

How to get motivation back?

June 11, 2018 | 4 upvotes | by [turbospeedsc](#)

Hi, it's been a few months in my journey, going consistently to the gym, sex life on the rise, wife behavior getting better, financials are not in crisis but not good, and that where my problem is.

Previous marriage where i was a complete beta provider went completely to shit, i live in México (US \$4.50 a day minimum wage)so take everything in context, we had a pretty comfortable life, 2 cars, we rented in a pretty nice part of town, had US \$10k in savings to make a downpayment on a house, a couple small business, wife had \$500 sunglasses, \$200 boots, \$400 Coach purses, DSLR camera, house had every appliance you can think of, basically we were pretty well off financially.

When i discovered my previous wife infidelities i did the "right thing", and left with my clothes, my laptop and my car, wife proceeded to spend every dime, sell anything of value and live the high life with the new boyfriend, she ended up living in a vecindad (something like this <https://cdn.proceso.com.mx/media/2014/11/dom1.jpg>), which is one of the lowest places you can live, with my daughter in tow, while myself kinda went back to the level i was at my early 20's.

Problem is with the new wife, i cant motivate myself to be better off financially, in my previous relationship i always had a hustle going on, making money on several ways, seeing the opportunities to make money on everything and acting on it, with the new wife sometimes i feel like i'm pushing on how much financial trouble she can handle, as to make her prove herself, and i cant motivate myself to excel, and kick ass on the things i do.

Any tips on how to get my drive back? is this the kind of thing i should get professional help?

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Comments

CasperTFG_808 • 3 points • 11 June, 2018 07:07 PM

Not going to berate you on getting married again, we are all here because we either have a penchant for punishment or we see the value in sharing our experiences.

Questions: After getting fleeced in your first marriage did you learn your lesson and get a pre-nup? If so the rest of this is a mute point if not then here are some thoughts.

Married RP is about being married to someone who is your partner, who makes you better. If the person you are with is not helping you then why are you helping them? It needs to be a symbiotic relationship.

So look to that, your new wife should be encouraging you to do better not bitching that you are not doing well enough. If she is not being that then you either have to teach her to be that or you need to cut bait.

turbospeedsc[S] • 1 point • 11 June, 2018 07:19 PM*

She do is very supportive, always had a job, looking for ways to save us money etc, previous wife never did that, is just that i don't feel the drive.

I do have a prenup, i think is some kind of depression, any of you guys have gone thru something like this

straius • 1 points • 12 June, 2018 01:45 AM **[recovered]**

Depression is difficult and unfortunately the usual way out of it is through the shit, not clearing it first. Pick something you need to do for yourself, something you will do even when you feel like shit doing it. Doing it is the point. Not whether it makes you feel good, or worse, no matter how it makes you feel, you do it every day until you start to feel some satisfaction again. Then you use that satisfaction to add something else in and fan that little spark back to life and get out of the negative reinforcing cycle of exhaustion and feeling defeated.

Don't pick something dramatic. Maybe it's walk a mile, maybe it 's run a mile, whatever is appropriate, you do it even when you don't want to do it because doing it is the point, not doing it well, not doing it badly, not feeling good about it or bad about it.

A mental trick you can use is to lower the expectations of what you will be doing. So if it's run a mile, to get yourself out the door say "Well, I'll just walk it if it's shitty." But you still get out there and do it.

You'll usually find that once you're moving, the idea of walking it diminishes and you'll start jogging/running. But the trick is getting moving.

You can apply that example to just about anything you're trying to develop into a habit.

ImSteveMcQueen • 1 point • 12 June, 2018 04:05 AM

This is interesting. How did you get that he was depressed ?

trpbritguy • 2 points • 12 June, 2018 08:06 AM

Yes, I get this periodically. I'll get slated for saying it but I don't care.. My wife is an amazing achiever when it comes to academics... The rest of her life, not so..

I find myself lacking the motivation to constantly lead, decide then lead some more... Then, I remember I'm doing all this for me and she is just an accessory to that and boom..

