

Beta Simp Denial Training: Guided Self-Help Directions

Welcome to the Beta Simp Denial Training program, designed to assist you in overcoming chronic masturbation and fostering a healthier mindset. Follow these detailed directions for optimal results:

- 1. Prepare Dice:**
Obtain a pair of six-sided dice for this training session and have them available.
- 2. Starting the Audio:**
Begin the audio file titled "Beta Simp Denial Training."
Ensure you are in a private and comfortable space where you won't be disturbed.
- 3. Long-Term Commitment:**
 - Understand that once you commit to starting the training, you are obligated to complete it for the long term.
Meek mercy from a Female Supremacist online only if the training becomes too difficult.
Please note that members of theHIVE or FSU faculty are not eligible for providing mercy.
- 4. Visual Stimulation:**
Prepare stimulating images, focusing on pictures of your crush or other visually appealing content.
Maintain a respectful mindset toward the women depicted in the images throughout the training.
- 5. Follow Audio Instructions:**
Listen attentively to the instructions provided in the audio.
Obey each directive given without deviation, especially if you are told to stop the recording. It may take some time to listen to the complete file.
- 6. Continuous Engagement:**
Once you start the training, commit to completing it no matter how long it takes.
If possible, do not pause or stop the audio until instructed to do so.
Use the file whenever you are online looking for stimulating content to help keep the correct mindset.
- 7. Rolling the Dice Example (what the dice mean):**
If you roll double sixes, you can continue the file following the instructions provided.
If you roll anything else, stop and wait for at least the number of hours shown on the dice before starting over. For example, if you roll a ten (6 and 4, or 5 and 5), stop the file and wait at least ten hours before restarting.
- 8. Halting the Training:**
If instructed to stop the training for any reason, cease all activities immediately.
Resume the audio and training only when an appropriate time has passed after being instructed to stop.
- 9. Reflect and Learn:**
Take moments to reflect not only on your beta nature but also on the power dynamics involved and your personal growth goals.
Consider how this process aligns with your personal growth and goals toward being a better simp, sissy, or beta male.
- 10. Complete the Training:**
Reach the conclusion of the audio file before making any decisions regarding release.
- 11. Respect the Process:**
Understand that these guidelines are designed to assist you in breaking the cycle of chronic masturbation, and it is in your best interest to follow directions.

Embrace the challenges you face as an opportunity for personal development and a sacrifice for the elevation of the female gender.
Remember, the Beta Simp Denial Training is a commitment to female supremacy. Follow these directions diligently to maximize the benefits of the program.