



MAN-MADE MISERY





What is

incel?



Incel, a portmanteau of 'involuntarily celibate' describes someone, usually a male, who is unable to find a romantic or sexual partner despite wanting to. The Anti-Defamation League, which works to address hate and extremism, defines incels as "heterosexual men who blame women and society for their lack of romantic success."

A relatively recent phenomenon, incels have the dubious honor of being the most violent element of the manosphere -- the interconnected online world of incels, PUAs (Pick up Artists), MGTOWs (Men Going Their Own Way) and MRAs (Men's Rights Activists).

The term 'incel' was coined by a young Canadian woman in 1993 as a label for her own single status. However today, majority of the incels are white heterosexual men and the few women that venture into these online spaces are rejected. Moreover, the label now describes more than just loneliness or singledom, it includes the part of incels that are consumed by homicidal rage.

Marc Lepine made a name for himself in 1989 when he massacred 14 women at École Polytechnique in Montreal, and left behind a suicide note in which he blamed feminists for destroying his life. Since then, young angry men have taken up his cause and attacked women, leaving them terrorized or even dead.

The elemental theme of this ideology is that the current 'marketplace' gives too much freedom to women to choose their own partners (that are not incels), who believe that they are being denied their birthright. Some incels deem that women who deny them what they want are committing 'reverse rape', which is just as dangerous as actual rape.



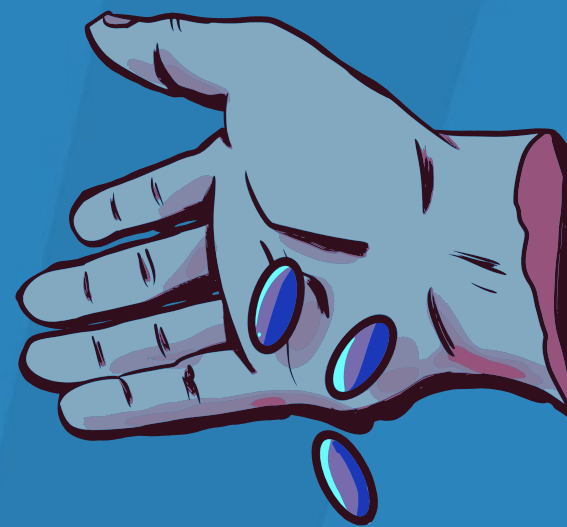
Further, one of their key beliefs is that women always revert to ‘Hypergamy’ – using sexual or romantic partnerships to elevate one’s own status. In the incel calculus, this means 80 percent of women want to date only the “top” 20 percent of available men, expending their attention on only the best-looking and richest men, and leaving the remaining 80 percent of men (including incels) without a potential partner. In incel-speak, Chads benefit from Hypergamy. Incels, on the other hand, suffer.

“Chads” are the men most women want to date. They are confident, brash and blessed with a very specific, apparently enviable bone structure – a point of obsessive discussions on incel forums, where members post longingly about undergoing extreme plastic surgery to achieve “Chad” status. “Stacys,” meanwhile, are the women incels want to date, but who only want to date Chads. Incels seem to hate Chads and Stacys equally, but while they want to be Chads, they want to both date and kill Stacys.

Beneath incels’ coded language is a seething anger towards women and a deep well of self-loathing. This is immediately evident on incel chat rooms and other online forums, which are inundated by suicidal and homicidal rhetoric and threats. Most incels don’t resort to violence, but in a growing number of cases, online threats manifest in deadly attacks, usually targeting women.