I get my motivation back!

matrixtospartanatLV • 3 points • 11 June, 2018 08:06 PM

Motivation is the temporal feel good emotion when something is shiny and new.

So you've been there, done that, and the motivation is gone.

Now is the time for self discipline.

Self discipline is an act of the will.

Read "Declare War on Yourself" by Marc Summers.

Youtube Jocko Willink and search his vids on self discipline.

Pull your head out of your ass before you piss it all away...like I did.

Fuck.

We need an MRP boot camp where someone can go for two weeks and just simply get their ass kicked back into line.

CasperTFG_808 • 2 points • 11 June, 2018 08:10 PM

I would pay for that. In fact I have gone on several men's weekend retreats (non RP affiliated) to get to the next level. The quality was not as good as I thought it would have been and the fact that I had taken the red pill i scoffed at a lot of the teachings.

turbospeedsc[S] • 2 points • 11 June, 2018 08:12 PM

The part where i have been there, and done that is true, sometimes its like theres a part of my mind saying, i have already bought a refrigerator, i already bought a sofa..... Thanks for the reading material.

redwall92 • 2 points • 12 June, 2018 05:29 PM

That boot camp you're talking about can be pretty cheap. Just go hiking for a week in the woods on your own; backpack and tough-it. Heck ... even a solo road-trip might do it without toughing-it in the woods. It's amazing how the important things come to the surface when everything's cleared away.

SorcererKing • 1 point • 13 June, 2018 06:21 PM

We need an MRP boot camp where someone can go for two weeks and just simply get their ass kicked back into line.

Or kicking into line in the first place. I've often thought of this too. Maybe the 21 Con is the closest thing there is right now?

ImSteveMcQueen • 2 points • 11 June, 2018 07:26 PM

Tell me what you do with your time and and money and I'll tell you what motivates you.

[deleted] • 1 point • 11 June, 2018 07:08 PM

god i do not miss living in mexico

BostonBrakeJob • 1 point • 11 June, 2018 09:33 PM

Motivation is misguided, if you hit the mark then it's not needed.

BobbyPeru • 1 point • 12 June, 2018 05:03 AM

You should have a mission and focus on your mission. Mission provides internal contentment. You are relying almost entirely on external factors. You are not OI. Focus on your mission, and the rest follows.

JudgeDoom69 • 1 point • 14 June, 2018 12:35 PM

I'm glad to see your first wife has been forced to live a more humble existence. I'm sure she wakes up every morning regretting losing you.

You could look for side-hustle gigs where you can put your replacement wife to work as your helper. If she is putting in equal hours and effort, then if things split up later, she has earned her half of the assets.

Write down your financial goals and start working toward them. How much do you want to have in an emergency fund? What type of house and appliances do you want to have (within reason)? What cool toys or vacations do you want? Assign due dates to each goal.

Make sure you are keeping separate bank accounts and keeping her on a set allowance.

Have you ever gotten your testosterone level checked?

creating_my_life • 0 points • 11 June, 2018 06:06 PM

Problem is with the new wife

You actually got married again? Wow....

ImSteveMcQueen • 2 points • 11 June, 2018 06:59 PM

Why does it surprise you that some men aren't MGTOW ? Last time I checked RP doesn't equal MGTOW.

trpbritguy • 2 points • 12 June, 2018 08:09 AM

I don't think he meant MGTOW.. I think he meant common sense!

ImSteveMcQueen • 2 points • 13 June, 2018 04:10 PM

Last time I checked we were supposed to live our lives to our standards and satisfaction, not to some predetermined mantra espoused on the Internet by men afraid of women .

If the guy wants to be in a relationship, that is up to him. Who are we to judge ?

SorcererKing • 1 point • 13 June, 2018 06:19 PM

Who are we to judge ?

Men who know that wifing up a woman is a bad idea in the West.

ImSteveMcQueen • 1 point • 13 June, 2018 06:43 PM

Really ? For all men ? No matter who woman ?

You are delusional, buddy.

If you are anti marriage, what you are doing on MARRIED Red Pill ?

SorcererKing • 1 point • 13 June, 2018 08:47 PM

New guy: this has all been done before.