

How to get out of my head.

7 upvotes | 9 December, 2017 | by empatheticapathetic

So before TRP I was a 25 year old virgin. I opened everyone everywhere confidently because I had nothing to lose. Getting laid wasn't a concern because I didn't consider it a possibility. Very social and IDGAF.

I met my oneitis like this. After fucking that up I found TRP. After 2 months of that I was depressed but I forcefully opened everyone everywhere, being very sexual with women all the time. I still considered getting laid an impossibility so I never escalated at the right moments. Then I saw an escort for a while, had some shitty experiences with her where 5 times out of 7 I couldn't get hard.

After that I became incredibly in my head about every social interaction. Thinking about frame, perception, body language, intention.

I'm 28 now and have problems talking to anyone men or women. Haven't 'been' with a girl since the last escort I saw a year ago. (But I stopped caring about women a while ago)

My body language is constantly fucked. Women keep the fuck away from me because I'm always acting awkward as fuck. I've regressed socially because I unintentionally keep trying to fit every social interaction into a pre existing paradigm.

I moved 6 months ago and should have made loads of new friends but my social skills and anxiety have stopped me. So I spend 99% of my time alone. Chatting to friends on messenger and Reddit keeps me sane like it always has.

I'd really appreciate any advice. Thanks

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Comments

ShotgunTRP • 12 points • 9 December, 2017 05:48 AM

You're at the growth stage in your learning, which is the toughest

Unconscious incompetence

Conscious incompetence

Conscious competence

Unconscious competence

You're at the conscious stage which is why you're overthinking. Just stick with it and break through.

Shaney96 • 4 points • 9 December, 2017 05:23 PM

That's a fucking neat and simply way of looking at the journey.

redhawkes • 2 points • 9 December, 2017 08:46 PM

This is how you internalize stuff. Great thing for mentioning it dude.

The thing is that he's struggling with decisions he makes, and overthinks it.

Once a decision has been made, let go of the outcome aka outcome independence.

[deleted] • 8 points • 9 December, 2017 05:06 AM*

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[deleted] • 6 points • 9 December, 2017 05:22 AM

Improve your personal life.

Make your bed as soon as you wake up. Sit up straight when you're sitting. Don't browse Reddit (holy shit this one is important), do stuff that challenges you, etc. You get the idea.

[deleted] • 1 point • 9 December, 2017 07:20 AM

Just force yourself to talk to people. If you smoke, dont bring a lighter. If you are waiting on a bus and someone is there, talk about the weather. The more you force yourself doong these silly chit chats, the more you subconsiously realize how little of a deal it is.

D0ngl3 • 0 points • 9 December, 2017 09:03 PM

Social interaction is exploratory. Think of yourself as journeying into the unknown every time you are social. You'll discover yourself through other people. Have fun with it. Try not to "be" any way at first. The deeper you go into the uncomfortable, the more comfortable you'll ultimately become. I was a painfully shy kid and now I can command a room. It's taken 10,000+ hours of practicing that I simply couldn't avoid even if I wanted to.

aleheart • 1 point • 10 December, 2017 03:47 PM

What did you do to practice?

D0ngl3 • 2 points • 10 December, 2017 07:33 PM

I found it was easy to go to bars and parties with friends. Too easy. So I'd start going to parties where

everyone was an acquaintance, or to bars where I knew maybe only one person. I'd make it a point to chat up new people. I'd go to regular activities like trivia nights and weekly meet ups (pinball tournaments, cycling, you name it) and just have to deal with not having anyone to rely on but myself. Eventually you'll feel so uncomfortable being by yourself that you'll adjust and become more sociable.

aleheart • 1 point • 10 December, 2017 11:48 PM

Where did you find the meetups? You'd go alone and just meet the people at these meetups just to practice your social skills?

Im assuming 10k hours is an exaggeration lol

D0ngl3 • 1 point • 11 December, 2017 03:23 AM

10k isn't. When you think about it that's only 7 years at 4 hours a day, when you go out it can easily be for 4 hours so you can see where accumulated social experience begins to add up.

When you get out there, opportunities present themselves. I was at a pub crawl and met a bunch of cyclists once, they invited me to a regular gathering, I started attending. By the way, I ended up sleeping with 4 women among a total sausage fest and a) I'm decent looking but nothing crazy b) my game needs a lot of work, I'm no good at kino for example. Still... 4 conquests from one random invite over about a year. That's how it's done

aleheart • 1 point • 11 December, 2017 05:39 AM

I play video games so im not exactly star TRP material... i do like 3 approaches a month.

Where do you suggest I go.. 4 hours a day lol where'll i go for 4 hours