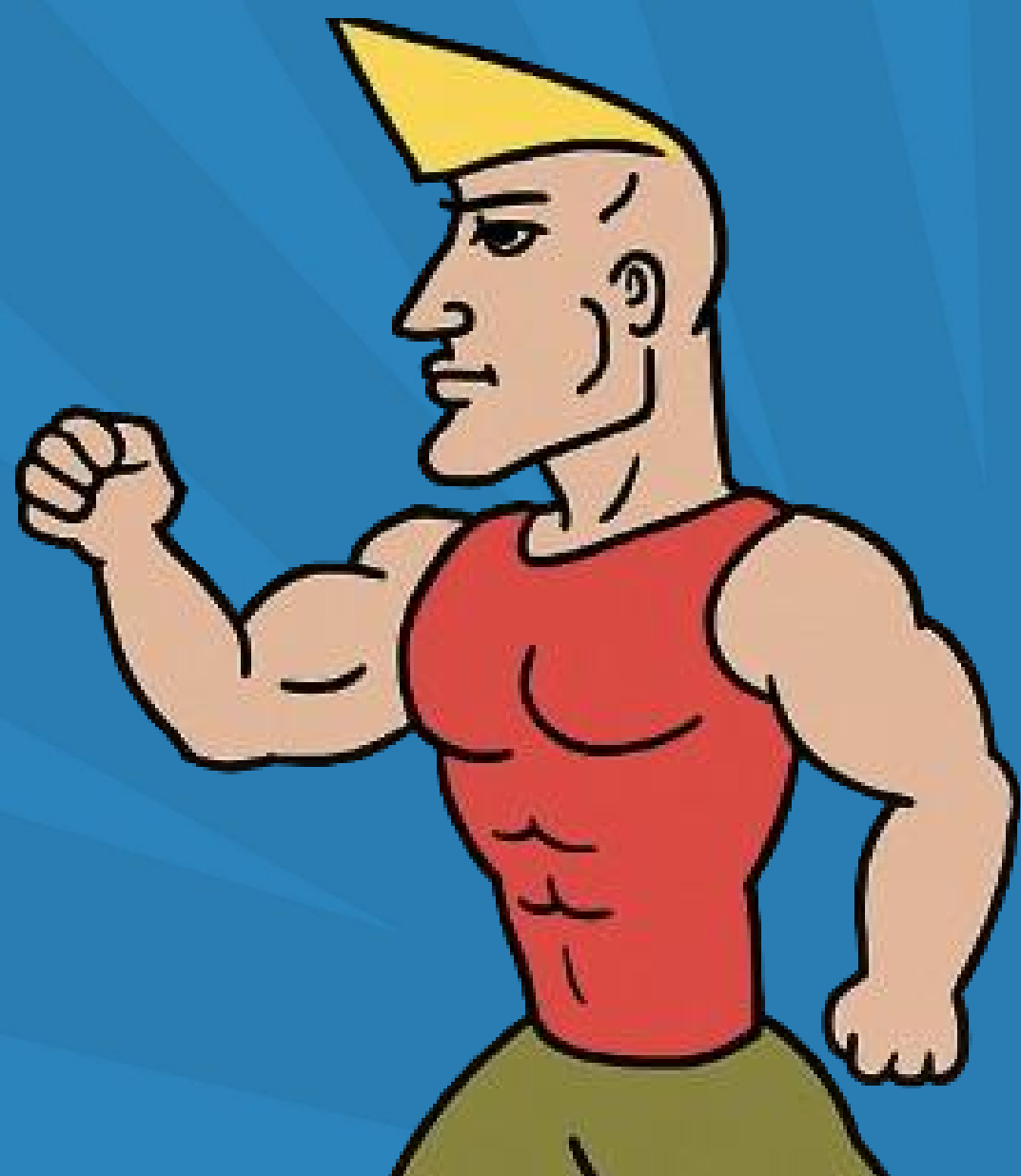
By Jasvi Doshi





INCEL SLANG 101

Chad



Stacy



Ascend



A word (sometimes called "Deincelification" or "Deincelization") used to describe an incel engaging in intimacy or developing a love relationship. This word has an existential sense since it alludes to incels rising above their prior group and conquering the characteristics that kept them from love.

Blackpill



A nihilistic worldview held by the incel subculture. A "Blackpilled" male feels that no matter what he does to improve himself, he will never find a love and/or sexual partner, condemning him to a life of sadness and rejection.

Chad



A phrase used to describe the typical "anti-incel:" a white, heterosexual guy with attractive features and other "desirable" physical characteristics. Chads are both despised and admired by incels, who think that all women are naturally drawn to these guys.

ER (also known as "going ER")



A reference to Elliot Rodger, an incel who committed mass murder in Santa Barbara, California, in 2014. Rodger authored an angry manifesto before the massacre, accusing women of rejecting him. "Going ER" refers to the act of perpetrating mass murder, which was inspired by Rodger.

Femcel



A woman who identifies as incel. However, most male incels oppose the notion that women may be incels, and these women are typically ostracized by the greater incel community.

Foid



An acronym for "femoid" that combines the terms "female" and "humanoid" or "female" with "android." This insulting word is used to relegate women to a subhuman status. Incels blame their celibacy to these women, and hence refer to them negatively.

