

The (not so) Secret Guide to Gaining Confidence While Balding

Introduction

This guide is for the men that have lost their confidence, hide behind their baseball hat, have a comb-over (bruh, we know!), and just noticed that they are balding and don't want it to affect their life. What you'll read below is a result of all the things I've learned since starting Sly Bald Guys in 2006 that I want to pass on to you so that you can join the millions of men that live confident lives despite losing their hair.

In 2005 I, Tyler Smith, shaved my head for the first time at the age of 28. I always knew that I was going to do it if I showed signs of balding. One fateful day I was getting a haircut and the lady that cut my hair revealed to me that my hair was on its way out. My response was to have her buzz my hair down as close to the skin as possible and that was the last time I got a haircut by someone besides me.

Within a year of shaving my head I discovered that many men weren't as confident when they started losing their hair and as a result, I decided to start SlyBaldGuys.com. Since then, I, along with a community of amazing folks at Sly Bald Guys, have been helping men keep and gain confidence while they are losing their hair.

Short-term vs Long-term Confidence

This guide is designed to help you get both short-term and long-term confidence.

Confidence can be fleeting, that's why I have broken it down into short-term and long-term confidence. The timeframe is subjective for each, but here's how I define them for the purpose of this guide.

Short-term confidence is confidence that doesn't last. It usually comes from a specific event and is like a shot of adrenaline to the soul. It will fade away until another event occurs that provides a boost.

Long-term confidence is lasting confidence. It is built on a strong foundation and is rarely lost. If it is lost, it is only lost for a short period of time, which is often a result of a negative event.

Commit these definitions to memory as they will be referenced throughout this guide, and they are also very useful in your daily life.

The Lies & Truths about Hair Loss

Lie #1 - Getting your hair back will give you confidence.

This is the biggest lie that you're being sold. Sure, you may gain some short-term confidence initially if you get your hair back, but you'll eventually lose your confidence because you haven't done the internal work to have long-term confidence.

This lie is the main reason why companies make billions of dollars selling hair loss drugs, hair loss shampoos, hair transplants, and hair wigs & systems that eventually fail the man when he realizes he doesn't have the long-term confidence he thought he'd get from his purchase.

Lie #2 – There is a way to reverse hair loss

Think about it for a minute. If there was truly way to reverse or prevent hair loss, would you really see all the bald men that you see on a daily basis?

I'm sorry to break it to you, but there isn't a pill or procedure that will permanently give you your hair back. Pills often come with horrible side effects like depression and poor sexual performance and hair transplants don't prevent the rest of your hair from falling out after you've replaced the initial patch that has fallen out.

Truth #1 – People don't care that you're losing your hair

The only person that truly cares that you're losing your hair is YOU. Everyone else is too busy worrying about their own insecurities.

I know this to be truth because of my own experience and the experiences of thousands of men that have reported that after they made a drastic change to their hair, like shaving their head, that most people outside of their family didn't even notice. And those that did notice, never even mentioned their hair loss. If people don't notice a drastic change or comment on it, then they definitely aren't going to notice the slow progression of you losing your hair.

Truth #2 – Your hair doesn't give you confidence

When you had confidence in yourself it wasn't because you had hair.

Long-term confidence comes from small, repeated accomplishments that build upon each other. Remember this as we'll be referencing it again further down the document.

Embrace it!

The key to gaining long-term confidence as a balding man is to embrace it! I can already hear you saying, "But, but..." because you're not alone in thinking you can't embrace it, but you can. It's all about YOUR MINDSET and YOUR CHOICE to embrace it. Decide now, this second, that you're going to accept it and move forward with your life.

Here are the common questions that men ask they're told to embrace their hair loss:

1. How will I attract someone if I'm bald?

This was addressed above, but to say it again, other people don't care that you're going bald. They only care about your confidence in who you are.

2. Can I be successful as a bald person?

Here's a list of bald men that are some of the best in their industry:

Actor: Dwayne "The Rock" Johnson

Podcaster: Joe Rogan – who has also admitted that getting a hair transplant was a horrible decision

Businessman: Jeff Bezos

Athlete: Michael Jordan

Entertainer: Pitbull

And the list goes on...

3. Are you sure I can't get my hair back? I've heard <insert product/service> works.

I'm sure. Again, if there was a long-term solution that gave you long-term confidence, then everyone would do it.

How to embrace it

Some men, can just embrace their hair loss and wear their hair the way it is, often eventually cutting it shorter and shorter until their hair is just around the sides of their head and it's bald on top. There's nothing wrong with this because it's all about YOUR CONFIDENCE, not your hair. Many men, choose to shave their head; just look around the next time you're around a bunch of people. This can put a physical act to the decision to embrace it.

At Sly Bald Guys, we have what's called the 30-day rule. It's a simple rule to shave your head for 30 days straight and then evaluate how you feel after 30 days. 98% of the time the guy reports that his confidence has gone WAY UP in that 30 days and he decides to keep shaving it going forward. If you're not comfortable with just embracing your hair the way it is, then I suggest you shave it for 30 days straight.

A note about shaving: Shaving = ALL THE WAY TO THE SKIN. This can be done with a razor or electric razor. You'll need to buzz your hair down with clippers first, but then take a razor to it. For advice on how to do this, go to <https://www.slybaldguys.com/smf/index.php?board=2.0> and read that board. If you still have questions, then create a free account and ask away. We're all very supportive!

Significant others & Mothers

DO NOT, I repeat, DO NOT ask your significant other or your mother for permission to shave your head. IT'S NOT THEIR DECISION! IT'S YOUR DECISION! Don't even talk about it with them before you do. Trust me and the thousands of guys before you that have learned this lesson.

These are the two people in your life that will be the most resistant to you shaving your head. God only knows why this is the case, but it's a truth that you need to be aware of. In the end they will be much happier when you have increased confidence, but early on they are likely going to be the people that make a negative comment. Be prepared for it and be prepared to let it roll off you like water to Teflon. A quick retort that you can use is, "What? You don't want me looking like a bad ass?" with a smirk on your face and a wink.

Own your decision

The real secret to gaining your confidence is to own your decision. Whether you choose to shave your head or embrace what you have, YOU MUST OWN YOUR DECISION! Once you do this your long-term confidence will explode!

Closing Remarks

This 4-page guide may seem too simple to help you get you get/keep your confidence as a bald man, but it really is that simple. I've seen it with thousands upon thousands of men since 2006. If you have questions about anything in this guide, create a free account at <https://slybaldguys.com/smf> and post a question. You'll get an answer really quickly and if you don't tag me by using @tyler and I will respond personally.

Keep it Sly,

Tyler Smith, founder of Sly Bald Guys