

Question: How to be mentally strong?

August 25, 2016 | 1 upvotes | by [yellowmonkeyzx93](#)

Hey everyone.

I've always admired strong men, both strong physically and mentally. One man I admired the most was Ernest Shackleton, the arctic explorer. His story of endurance and keeping his men alive was outstanding and inspiring to me as a man.

So my question is.. **How does one create strong mental endurance in one's self?**

Archived from theredarchive.com

Comments

RedSkeller • 2 points • 25 August, 2016 03:37 AM

I think you have to have an experience. I could tell you all day that if you hit that half jack hammer on a granite slab it will break right after you are willing to give up so you'll swing harder each time. Until you break it yourself and push through what you once thought to be nearly impossible, then it's just words.

rainyfun • 2 points • 25 August, 2016 03:41 AM

Thinking about it, and admiring that, is already made you close to being that, because you understand the importance.

yellowmonkeyzx93[S] • 1 point • 25 August, 2016 12:49 PM

Thank you. Appreciate what you've said. I tell myself, if men like that could handle what they handled in the past, then to me, I can do it too.

[deleted] • 1 point • 25 August, 2016 01:47 PM

Lol! You're speaking like a girl.

walawalawa • 2 points • 25 August, 2016 12:34 PM

This is the biggest challenge for anyone adopting the Red Pill and learning game.

You're asking: "How can I be more confident?" Confidence comes from within. It requires a shift of inner beliefs where you truly believe you are the prize.

It takes time but start focusing on your strengths. Start building your self-esteem by being with positive people and in positive environments.

yellowmonkeyzx93[S] • 1 point • 25 August, 2016 12:48 PM

I'm not so much interested in being a prize.

I'm more interested in the mental fortitude that men like Ted Roosevelt, Ernest Shackleton, Ernest Hemingway, Clint Eastwood and more have.

walawalawa • 2 points • 25 August, 2016 12:53 PM

Ernest Hemingway committed suicide. But the persona was one that was larger than life.

Being a prize is one part of being mentally strong. Find ways to test yourself: extreme sports, contact sports, rugby, baseball, football etc. Get into situations where you're compelled to be alert and mentally and physically at your best.

yellowmonkeyzx93[S] • 1 point • 25 August, 2016 01:02 PM

I'm aware of that. It killed himself with his shotgun. Even that, that takes some insane courage to do it. However, it was how he lived his life that admired, not the end.

I do not want to be anyone's prize (as much as I understand Red Pill ideas). I like your suggestions though.

[deleted] • 1 point • 25 August, 2016 05:42 AM

you can die at any moment, or get incurable disease, and when you do die all experience, memories, knowledge, and any possible thing will be consumed. Not even your experiences matter. And it will happen. All of it erased.

yellowmonkeyzx93[S] • 1 point • 25 August, 2016 05:57 AM

I don't get it. How does realizing and internalizing this fact of life make me mentally strong?

[deleted] • 1 point • 25 August, 2016 12:44 PM

No need for internalizing it's going to happen anyway

yellowmonkeyzx93[S] • 1 point • 25 August, 2016 01:02 PM

So, how does it help me?

[deleted] • 1 point • 25 August, 2016 01:03 PM

Why don't you help yourself

yellowmonkeyzx93[S] • 1 point • 25 August, 2016 01:24 PM

Sure. Thanks for the advice. Beats listening to people like **you..**

[deleted] • 1 point • 25 August, 2016 01:36 PM

The more you keep trying to get other ppl to do ur work the more u fall into blue pill herd
mind fuck tard