

# **I just ate an entire bag of chips. My life is going nowhere.**

March 12, 2016 | 13 upvotes | by [babbab55](#)

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[/r/becomeaman/comments/4a2q5i/i\\_just\\_ate\\_an\\_entire\\_bag\\_of\\_chips\\_my\\_life\\_is/](/r/becomeaman/comments/4a2q5i/i_just_ate_an_entire_bag_of_chips_my_life_is/)

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## Comments

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TooMuchToDo • 14 points • 12 March, 2016 02:04 PM

Jesus, pull yourself together man.

It was a god damn bag of chips, not meth. I've eaten whole bags of chips too-- What normal guy hasn't? Quit thinking it's the end of the world.

If you're life is truly going nowhere, give it some direction. Figure out some goals, and work towards them. Financial, educational, fitness, social, relationship, spiritual (if you believe in the sort). Think of a goal for each of these aspects and start working. If you can't think of a goal, literally google "\_\_\_\_\_ goal" and you'll get hundreds of thousands of hits. It's that simple. The thought that needs to be in the back of your head is the phrase "baby steps". Contrary to popular belief, You don't need to conquer the world and be home by 5 o'clock; you just need to keep your mind focused on your goals and chip away at them until they're accomplished. Think of the tortoise and the hare--that's you.

Hope that helps.

alpha\_n3rd • 6 points • 12 March, 2016 07:36 PM

So did I. I also spent an hour and a half this morning lifting heavy things and putting them down again.

[deleted] • 6 points • 12 March, 2016 06:26 PM

Yeah, but like, were they good?

vandaalen • 3 points • 12 March, 2016 02:57 PM

So what do you want to hear now? You already know what the problem is and you very probably also know the solution.

There is only one person who can provide additional help now. You know who it is as well.

Talonil • 5 points • 12 March, 2016 08:08 AM

Try watching The Wolf of Wall Street.

I personally couldn't sit down during this scene: <https://www.youtube.com/watch?v=PQleT6BtCbE>

4delicioustreats • 2 points • 12 March, 2016 11:46 PM

I echo others point that eating a bag of chips is not a problem. Just a symptom. If you had worked out, and killed it all week and your cheat meal was an entire (presumably family) bag of chips, you'd still be OK. But if you're not killing it all week, not lifting heavy things, suddenly that bag of chips and likely many other things in your life, is a major liability.

drqxx • 2 points • 13 March, 2016 02:20 AM

I eat clean all week. Tonight I'm going to eat serious garbage. Tons of alcohol. But come Sunday morning I'm back to my goals.

an620 • 2 points • 12 March, 2016 06:04 AM

Sure it is, your life is heading for obesity, high blood pressure and the diabeeeetus. Have fun!

[deleted] • 1 point • 16 March, 2016 11:34 PM

I regularly eat whole bags of chips as well as packs of 3 candy bars. thanks for the wake up call. FFS,

JSizzl3 • 1 point • 18 March, 2016 08:23 PM

Could have been worse, an entire tub of ice cream, or a jar of Goobers PB&J no bread.

StoicCrane • 1 point • 26 March, 2016 05:12 AM

OP, as a former chip addict suck it up man. Chips contain chemicals to make you addicted to them. Check the ingredients for the words "Monosodium Glutamate" and you'll identify one of the leading problems. Switch from eating general brands to organic. Better yet eat peanuts for protein to develop bulk muscle.

No reason to make a mountain out of an ant hill. Get it together.

ishyman • 1 point • 30 March, 2016 10:12 PM

Run it off tomorrow. Especially since its all carbs and energy.