Hypergamy



In the incel sphere, it refers to the concept that women seek out men of better status - either physically or monetarily - than themselves and reject any other men who they regard as unattractive.

Mogged



Typically used as a suffix (e.g., heightmogged), this phrase refers to someone who has a higher desired trait — height, attractiveness, success with women — than the speaker, who is usually an incel.

Looksmaxxing



Any endeavor by incels to improve their physical appearance. These techniques can range from getting a haircut and new clothing to taking steroids and going to the gym, all the way up to having cosmetic surgery. The suffix -maxxing can also refer to other activities, such as gymmaxxing or drugsmaxxing.

Normie



A neurotypical individual of average appearance and intelligence. "Normies" are considered superior by incels. In the incel hierarchy, "Normies" are positioned between "Chads" and "incels."

Ragefuel



Information that feeds an incel's growing rage. This material frequently includes parts of essential incel beliefs, such as women and physically appealing males.

Ropefuel (also referred to as "Suicidefuel")



Topics that feed sad or suicidal thoughts among those on the incel spectrum. The word "rope" alludes to the suicide act of hanging oneself. The opposite of "ropefuel" is "lifefuel."

Redpill



used as a metaphor for the specific moment when a person comes to believe that certain gender roles they are expected to conform to, such as marriage and monogamy, are intended for the benefit of women alone, rather than for mutual benefit.

Stacys



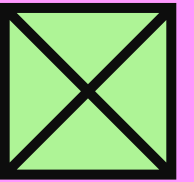
The (similarly stereotypical) counterparts of Chads. They are regarded as attractive, promiscuous women who can seduce any male they want, but are exclusively interested in Chads. This word is used to stereotype and demean women.

SOCIAL

MEDIA

THREATS





how to get girls

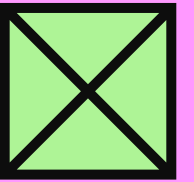


Have you ever come across a deeply misguided or fundamentally flawed post on the internet? Often, the real concern isn't the post itself. It's the overwhelming support it receives. Instead of challenging the hostility, the audience reinforces it, creating an environment where such views are normalized and allowed to thrive.

So where exactly do these beliefs fester? What corners of the internet allow this kind of rhetoric to grow unchecked? The answer lies in digital domains such as forums, platforms, and community pages. These are spaces where men with misogynistic worldviews find encouragement, validation, and a disturbing sense of solidarity. Detached from reality and resistant to self-reflection, these communities foster delusion and entitlement. They often portray women as manipulative, shallow, or inherently inferior.

Two major platforms where such communities have gained traction are Reddit and Instagram. On Reddit, niche forums—known as "subreddits"—cater specifically to these ideologies. Users vent their frustrations behind the veil of anonymity, reinforcing each other's bitterness. Instagram spreads these ideas through content like memes and reels. Often, these posts mock, dehumanize, and objectify women while disguising hate as humor or so-called truth-telling.

Men who engage with this kind of content are frequently labeled "incels," short for involuntary celibates. Rather than reflecting on their own interpersonal shortcomings, they redirect their resentment toward women. What begins as personal disappointment eventually transforms into a broader ideology. Women become targets of hostility, viewed not as individuals but as unattainable objects.



why was I rejected



Incel ideology thrives in the echo chambers of social media, where platforms like Reddit, Instagram, TikTok, and YouTube amplify and normalize misogyny. These communities do not form in isolation. They are built by algorithms that reward engagement rather than ethics. When users interact with incel-related content, they are shown more of it. Over time, their feeds become closed loops, reinforcing resentment and filtering out opposing views.

On Reddit, subreddits that begin as discussions of "men's issues" often turn into hate-filled spaces where women are blamed for everything from loneliness to societal collapse. Angry posts are upvoted, while dissenting voices are downvoted or banned. Instagram and TikTok hide misogyny behind humor. Memes mock women for having standards or independence, while reels promote toxic masculinity as self-improvement or truth-telling. Comment sections fill with bitter agreement, repeating phrases like "women only want Chads" or "modern dating is broken."

YouTube deepens the problem by hosting long-form videos and rants that push incel talking points under the label of commentary or analysis. Creators often use coded language to avoid moderation, but the message remains. Women are cast as the enemy, and male suffering is blamed on their choices. Recommendation algorithms and watch-time metrics favor this kind of polarizing content, especially for younger users.

