

NoFap, Frustration, MonkMode?

4 upvotes | 4 December, 2015 | by empatheticapathetic

So I've made a few threads in the past before about these issues and I've gotten some advice to which I'm really grateful for.

I've been on NoFap for nearly 200 days now. Made my way to TRP from there after my only female prospect in my life which is a failed oneitis 4 months back. I'm a late 20's virgin and pretty much since finding TRP and my oneitis situation I totally fucked up, it's all I can think about all day. It's really truly pathetic and I hate myself because of it. Thinking or doing anything else seems entirely pointless and without reason. I have read 'The Power Of Now' and understand how to not take it as seriously and ignore my thoughts but it just leads back there everyday.

I am currently stuck in a living situation where I live and work with my parents in a town where I basically don't qualify as a human being due to various social issues. I don't have any career or social life here and just reading the TRP frustrates me beyond belief. I'd love to have even the slightest bit of possible female prospects imaginable but while I'm here I feel like total shit all the time so it would be irrelevant anyway. (Even when I take short breaks to visit my old workplace and friends to which their company and time I enjoy greatly, my mind is still permanently swamped with my oneitis thoughts)

I'm working on leaving and moving to a large town where I have some friends and I can really start my TRP journey and hopefully rebuild some charisma and confidence but it won't be for a while.

Basically I'm asking should I just fap and risk letting myself fall down that hole of orgasm addiction again? I feel like it would just chill me out and help me get over my pathetic oneitis obsession that I've just built into an all encompassing deity that I let control my life and ruin my mental health.

I'm not sure how TRP feels about NoFap in general. I've asked this same question last month over there and they were adamant the answer is "NO" and had good reasons for it, but I would like to hear some more unbiased opinions.

(Btw I'm aware of the absurdity of asking an Internet forum whether or not if I should fap)

Archived from theredarchive.com

Comments

JimFury • 3 points • 5 December, 2015 12:22 AM

I personally hate nofap. If I go nofap I nut way too fast when I'm with girls, I get way more nervous because I'm more outcome reliant, and it generally makes me dwell on the past way too much. I will never no fap again but everyone has different reactions to it so I can only give you my personal feelings on it.

CCDoritos • 2 points • 6 December, 2015 04:32 AM

I'm the same! All of the studies and articles I read claim it helps with confidence and approaching but I keep trying to do it before parties and nights out and I find it only makes me more nervous and anxious whereas doing it makes me relaxed and care less about the outcome. I'm so happy you've said this because I thought I was doing something wrong or it was just me.

empatheticapathetic[S] • 1 point • 5 December, 2015 03:37 PM

Cool man thanks for replying. Why did you start it in the first place out of interest?

JimFury • 1 point • 5 December, 2015 05:35 PM

I had some time where my sex drive was really low because of the pills I was on so I figured I just wouldn't do it anymore. In turn that made my sex drive even lower which at the time was alright but it killed me that I wasn't interested in even bringing a girl home anymore. When I started up again my sex drive went back up and I got back to my old self.

empatheticapathetic[S] • 1 point • 5 December, 2015 06:14 PM

Do/did you masturbate though? Really all I want these days is to not think about girls and just get a MGTOW mentality for an extended period of time. I think I might just start masturbating regularly. OmLaLa's article recommended once every two weeks or so is fine, it's just a slippery slope.

JimFury • 1 point • 5 December, 2015 06:23 PM

Yeah I get that. I love women so I want to keep them relevant in my life but its different for everyone. And no I didn't jack off at all during that time.

OmLaLa • 1 point • 4 December, 2015 09:29 PM

I wrote a few posts a few months back that address some points that might interest you." The Power of Horny" Parts 1-3.

(...and I still haven't finished Part 4)

downvoteacct1 • 2 points • 4 December, 2015 09:39 PM **[recovered]**

Please finish part 4. You and your writing are pure gold.

OmLaLa • 2 points • 4 December, 2015 09:43 PM

It'll be a little bit. I feel like if I don't finish "The Machiavellian Approach" soon this sub'll lynch me.

[deleted] • 2 points • 6 December, 2015 12:20 AM

sharpens pitch fork

empatheticapathetic[S] • 2 points • 4 December, 2015 10:11 PM

Great, I'll check it out thanks.

empatheticapathetic[S] • 2 points • 4 December, 2015 11:12 PM*

Dude part 2 was pretty much exactly what i was looking for and the whole set was incredibly insightful. Thanks a lot for replying.

Hitlers_Hairy_Anus • 1 point • 4 December, 2015 09:14 PM

At least you recognize the absurdity of this post.

Aside from the no fap question, this entire post is a bunch of excuses to turn YOUR hamster wheel as to why you're scared to put yourself out there to not only meet women but to improve yourself.

You feel like a lost cause... Moving to a new city isn't going to fix that. YOU have to fix that before worrying about no fap, oneitis, the town you live in, etc. Don't wait until you move to regain your charisma and confidence. You will just keep finding excuses to put it off.

Start improving yourself NOW. Find hobbies, lift weights, talk to passers-by in your daily life. Start doing things that make you feel better about yourself and the rest will follow.

empatheticapathetic[S] • 1 point • 4 December, 2015 09:23 PM

I understand and appreciate your comment but this is just a fact I've lived with all my life. This town is simply a shit hole. I've lived in other places and had enough of a life (social, career, hobbies, minor experiences with girls) to confirm that to myself, it's not a factor I'm questioning. All my friends who used to live here feel exactly the same for the same reasons, i don't need to argue that point.

Also while I am here I live with my family, work pretty much all day, it's simply not an option. It's a temporary stay. But it's just so frustrating. I'm a very social funny and charismatic guy under the right circumstances and those circumstances simply can't and don't exist here.

I lift while I'm here, try to talk to passerbys despite the fact that 90% of the time is it a complete fail. It's a social, cultural, class and racial divide.

[deleted] • 2 points • 5 December, 2015 03:32 PM

move to another city and fuck the other guy

but yes, do hobbies too

tomorrows_monk • 1 point • 5 December, 2015 12:40 AM

It doesn't matter what the place is. What matters is your attitude. If there is a divide, you should work around it. The book, 'Five Rings' mentions that any situation should be like water. Move around it. Adapt to the surroundings. It doesn't matter what sort of town it is. What matters is what are you going to do about it.

I think once you shift your attitude in this, you will see opportunities where there weren't any. Treat it like an experiment. What can you do to change things. Change your mentality from 'I can't' to 'let's see what we can do with what I have.'