

I am always crying about not getting shit, then I realized its because im not doing anything about it (vent)

October 7, 2018 | 63 upvotes | by [PotatoWatt](#)

im always here, crying about this girl showing IOI then ignoring, does this mean that if I calculate the trajectory of the wind on that hour she wants to suck my dick and I have to say "magic word here" to make her open her legs?

Then I look to myself in the mirror, realized I have improved a lot but since I was below-average before, I now am average and I am expecting people to treat me like a 10 just because instead of playing video games 10 hours a day, I now only play 7.

I realized that im skinny fat, not hot abs. My face is below average due to crooked teeth (fixing them atm!) and I expect bitches to give me IOIs then I feel sad. I dont have a good personality, im giving off a bad vibe and making people think I hate them, I never approached a girl ever yet im acting like I know everything in the book.

I expect bitches to be falling for me yet I am just like I was before except for my slight improvment and life experience. I need a wake up call to stop wasting my life.

Im 20 years old virgin, had a girl give herself in a platter to me and I managed to fuck it up, I dont have the balls to close the deal with a girl that I know wants to suck my dick hard, I dont have the balls to make people stop walking over me, im a wreck.

I always think im above others when actually im not even at their level, im below in some way. I come here asking for help to just feel like "hey, I know how to do this now. Now sit back and relax for a week, you earned it for crying online and someone actually helping you." I need to wake the fuck up and start doing shit, the problem is I always end up here crying like I am right now.

I feel like I always need to type this posts to then feel better but I just do fuck all the whole day saying "ah, tomorow i'll do it" and then cry when I message a girl that I rejected asking why she rejecting me, I cringe at myself

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Comments

VolatileEnemy • 32 points • 7 October, 2018 02:37 AM*

That's exactly right. Good advice someone wrote was:

How awkward would it look if the hot girl you imagine being with was next to you in the mirror? If it looks awkward, you probably still have a long way to go.

Gotta improve in all directions: intelligence, work ethic, body, career, social intelligence.

Alpha is not just about having the right attitude or being strong. It's about being the best. The women follow and look to take a ride in your rollercoaster.

And for fucks sake, you're 20 years old. I'm so tired of reading asktrp from 20 year olds saying "woe is me", the fuck? At 20 years old you should be focused on studies, you should try to expand your social network a bit, join clubs, start getting into sports/gym, try to learn to interact with women. However, STOP worrying and obsessing over women or about being alone. Whoever implanted this idea (I guess from movies etc.) that you all need to be fucking women left and right is wrong. Most college guys I knew had little to no interaction with women, it's not abnormal at all.

My point is: keep trying with women, but don't obsess over it or think of it as some throne or trophy. Go out to parties and study, especially if you're in college. If not in college, go focus on building a career. Keep expectations low and don't get depressed or bitter about it.

PotatoWatt[S] • 4 points • 7 October, 2018 12:33 PM

I am in college and before TRP I was like "eh, i'll just marry someone in 10 years" but then I started being like: "wait I want to fuck some pussy right now" and then I found TRP. I believe this got some pressure into me because its like I found the golden pot but im not spending any money, like what the fuck why did you find the golden pot filled with money and not use it?

You see what I mean? Its like since I found TRP a year ago, I should be fucking bitches right now left and right and I feel like this is a subconscious pressure I put on myself and since im clearly not, I get 'sad'

RedPillID • 37 points • 7 October, 2018 12:33 AM*

It's a grind for sure. Keep lifting. Keep improving. It's more than most men do in their entire lives.

PotatoWatt[S] • 3 points • 7 October, 2018 12:31 PM

its like I was in the highway going full speed, then saw a service stop. Decided to take a break and im still there, crying why am I not already at my destination, well get the fuck out of the service stop and get into the car and drive, its not going to get there on its own.

DrizzlyShrimp36 • 26 points • 7 October, 2018 01:26 AM

Honestly, the fact that you're aware of it is a big step.

I believe in you my man. Getting shit done does not happen overnight, so still, be kind to yourself.

Are you a better man than you were yesterday? Good. That's all that matters. Just make sure tomorrow you're better than you were today. Rinse and repeat. You'll get there.

Couer_De_Lion 1 points 7 October, 2018 02:42 AM **[recovered]**

mood tbh

OfficerWade • 3 points • 7 October, 2018 04:17 AM

Same.

ZenAckley • 1 point • 7 October, 2018 06:43 PM

x3

punchyson • 5 points • 7 October, 2018 04:31 AM

What do you do? Who are you? What are you working towards?

Women love men for what they are more than who they are.

Have you ever heard them talk? They literally say shit like "I'm going on a date with a Firefighter on Friday, weeeeeee!". Sure, if you have a ridiculous body (a worthy goal) they may refer to you as the "ripped guy". Girls are just as visual as guys, it just isn't a long term strategy like it is for us.