The danger lies not only in the content but in how it is received. Likes, shares, and affirming comments transform hateful opinions into accepted truths. The more these ideas are repeated without challenge, the more legitimate they seem. This is how digital platforms become breeding grounds for misogyny—not through loud, obvious hate, but through constant, quiet affirmation.

By Sunayna Mathur and Jasvi Doshi



DE-GENERATIVE AI



Misusing ai to create deep fakes of women around of them.

The vulture licks his lips, the insidious beast lurking for so long, finally unleashed. He picks apart the muscle and tissue, doesn't mind getting his hands dirty. His feathers seep into red, but he keeps persisting, without remorse, without regard, without respect.

With the digital space getting more accessible by the day, it has provided a great many opportunities for misuse and misconduct. Specifically the rise of AI, which has become an easy tool for the perverts and the degenerates of our world to fulfil their vile fantasies. Art is being turned into assault, as the image generation features of AI apps are being used to create fake nude images of women.

Be it celebrities, public figures, or worst of all, their own friends or acquaintances, the incels do not discriminate. A form of digital sexual violence, free and easy to use tools are put to abominable use in creating hyper realistic and NON-consensual nudes (deepfakes) of woman.

One of the most heinous and crude acts of perversion, it is not only a complete violation of privacy and trust but also leads to severe physiological trauma for the victims. It festers severe fear, anxiety and even depression. It is detrimental to their reputations—ruining their careers, personal relationships and even leading to them being shunned by society. Furthermore, it leads to their withdrawal from digital spaces to avoid being targeted any further. Their only crime—exercising their right to expression.

This debauchery highlights a prominent legal and ethical vacuum which needs to be addressed through strict and clear laws as well as policy changes in AI companies for the regulation in the creation of images. It is also of utmost importance to educate the youth on technology, misuse and ethical implications so that these atrocities are not carried forward in the next generation.

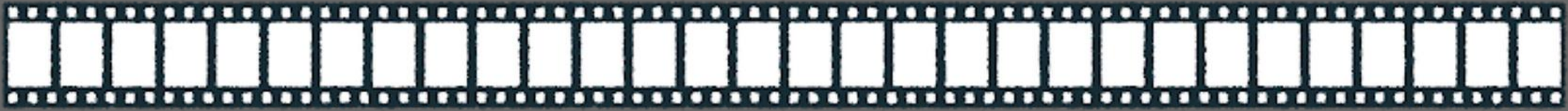
The vulture is precise and hauntingly efficient. Muscle and tissue, till he's satiated, till there's nothing left but bones. And then it's onto the next one.

By Shriansh Bagaria

Letterboxd for Incels

MOVIES TO WATCH TO BECOME 'THE MAN'

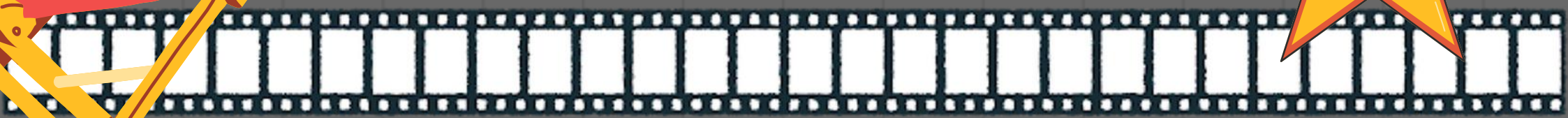
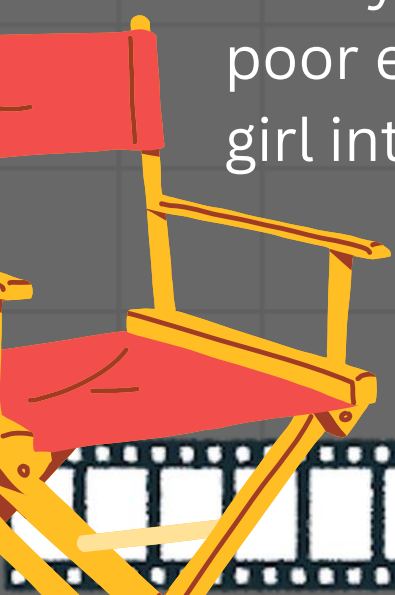


