



# One Minute Guide



## CHARACTERISTICS OF INCEL IDEOLOGY

NARCISSISM



FASCINATION  
WITH ELLIOTT  
RODGER

BLAME WOMEN  
FOR PERCEIVED  
INJUSTICES



SOCIALLY  
AWKWARD /  
ISOLATED

SIGNIFICANT  
TIME ONLINE



DEHUMANISE  
WOMEN

THREATEN  
VIOLENCE /  
RAPE OF  
WOMEN



### What are Incels?

Involuntary celibates (incels) are men who define themselves by their inability to form or access intimate relationships with women. The Incel movement has risen to prominence since the 2014 Isla Vista attacks, in which 22-year old Elliot Rodger killed 6 people and himself after producing a misogynist manifesto recording his life story, blaming that his virginity, mental ill health, lack of love and deep rooted loathing of women had fuelled his 'retribution' on society.

Incels believe their lack of ability in developing intimate relationships with women is a result of their inferior genetics, the traits of women and unfair social structures.

Incel communities have developed online on platforms such as Reddit, Facebook, 4chan and on sites run by incels themselves. Online incel content presents other safeguarding harms including the promotion of content normalising and encouraging suicide.

Some Incels believe that women's political empowerment and ability to select their sexual partners has severely degraded men's social status thus preventing them from having romantic relationships with the opposite sex.

Incels may share similarities with extreme right wing groups. Both groups attribute society's ills to social liberalism, women and ethnic minorities. Racial hatred and far right extremism is also common in some online Incel forums.



Multiple mass casualty attacks have been carried out in the US and Canada by Incels including by [Elliot Rodger](#), who murdered 6 people including 2 women in Santa Barbara USA and seriously injured 14 others before shooting himself.

Rodger has subsequently become the hero of the Incel movement by whom he is described as

**'The Supreme Gentleman'**

### PILL-ING

"Pills" feature prominently in Incel ideology and in the online chatrooms and forums on platforms such as '4Chan' and 'DISCORD'

The lexicography of Incels is centred around the 1999 movie Matrix where the hero Neo is offered a choice between living in ignorance "You take the **Blue Pill**, the story ends" or reality "You take the **Red Pill**; and I show you how deep the rabbit-hole goes.

Incels consider themselves to be 'red pill-ers' because they can see the world (as in their minds) it really is.



Some more extreme Incels also have a **Black Pill** philosophy; typically with only 2 options for what to do with their new accepted reality: accept their fate as an Incel or try to change society to their benefit—usually advocated as potentially achievable by means of violence.

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## The Imagery


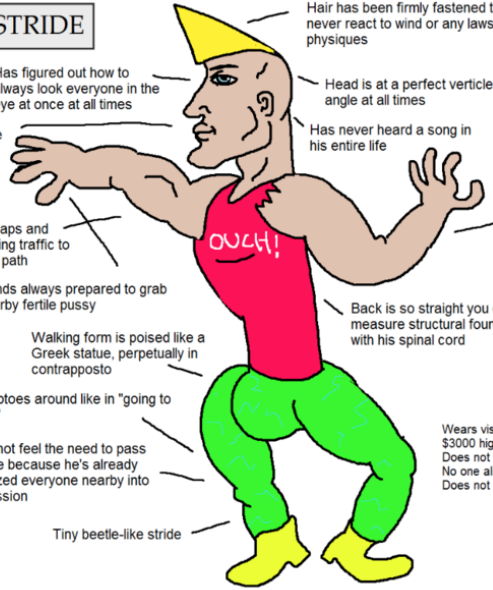
The Incel forums also use cartoon caricatures and language to describe their ideal male 'The Chad' and equivalent females who are unobtainable to Incels i.e.

'The Stacy' and their less desirable counter parts 'Beta males' and 'Becky's'

<p><b>The Becky</b></p> <p>feminist</p> <p>needy</p> <p>needs to be dominant one in relationship</p> <p>average 6/10</p>		<p>will likely die hair green, pink or blue after attending college</p> <p>friends are white knights that defend her stupid opinions online</p> <p>Post provocative pictures because she needs attention</p> <p>10/10 qt 3.14</p>	<p><b>The Stacy</b></p> <p>hates basic bitches like becky</p> <p>Always had attention, enjoys alone time</p> <p>Let's Chad dominate her</p>		<p>Lushes natural blonde hair</p> <p>Cucks every man she ever knew when Chad shows up</p> <p>shows off body online because she knows she can make big money off virgin losers</p>
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## Rape Cells

are a further subset of the Incel community whose members who believe all sexual interaction between men and women is (or should be) coercive and women are thereby reassured on a primal level that the perpetrator is capable of taking care of her.

<p><b>"The Virgin Walk"</b></p> <p>Looks below parallel</p> <p>Avoids eye contact, and looks away immediately if accidental contact</p> <p>Perceives every oncoming face in his periphery as "looking at him"</p> <p>Too polite, gives too much space for oncoming traffic</p> <p>But secretly hates people who walk slowly when side-by-side</p> <p>Struggles to find comfortable hand form</p> <p>Might be too tense and rigid</p> <p>Walking pace/form lacks fluidity because he struggles to "autowalk" - analogous to always manually breathing</p> <p>Walks too fast</p> <p>Compulsively needs to pass anyone walking slightly slower than him</p> <p>Long strides</p>		<p>Hair seems to overreact to wind</p> <p>Head craned forward</p> <p>Sometimes uses headphones to escape potential conversation or mitigate agoraphobic symptoms</p> <p>Back slouched</p> <p>Stiff, straight arms</p> <p>Little arm movement</p> <p><b>Bonus:</b> Clothing is all neutral coloured Wears running shoes Only wears black coats Stands with a weird posture Is insecure about how he walks</p>	<p><b>THE CHAD STRIDE</b></p> <p>Has figured out how to always look everyone in the eye at once at all times</p> <p>Does not register the emotions or feelings of others at all</p> <p>Intentionally slaps and batters incoming traffic to make his own path</p> <p>Hands always prepared to grab nearby fertile pussy</p> <p>Walking form is poised like a Greek statue, perpetually in contrapposto</p> <p>Rapidly tiptoes around like in "going to the store"</p> <p>Does not feel the need to pass anyone because he's already brutalized everyone nearby into submission</p> <p>Tiny beetle-like stride</p>		<p>Hair has been firmly fastened to never react to wind or any laws of physics</p> <p>Head is at a perfect verticle angle at all times</p> <p>Has never heard a song in his entire life</p> <p>Arms constantly flailing in confident, unpredictable ways</p> <p>Back is so straight you could measure structural foundation with his spinal cord</p> <p><b>MANDATORY:</b> Wears visually-painful bright neon attire \$3000 highlighter boots from Giuseepe Zanotti Does not wear a coat, is immune to cold No one alive can insult his posture and get away with it Does not read stupid shit drawn by Quentin</p>
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