

Discipline for what?

December 14, 2017 | 3 upvotes | by [empatheticapathetic](#)

Every day off work I've just spent asleep in bed all day for many months now. Keep skipping the gym. Don't have any plans or anything to look forward to. Haven't cared about anything for over a year now. Pathetic post I know, I don't care lol. Any advice or grief?

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Comments

[deleted] • 7 points • 14 December, 2017 03:14 PM

Get your testosterone checked

empatheticapathetic[S] • 2 points • 14 December, 2017 06:01 PM

Was 700 when I got it last checked and wasn't lifting at the time. Lifestyle has changed since then though.

bostonburrito • 2 points • 14 December, 2017 03:21 PM

Go outside to a social place and force yourself to stay there for 3 hours. Do this every single day whenever you can. Leave your phone at home as well, or at least turn it off.

In the beginning you may just sit around on a park bench looking at scenery, but that's already better than lying on your bed staring at your laptop with your dick out.

You'll eventually find you'll naturally start saying hello to people, making more friends, more plans, more things to do, and overall more energy.

moviemaker10 • 1 point • 14 December, 2017 03:48 PM

What I wouldn't give for 3 free hours a day... currently work 9-7 (usually come in around 7:30-8) and then hit the gym with my roomie. Free up around 10:30. Then whatever I want in the hour or two before bed.

king_of_red_alphas • 1 point • 14 December, 2017 05:34 PM

This sounds like my day.

I have no fucking clue how these guys can have a career, lift every day, do BJJ and seemingly maintain multiple plates while sleeping more than 5 hours a day.

moviemaker10 • 1 point • 14 December, 2017 05:45 PM

I barely have time for a tinder date or a hookup more than every other day. Most days I'd rather just get a full nights sleep than hookup.

empatheticapathetic[S] • 1 point • 14 December, 2017 06:05 PM

I really force myself to do this a lot (I go to a lot of events alone) and it achieves nothing. I don't make any friends.

I have no problem making friends at all but it's just not happening right now. So I've just started staying in bed.

When I'm working its 12 hour days and they are pretty socially isolated as well.

DBsix • 2 points • 14 December, 2017 04:20 PM

It takes time to be frustrated enough. I know I have been there. Wait till you want to kill yourself. Maybe then it will force you to take some action. In the meantime, keep feeding yourself red pill and other good info. Maybe something will click. Or maybe it's not meant to be for you in this birth.

empatheticapathetic[S] • 1 point • 14 December, 2017 06:02 PM

I've been there when I first found TRP 2 years ago. Instead of bouncing back I've kind of just levelled off

near there.

Jayanon00 • 1 point • 14 December, 2017 04:04 PM

LOL what? I could care less, but this doesn't concern YOU at all?

You know there's a problem, attack it?

Do you smoke weed? STOP, NOW. Your motivation will be back within 3 days.

Nobody here is going to make you do anything, you have to be a man and do it yourself.

empatheticapathetic[S] • 1 point • 14 December, 2017 06:06 PM

No weed. No sugar. No carbs most of the time.

Motivation to do what?

cudder17 • 1 point • 14 December, 2017 06:33 PM

Why no carbs? Carbs are your main source of energy. Maybe that's your problem? How can you do things with no energy?

empatheticapathetic[S] • 1 point • 14 December, 2017 06:35 PM

I do /r/keto frequently and feel a lot more mentally content on there but off right now.

cakedonutfun • 1 point • 14 December, 2017 05:09 PM

What you do today will help you tomorrow. Wake up and work on small steps to improve. Force yourself to go the gym. Once you start going for two weeks, you'll start feeling better mentally and physically. It's amazing how much a good workout does.

empatheticapathetic[S] • 1 point • 14 December, 2017 06:08 PM

I've been doing gym for 4 months now from scratch after recovering from an injury.