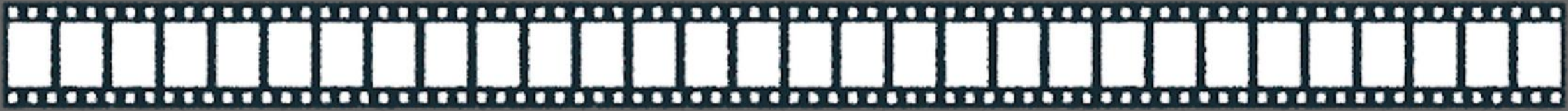


Movies have always been incredibly influential, to a point where cinema or movies are often used as a way of promoting something educational or informative. Movies tell a story using every mode of communication: audio, visual, written and even non-verbal. So, filmmakers often used the medium of movies to portray their narrative about a social issue such as sexism or misogyny. Movies such as *On the Basis of Sex*, *Hidden Figures*, and *Moxie* follow the stories of different issues that women face. Now of course, despite being infamous amongst the sexists, these movies share the narrative of very important perspectives which aren't talked about enough but are experienced a lot. For most of cinema, most entertainment was made by the male gaze, for the male gaze.

Even with the involvement of women, most movies, especially romantic movies, portrayed the female character unrealistically, just how typically a man would want her to be. She is beautiful enough to be desired, bold enough to live but modest enough to wait for the man, and soft and motherly; she's all that. Women are often just shown as love interests or the damsel in distress while the men are the knights in shining armour.

Whereas, contrarily, men have always been portrayed as strong, protective, valiant and smart with incredibly violent demeanors. Of course, with time and the genre of the movie, the character changed, but the interpretation of it all remained the same. The most problematic storyline is 'If he's mean, he likes you.' The enemies-to-lovers arc is a fan favourite, but with poor execution it can almost look like 'the stalker manipulates a girl into submitting to him'.



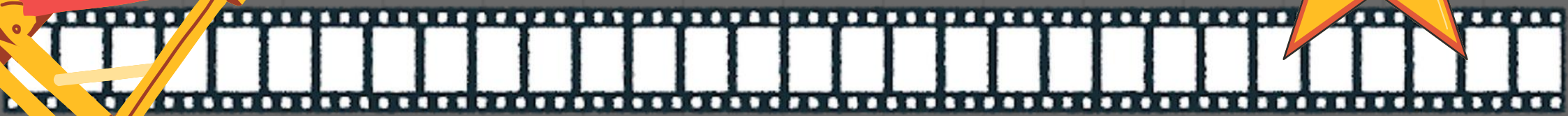
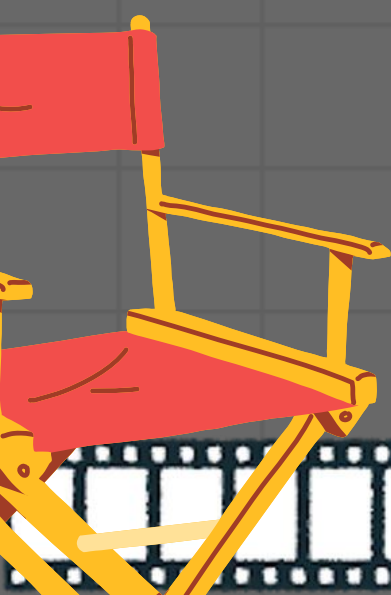


The more vexed issue of it all is the interpretation of the audience, particularly the male audience, of this storyline. A simple, harmless storyline has often been seen as a guide for men on how they can attract women. Early 90s' and 2000s Bollywood movies show the storyline of chasing the girl, who repeatedly declines, till she says yes. This can be very clearly seen in movies such as Raanjhanaa and Kabir Singh. This stalking behaviour of the male protagonist influences the male audience into believing such behaviour will get a woman to fall in love with them instead of an arrest warrant.

Then there are the movies who simply just promote violence and toxic masculinity. This is as harmful for men as it is for women. Movies such as Animal are said to be seen 'just as a movie', but the amount of degradation of women it promotes, lined with sheer sadism, is appalling. Characters from movies such as American Psycho are idolized by men, despite the pure psychopathic behaviour being very clearly displayed.

Entertainment should always be enjoyed as it is and nothing more; if you can take away something positive from the story, then most of the time that indicates a job well done by the filmmakers. But more than often, many in the audience can derive a haunting meaning from it, which can disrupt their perspective in many ways. So as an audience we should not idolize and appreciate movies such behaviour, instead we should encourage movies that promote a better meaning to life.

