F@#K THE RULES!

That’s right, you read it right and I’m about to tell you why. I’m sure you’ve heard someone say to you before; “I’m trying to find myself.” You have had said it yourself. I know I’ve said it before but didn’t really mean it. It was the best break-up line I could find at the time. Finding yourself? What does it mean?

For some it means in search of their true identity or it could mean a period of transformation. You may understand your qualities and personality traits, and while they may have served you well, it’s time for a change. Some feel that they’re too passive – likes to go with the flow while others are more aggressive and consider themselves a try leader ready to command any situation. The first exemplifies traits of a Beta Male and the latter, an Alpha. There is one personality type that straddles the fence in an unique way and that is the Sigma.

The Sigma Male is reserved and usually gets loud or makes a statement only when necessary and is content being by himself. Alphas requires a lot of attention and most times would rather be the attention’s center. Many Alphas need validation. The Sigma doesn’t care. The Sigma knows that he could be the center of attention. He notices that people paid much attention to him when he walked into the room. He’s not moved. The Beta is very humble, very knowledgeable and knows more than he lets on. He's usually the trusted confidant and advisor to the Alpha. ALMOST ALL ALPHAS NEED A BETA.

The Beta follows the rules. The Alpha wants to make the rules or tries to manipulate them, but the Sigma doesn’t really care about the rules. He’s not disrespectful. If it doesn’t make sense to him, then it doesn’t really matter. In certain instances, the Sigma is more apt to say, F@#k the rules. This is attractive to women especially. Some men are also envious. How many times have you hears someone say they wish they could be care free like that. Some look at it as being irresponsible while others consider it freedom. It is freedom. Some things I just don’t give a f@#k about because it’s silly.

So who are you? You don’t need to find yourself. You know who you are. You may ready for a change. If you want to be a Sigma, one of the lessons you need to learn is that some rules don’t matter. Some of them are put in place to separate the wolves from the sheep. Another thing you need to know is how to say no. Worry less about what other people think. Once you understand these concepts, you will be on your way.

The women.