A good workout is nice but I don't care to do it. It's always forced and then I get to the position I'm in now "who cares".

cakedonutfun • 1 point • 14 December, 2017 06:12 PM

I understand. How about a walk or a jog? Maybe even finding a new hobby?

empatheticapathetic[S] • 1 point • 14 December, 2017 06:14 PM

I ask everyone this on TRP and they never give me an answer. What hobbies? And what for?

cakedonutfun • 1 point • 14 December, 2017 06:24 PM

Keeps your mind off things, can give you positive energy and thoughts. Feels rewarding. maybe like a sport, club, group activity. If it's with more people, even better!

empatheticapathetic[S] • 1 point • 14 December, 2017 06:25 PM

Have you got examples? Examples are what I am never given.

king_of_red_alphas • 1 point • 14 December, 2017 05:37 PM

Probably depressed. Try to find something, anything to cultivate you baseline happiness.

Things like even a short walk where you say hello to ONE person can be the first step.

One healthy meal. Watching one video about why life can be an amazing ride or somebody overcoming worse adversity than you.

Things like going out and getting drunk to not raise your baseline happiness, they just spike it briefly and then bring it down lower when it's gone.

empatheticapathetic[S] • 1 point • 14 December, 2017 06:12 PM

I do all this healthy shit all the time. I don't know why I'm doing it anymore. It has no point.

I have nothing to enjoy. Nothing makes me happy. I'm not being an emo fag, this is what I've been battling for a while and I don't really see the point anymore.

heretolearn_andtoask • 1 points • 14 December, 2017 06:46 PM **[recovered]**

You just got to find what keeps you fired up and motivated. Find the reasons. Once you find what you like, drop the BS out of your life. slowly.

Do you like jumping out an airplane with a parachute ?

empatheticapathetic[S] • 1 point • 14 December, 2017 07:18 PM

What keeps you fired up and motivated? Can I ask

I've managed to move city, get a new job. I've successfully dropped all the toxicity from my life. Quite proud of it actually. Don't put up with shit from anyone. But I have no reason to wake up in the morning.

cakedonutfun • 1 point • 14 December, 2017 07:45 PM

Boxing, running club, reading, local organizations, volunteering. Stuff like that

BrodinsOats • 1 point • 14 December, 2017 07:56 PM

Hey man, sorry to hear things aren't going well. I'm still in a bit of a rut as well, but working through it.

Get your ass volunteering at an animal shelter. Seriously, just fucking do it. Consistently walk dogs and socialize with other volunteers/workers 3x a week for a month and tell me you're not feeling a million times better.

empatheticapathetic[S] • 1 point • 15 December, 2017 03:09 AM

Hey nice to hear from you man.

I'm at work for the next three days so I'm gonna look into it for reals. I just had a big list of errands i need to do and have had for months that I need to get done first and instead of working on them just stayed in bed.

Been going out and trying to meet people a bunch and had some ok times but not really meeting anyone.

I have this idea that people just inherently dislike me. People at the shelter are going to hate me etc. Just don't see the point in doing anything.

Going to lift before work tomorrow and hopefully I'll gain some momentum talking to people at work.

Thanks for your comment. Hope you are well :)

BrodinsOats • 1 point • 15 December, 2017 06:07 AM

Nah everybody's super friendly because they're all just stoked on the dogs. And the staff are very appreciative of the help.

Not to mention the dogs fuckin love you for playing with them, walking them, giving them treats etc. And it feels good.

Where have you been trying to meet people?

empatheticapathetic[S] • 1 point • 15 December, 2017 08:37 PM

Just bars and shows and forcing some hangs with some newish acquaintances but none of it has stuck, just seems futile right now. Maybe next year.

This is very strange. I work in TV and today processed an hour long show for a local-ish dog shelter christmas appeal. What a strange coincidence. The entire staff was hot young and a few older women which made me feel like i'd be judged but that's just my anxiety mindset and doesn't really mean anything.

Anyway squatted, deadlifted, benched and rowed 5x5 this morning before work. Deloaded the squat and deadlift a couple weeks back for better form.

Cheers for commenting, have a good day.

Drethetruth • -2 points • 14 December, 2017 04:15 PM

Probably a troll