By Oorja Doshi



Adolescence

"Dad, I didn't do anything wrong"



The new Netflix miniseries 'Adolescence' has been all the rage being one of the first series that addresses incel culture and online radicalisation with complexity on a psychological level. Dialogues like

"Dad, I haven't done anything wrong" when question about his murder, and vulnerable exchanges with his psychologist Dr. Briony Ariston, where the adolescent makes statements and asks question like "Aren't you supposed to say I'm not ugly?", "Her weakness made her more gettable", "You do not control what I do in my life", "Do you like me?" All of this highlights the deeper lying toxicity of the murderer Jamie's mind. These statements from Jamie gives us a preview of his twisted beliefs that give him a sense of power to feel entitled to girls and their bodies. This false sense of power that poorly attempts to disguise toxic masculinity is what breeds a generation of boys that feel alienated to women despite having mother and sister figures in their lives. Detachment from women causes them to only view them as their need and nothing else

What happens when this entitlement meets rejection?

In Jamie's case, he saw a girl's vulnerability when her pictures were exposed by her boyfriend without her consent as an opportunity. He took this chance to get a girlfriend. The girl, Katie however did not show any romantic interest back which becomes hard for Jamie to understand. The rejection takes a blow at his chances of being romantically involved or rather sexually active with a girl and that doesn't fit well within his beliefs. Instead of accepting Katie's choice he gets desperate.

Social Media's Play

As an attempt to seem more desirable Jamie posts more targeted pictures on social media with his two close friends which later become his accomplice in Katie's murder. Under a few of these posts Katie comments emojis which otherwise would not make sense but in Jamie's context mean 'incel' or someone has been 'red pilled'. These slangs were used by Katie to call out Jamie's inadequacy of loving a girl. Social media's fostering of this ideology has given these ideas more importance and depth than is healthy for a society.

Misogyny cultivates incels and when it's given grounds to grow it becomes fatal for women like Katie at the hands of boys like Jamie.



THE AUDACITY

In the dark corners of the internet there are communities built around misogyny, resentment, and sexual sadism that have thrived under the name of manosphere (a loosely connected network of blogs, forums, influencers, and online communities such as incels, pick-up artists, and men's rights activists). A place for growing trend of normalizing taboo behaviors and fantasies, including incest rhetoric, often glorified by celebrity figures like Andrew Tate, whose disturbing public statements have had mixed reactions which is shocking considering his statements are often, with one aim to demine women and have their control. Multiple of his statements point at this like "Women should clean up. Not only should women clean up, women should clean up unprompted," or when he claimed that rape victims should "bear some responsibility" for their attacks. "I'm not a rapist, but I like the idea of just being able to do what I want." These are just a few of the very hateful and cruel things he has mentioned.

These communities often make use of the metaphor "red pill" and "blue pill" taken from The Matrix. As believed by these communities, "red pill" awakens men to the "truth" of female manipulation of reality, and refusing to accept this perspective is then looked upon as being soft and clueless.

With the rise of figures like Donald Trump who once said that his own daughter Ivanka is 'voluptuous' and 'a piece of ass' etc. He also said if Ivanka wasn't his daughter, Trump would have dated her, political figures like him run "great" nations like The USA; because of which these manosphere communities have become more brazen in their use of memes and more bolder vocabulary on TikTok and YouTube, gaining popularity for all the wrong reasons possible.