I promise you that if all you care about is your appearance that women will overlook you most of the time unless you are a stupidly good looking male model or male stripper. They might even think you are gay, which would be frustrating.

My personal philosophy is that it is better to be unquestionably masculine and a just a tad ugly than be too pretty and not masculine enough.

An element of game that is lost on people is that women want to visualize themselves in your life. They are kind of like parasites in a way lol. For example if you are an avid outdoorsman, girls are going to picture you teaching them to fish and taking them camping.

There is a groupie for almost everything. I recommend you find some hobbies that you want to be very good at and become an A+ in that. There are women that will want to insert themselves into that lifestyle with [i]you[/i]. The other side of that double edged sword is that the lifestyle you cultivate does determine the kind of women that want to get with you.

PotatoWatt[S] • 2 points • 7 October, 2018 12:39 PM

I realized I dress better and have a great hairstyle but I dont show of my masculinity, I let people walk over me. I have been called gay, now im understanding this. Just act up, people walk over you? Stop them and ask what the fuck is wrong with them so they know who they are messing with. If you are in the gym, this is automatic as they know they are just asking to get their body used in a bench press when they mess with a buff guy.

Thanks, it really opened my eyes just now. If I am a loser, girls want to join my life they arent going to become losers, now if im buffed, finishing my course, know a lot of people, girls will want to join in. I feel what you mean. Thanks.

ivaskuu • 1 point • 7 October, 2018 04:27 PM

Read "The 48 Laws of Power". Game changing book.

PotatoWatt[S] • 1 point • 8 October, 2018 12:52 PM

on my list, I take way to long to finish a book

SauliusTRP • 5 points • 7 October, 2018 07:26 AM

The grind is harder than in video game, maybe transfer 7 remaining hours from video game to life grind.

PotatoWatt[S] • 2 points • 7 October, 2018 12:39 PM

Thats what I want to do, but during the day im just like "eh fuck it" then at night "wow tomorow im going to do X and Y" but it just repeats itself

[deleted] • 7 points • 7 October, 2018 01:25 AM

Sounds a bit like me man. Focus on your goals and keep trying to improve and whatever you do, do not wait until you reach a certain point in your life to begin something.

OfficerWade • 3 points • 7 October, 2018 04:13 AM*

Here's the thing guys. You need to ask yourself two questions.

1. Where am I going?
2. Who's going with me?

If you get these questions out of order, well you're in BIG trouble!

Source: Fire in the belly by Sam Keen

PotatoWatt[S] • 1 point • 7 October, 2018 12:40 PM

- 1- I know what I want, finishing my 5 year course to get a good paying job, moving overseas to canada/usa to where my family is and live life.
- 2- Thats where I dont know. Whos comming with me? Family nd who else?

misspellbot • 1 point • 7 October, 2018 12:40 PM

Error, you misspelled **comming**. It's actually spelled **coming**. Learn to spell :)

GlowInTheDarkDonkey • 4 points • 7 October, 2018 09:09 AM

It's simple... You need to stfu and stop jerking-off into this sub. This isn't a receptacle for your whining where you get to feel better about yourself just because you typed some words.

Because that's all this shit is - you typing words to pretend to yourself that you are taking action instead of taking action, or otherwise fishing for pats on the back for whatever actions you are taking because no woman is giving this attention to you.

You are an attention seeker. You are the type who can't tell others their goals because you already feel satisfied and get the "good feels" reward that comes from that. Instead you jizz every dumb fucking thought you have in the hopes of getting a buzz from the interactions.

I'd hazard a guess that you probably try to follow fads and trends, instead of just being your own dumb fucking self and owning that, but at least presenting something with substance for people to like / dislike instead of being some ephemeral noisy nothing floating in the wind.

You are simply lazy and dissatisfied with yourself. Shit, or get off the pot. People aren't here to suck your dick to make you feel good.

This desperate need for validation is without a doubt a factor in your general life failings, so fix that.

PotatoWatt[S] • 2 points • 7 October, 2018 12:40 PM

Thanks, you are 100% correct.

[deleted] • 1 point • 7 October, 2018 02:06 PM

If you are playing video games 7-10 hours a day you are flat out addicted unless you're a major streamer/pro

player and it's your job. You need to commit to cutting that time down DRASTICALLY, or quitting altogether if you find yourself not having the willpower to do so. I used to be a heavy gamer, still play about 8-10 hours a week in fact. But I get up at 6am to lift 6 days a week, work 9-5 and box after work 2 times a week. I also read usually 2 books a month minimum and game women too.

Think about if you even just cut it back to 2 hours a day to start. That is an extra fucking 5 hours a day to get shit done. Do you realize how much you can get done in 5 hours?? Lift for 90 minutes of those 5 hours, get an extra 2 hours of sleep because I bet you're gaming until 3am and you barely sleep and then read for an hour. There ya go I just made your day 200% more productive and you still have an extra 30 minutes to spare. And that is allowing for you to still game 2 hours a day.

