

# Transformative Experiences?

1 upvotes | 18 January, 2017 | by resolutions316

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Hey all,

I'm going to take a week-long solo vacation this year, away from wife and family.

I'm interested in some kind of transformative experience - I've had a lot of success with things like Tony Robbins events, immersive business conferences, etc.

But now I'd like to focus specifically on things that can improve or enhance my MRP journey, help me get in deeper touch with my masculinity, build skills, inner game, etc, etc.

I heard Neil Strauss on a podcast mention this:

The Hoffman Process - <https://www.hoffmaninstitute.org/>

Would love some suggestions or recommendations - more "out there" ideas included. Thanks!

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## Comments

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InChargeMan • 11 points • 18 January, 2017 05:09 PM

Sex change?

resolutions316[S] • 5 points • 18 January, 2017 07:15 PM

Only if I can add a penis and have two penises and call one "wing" and the other "wang" and bang them together

Alpha\_Rising • 2 points • 18 January, 2017 11:13 PM

Nice A&A

MrTippy • 1 point • 19 January, 2017 12:21 AM

You could dock yourself.

Urban Dictionary - Docking

wally592 • points • 18 January, 2017 05:33 PM **[recovered]**

If I was planning a 10-14 day vacation away, I'd do something I've always wanted to do but haven't made time for (yet) .. backpacking trip in Alaska. I love Boy Scouts and the camping/outings with my son. I've found out I can hike just fine with a pack and sleep just fine in a hammock or solo tent and eat just fine with trail food, water filter, and small stove. Am I ready for a long trip to Alaska? Who knows? I figure the intentional discomfort would be a good thing, and I'd love it.

If that's not an option, I'd do something like hike a chunk of the Appalachian Trail. I would consider doing that by myself. Wouldn't do something crazy like Alaska alone. But I'd be fine hiking on my own for 6-7 days on the regular trails here in the Eastern US.

gettingmymojoback • 2 points • 18 January, 2017 08:50 PM

Intentional discomfort. What a great term.

Off topic but this is exactly what I realize was missing in my life. The feeling of being alive you get from enduring the discomfort once it's over. One of life's greatest pleasures. A shame that so many purposely avoid any discomfort for their entire lives.

wally592 • points • 18 January, 2017 09:14 PM **[recovered]**

Shoutout to u/TheFamilyAlpha and his blog ....

[Intentional Discomfort] (<https://thefamilyalpha.com/2016/09/08/intentional-discomfort/>)

I like the term as well. And I've read that post of his a few times, so the term is working its way into my thinking and regular vocabulary.

[deleted] • 2 points • 18 January, 2017 09:23 PM

Thanks man, I'm glad the post resonated with you.

[deleted] • 2 points • 18 January, 2017 09:02 PM

AT was going to be my recommendation.

resolutions316[S] • 1 point • 18 January, 2017 07:13 PM

Appalachian trail is a rad idea. Didn't even occur to me. Thanks!

abdada • 4 points • 18 January, 2017 05:04 PM

Most transformative thing I ever did was work a mailboat for a few weeks.

Shit pay, shit food, shit living arrangements, shit bars and shit hookers but it showed me things I never experienced in any preplanned digital conference. I did it again a decade later and it was even better.

Not even sure it's an option anymore since mail is dead, but look way outside the box if you want some real transformation. A week is probably enough time to immerse yourself in a contrary experience.

SampsonBrass • points • 18 January, 2017 09:05 PM [recovered]

The kind of shit you describe as useful to you in the past would do nothing but piss me off. Nothing but a bunch of Pinocchios in a Geico commercial.

[https://youtu.be/IzCAbRlj\\_gc](https://youtu.be/IzCAbRlj_gc)

Maybe you should look for something that tests you rather than blows smoke up your ass.

resolutions316[S] • 1 point • 19 January, 2017 01:23 PM

I understand where that perception comes from, but that wasn't my experience. This was all business related, and I've 2-3x my income as a direct result of those trips.

[deleted] • 2 points • 18 January, 2017 06:57 PM

If you've had such success with those courses, why are you looking for another round of transformation. Those courses are designed to have you leave thinking you've made lasting changes but would consider returning for maintenance. Like a car.

Fuck that. Go away with buddies and have some fun. Actually *talk* to them, experience time with them.

resolutions316[S] • 1 point • 18 January, 2017 07:13 PM

Those were specifically business-related, but I take your point.

470\_2\_700\_nm • 2 points • 18 January, 2017 07:07 PM

I prefer to just have weekends and weeks where it's just me and male friends, either hunting, fishing, or hanging out.

Floaty\_McBoatface • points • 18 January, 2017 07:49 PM [recovered]

Go somewhere that is culturally challenging and wing it. Maybe fly to Calcutta and work for Mother Theresa's Missionaries of Charity working with dying people.

sven\_igortsen • points • 18 January, 2017 09:37 PM [recovered]

Gross. That woman was a bitch.

Alpha\_Rising • 1 point • 18 January, 2017 11:15 PM

LOL. We've got a Hitch fan here.

drty\_pr • 1 point • 18 January, 2017 09:39 PM

This would be a huge boost to his confidence as well. Nothing makes me feel more awesome than sick and

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dying people. It really speaks to your inner "things could be worse".

Alpha\_Rising • 2 points • 18 January, 2017 11:14 PM

Dunno where you live, but Zion National Park is pretty epic. Loads of great hikes with amazing scenery. Hiking the Pacific Northwest would be killer too.

NevrEndr • 2 points • 19 January, 2017 12:13 PM

Machu Piccu/ Ahuasca retreat in the jungle of Central America / Amsterdam

midlifedick • 1 point • 23 January, 2017 02:58 AM

Hookers.