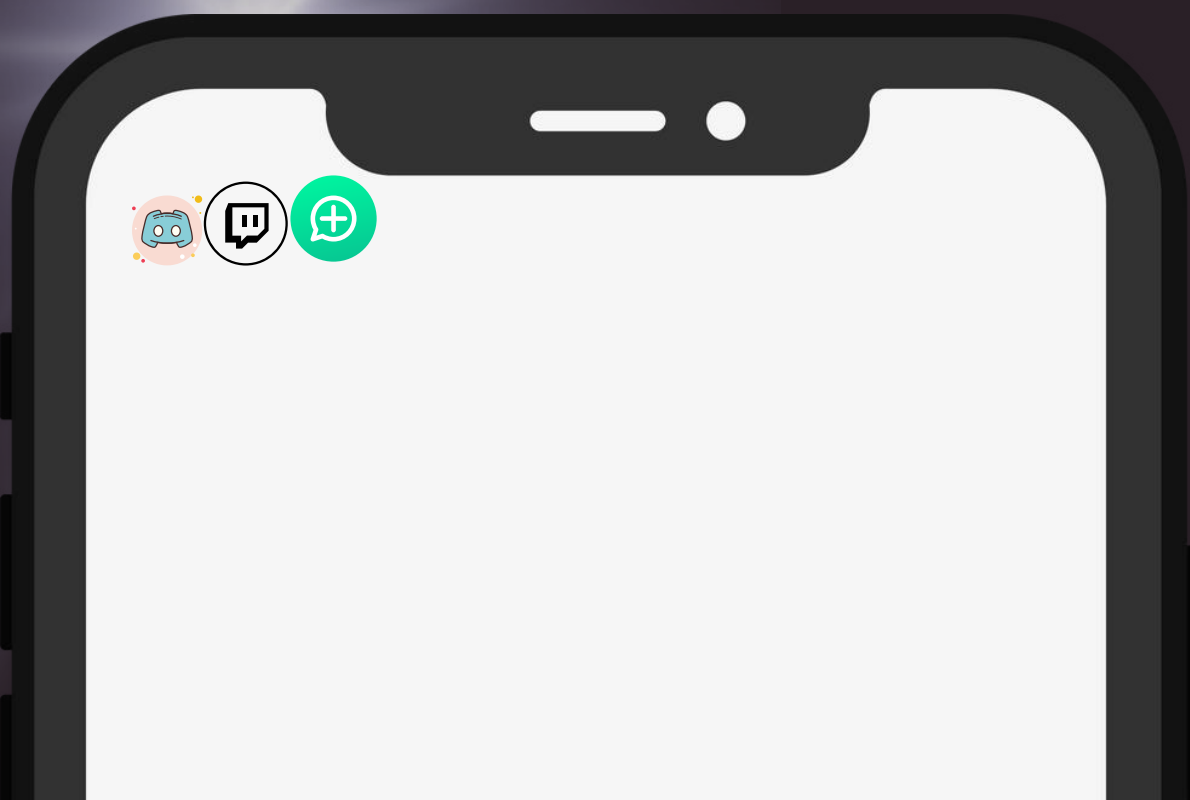
This growing comfort with incest jokes and rape speaks to a much larger cultural sickness. When Andrew Tate says things like, "The reason 18 and 19 year olds are more attractive than 25 year olds is because they've been through less dick," it's not just disgusting it also becomes a part of a belief system that looks upon women as objects of sexual need and not as humans.


The manosphere profits from this degradation. Influencers monetize young men's isolation and frustration by selling courses, crypto advice, dating tactics, and "grindset" ideology, all while radicalizing them further. These communities try to hide misogyny in self-help language, but with an underlying intention of stroking the male ego and making their so called consumer audience feel proud and superior to women.

The rise of such creators like Andrew Tate and politicians like Donald Trump affects more than just the internet, it shows us the dangerous shift towards normalizing incel culture. Not only amongst public figures but also the youth, it starts as simply motivational content but often becomes about toxic beliefs that promote objectifying of women and encourage violence. As a society we must try to change these narratives and try to bring a change for the betterment of both women and men.

By Pari Dedhia

THE ARCHIVE OF ABUSE





Ever wondered what happens to men who feign normalcy until they enter a completely unrestrained environment—one with an enabling circle of others who share an equally irreparably distorted perception of women, collectively believing their mindset is ideal? The Pélicot case is one of the most harrowing instances of sexual abuse that revealed the devastating consequences of an environment that harbours and encourages sexual objectification.


The internet has become a powerful tool for spreading misogyny, using various platforms to influence people into adopting sexist beliefs. In this case, the platform was a chatroom on an unmoderated website, where anonymity allowed criminal activity to thrive.

This case dates back to 2011, when a woman named Gisèle, aged 48, began consistently showing symptoms of severe memory loss and almost complete disassociation from her surroundings. She also displayed a certain incoherence in conversations with those she spoke to, which made her three adult children gravely concerned for her well-being. They urged their father, Dominique, to take her to a doctor for a clear diagnosis of their mother's mental state.

Each time they voiced their concerns, they received the same eerily calm and rehearsed response. Dominique persistently downplayed her dissociative behavior, leading them to believe it was merely anxiety or overthinking that caused her to behave unlike herself. He calmly reassured them—again and again—and they didn't even think to question it.

Eventually, Dominique took her to see a neurologist. Misled by his narrative, the doctor concluded that anxiety was the root of all her problems. Her symptoms worsened over time, with no reasonable explanation for why this was happening.





Ten years later, in 2021, Dominique was arrested for something his family described as completely out of character: he was caught taking ‘upskirt’ photos of girls in grocery stores. During the investigation, police searched his devices for evidence—and what they uncovered was far more appalling. On a hidden USB drive, they found nearly twenty thousand photos and videos, stored under a file named ‘abuses’.