PotatoWatt[S] • 1 point • 7 October, 2018 02:14 PM

Well its mostly wandering around the internet and not actually playing games straight, but once here or there. You are 100% correct, thats what I need to do. Instead of watching videos or playing until late and waking up sleeping 6~7 hours, just go early and wake early.

[deleted] • 1 point • 7 October, 2018 02:28 PM

I was in a similar place dude. So much time wasted late at night just surfing the internet.

The way I fixed it was working out early in the morning. Those first 2 days of breaking your sleep schedule by not only waking up at 6-7am, but then doing a strenuous work out will suck. You will feel tired. But I guarantee you by 9pm that night you will be yawning and you will knock out from sheer tiredness by 10:30. Boom. Nothing crazy just lift early in the morning and your sleep schedule will fix itself.

In addition to that stop using electronics right before you go to bed it stimulates your brain too much. Set your phone/computer to go into "night shift mode" (reduces the levels of blue light emitting from the screen which disrupts sleep patters) from 6pm-6am every day. Just these two small changes will have big effects trust me. Good luck.

PotatoWatt[S] • 1 point • 7 October, 2018 02:37 PM

Thanks, will try to do this changes

W_O_M_B_A_T • 1 point • 7 October, 2018 03:39 PM

What makes video games addictive is they provide a false sense of self-actualization, power, strength, importance, adventure, and accomplishment, even friendship and belonging. Check out Maslow's Hierarchy of Needs. But ultimately, they cannot satisfy these psychological needs. It's like eating nothing but candy and soda for a week. Note that this is the same reason the women find social media to be addictive, importance, attention, validation, etc.

ReddJive • 1 point • 7 October, 2018 04:36 PM

You just hit rock bottom. What are you going to do about it?

Life is a decision. You make that decision every morning you get up. Men and men alone have the ability to not only change thier actions but change the very core of who they are. Women can't do this.

The only question you have to answer is what do you want?

Don't come back here until you have accomplished one thing. Just one thing. Then report. Move on to the next.

Each action will build a pattern of success and confidence. You can move on to bigger and bigger things.

What do you want? Now go do that.

SoulOfLion • 1 point • 7 October, 2018 06:26 PM

I can relate

Two_kids_in_a_coat • 1 point • 7 October, 2018 12:45 AM

What are your lifts? How often do you lift and what are your goals for the next 15 years?

PotatoWatt[S] • 1 point • 7 October, 2018 12:42 PM

When I was in the gym for almost 1 year, from what I remember bench press was 25 KG (~55 pounds), now its 15KG~20KG (33~44 pounds) at best when I decide to go to the gym. My arms are noodles.

Two_kids_in_a_coat • 2 points • 7 October, 2018 01:02 PM

You went to the gym for a year and can't bench the bar? You have absolutely no will power. You don't know how to push yourself out of your comfort zone. You need to learn follow through. No girl will want a man that can't push himself. You'll never amount to anything.

You need to make a choice. Decide to go and dedicate at least three days per week- every week for at least six months to the gym. No excuse. Do stronglifts 5x5 or something. It's a good program. Will power/discipline is like a muscle. It doesn't appear, it's something you need to exercise to build, if you don't build it, it disappears. People think that "tomorrow" they will have will power, just today they can't do whatever needs to be done. Tomorrow never comes, you only have today.

PotatoWatt[S] • 2 points • 7 October, 2018 01:05 PM

you are right, in that year in the first months I was learning it out, I had the mindset "I went to gym, so now its a waiting game" but in the gym I skipped exercises, I skipped reps, I didnt push myself at all. I went 1 to 2 times a week and did very little. Only at the 9 month of the 12 is when I started going at it hard, but I was still losing my bodyfat aswell and didnt progress much but I did see some gains.

TheLastMgtow • 1 point • 7 October, 2018 06:28 AM

exactly do something.

"Man up and clean your bull's room bucko."

Niggas these days. Get your balls back and go mgtow.

PotatoWatt[S] • 1 point • 7 October, 2018 12:43 PM

Yep, I need to go into hibernation for some time to get my schedules back in place, then I can focus on the extras

TheLastMgtow • 1 point • 7 October, 2018 12:47 PM

attaboy

_Neon_Shadow_ • 0 points • 7 October, 2018 10:21 AM

Same.

myaccountforIRLstuff 1 points 7 October, 2018 07:28 AM **[recovered]**

I feel you. it's my fault.

PotatoWatt[S] • 1 point • 7 October, 2018 12:59 PM

its common sense. If you were dating a golem and fucking young cameron diaz wanted to date you, you would toss the golem to the side of the road in a flash. Girls just do the same, but in their own way. Its different from guys but my argument above is still true to an extent