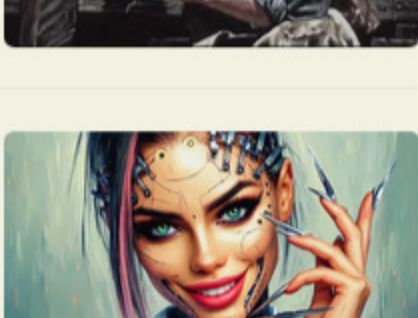
SEP 6, 2024



The Socio-Sexual Hierarchy

The original definitions of the SSH profiles

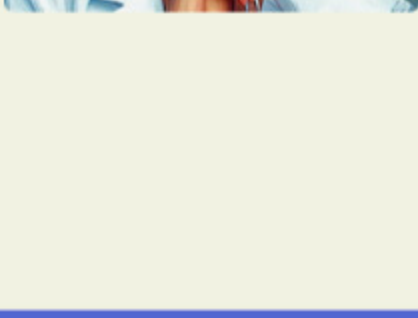
JAN 16, 2024



Women Can't Handle the Emotional Truth

Why the absence of female empathy is a very good thing

MAY 7, 2023



[See all](#)

[→](#)

Ready for more?

[Subscribe](#)