After reviewing the contents, the police disclosed the findings to Gisèle. To her horror, the files contained a hoard of disturbing photos and videos of herself—of which she had no recollection. In the footage, she was unconscious and heavily sedated, dressed in unfamiliar clothing and surrounded by unknown men within the four walls of her bedroom. The perpetrators changed from video to video, but one horrifying constant remained: Gisèle, incapacitated, unable to consent, repeatedly violated in the very place she expected to be safe from the world’s cruelty.

Dominique later confessed that, for nearly a decade, he had been drugging Gisèle by lacing her meals with high doses of Lorazepam. Once unconscious, she was subjected to horrific abuse, as he invited men into their home to exploit her condition.

Although the crime was clearly premeditated and methodically executed, several identified perpetrators claimed they were unaware of her condition in an attempt to escape accountability. Meanwhile, Dominique had not only orchestrated the assaults but had also encouraged others to do the same—sharing tips in the chatroom on how to drug their partners and avoid detection.

This vile network operated unchecked for ten years, inflicting irreversible psychological and physical harm on Gisèle, whose health steadily deteriorated under the weight of chronic drugging and repeated assault. The Pélicot case is not just a crime—it is a chilling example of how easily depravity can thrive in the shadows when technology, anonymity, and unchecked misogyny collide.

By Sunayna Mathur



BEFORE IT HAPPENS



According to the Rape, Abuse & Incest National Network (RAINN), 8 out of 10 rapes are committed by someone the victim knows—a friend, a partner, a colleague. And yet, the warning signs often go unspoken or brushed aside. This isn't an article about punishing rapists after the harm is done. It's about stopping violence before it ever happens—preventing the potential rapist from ever crossing that line. In today's digital age, incel culture and toxic masculinity thrive not only on fringe internet forums but in everyday group chats, locker rooms, and late-night conversations. Misogyny, entitlement, and the belief that men are owed something from women quietly metastasize in male peer groups. To fight this, men must become more than just passive “good guys”—they must actively interrupt, unlearn, and intervene when their own friends veer toward dangerous territory.

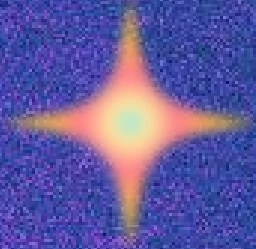
Imagine this: You're at a party, a few drinks in, the conversation drifting. Someone makes a joke about getting a girl drunk to “make things easier.” The room chuckles. It's framed as harmless, typical guy talk. But something about it feels off. You could laugh along or ignore it, but instead you say, “That's not funny.” There's a pause. Maybe someone rolls their eyes. You follow with, “You sound like you think she owes you something.” It gets awkward for a moment, but that moment matters. Calling it out doesn't have to be dramatic, it just has to be clear. One interruption like that forces everyone to reconsider what they're laughing at. It sets a tone: some things aren't okay, and you're not afraid to say it. That's how the culture changes; not with grand speeches, but with small acts of refusal when it counts.

Preventing sexual violence also means knowing when to step in, before things cross a line. That means recognizing red flags: someone trying to isolate a drunk girl at a party, bragging about pushing past a rejection, or casually admitting to stealthing or coercion. These aren't grey areas. They're warning signs. Intervention doesn't always have to be confrontational. Sometimes it's about distraction: pulling your friend away, creating an interruption, or checking in with the woman involved by simply asking, "Are you okay?" But what comes after matters too. Talk to your friend in private. Be direct: "That wasn't okay." Let them know that if the behavior continues, it will have consequences including losing your respect and friendship. These moments are uncomfortable, but necessary. Male silence isn't neutral, it's what lets predators operate in plain sight. And being "a good guy" isn't about distancing yourself from the problem but rather about being willing to do something when the moment calls for it.

Changing the culture starts with unlearning together. Talk openly about consent, boundaries, rejection, and the toxic myths porn and social media spread. Share resources, not as judgment, but as care: podcasts, articles, even therapy. Speak about your own growth because men listen when other men lead by example. Building a better peer culture means holding each other to higher standards, not just respecting women in theory but acting on it in practice. You can't fix everything, but you can draw the line in your own circle. Because doing nothing? That's how it keeps happening. Doing something? That's how it stops.

By Trisha Sharma

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