

What can I do if my IQ is 75 ?

July 23, 2019 | 157 upvotes | by [Sitchnatio](#)

Yes, I've been professionally diagnosed and my IQ is 75. I've always had hard time at school, I made a lot of mistakes even at my current job (waiter). I have problems with logic, memory and maths...Language isn't my biggest problem.

Actually I see some of my coworkers who are getting degrees while I'm always stuck at the same point, I'm 26 and I see years passing while I do the same things with problems.

I thought about becoming a certified nurse assistant or a professional bartender, I really don't know other options

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Comments

FinancialThanks1 • 188 points • 23 July, 2019 04:55 PM

work hard. maybe go to a trade school to improve job prospects. take good advice. pretty much the same as anyone else thats not in education. dont let it define you

benmarvin • 71 points • 23 July, 2019 08:12 PM

Normal "intelligence" doesn't make you better or worse in the trades. That's the beauty of it. I've met guys working in the trades that were dumb as rocks, but were damn good at their job. Same on the other side of the fence, super smart dudes that could be inventing quantum computing, but they'd rather just work with their hands.

That said, there's a big shortage of skilled tradesmen, at least in the US. Learn one trade really well, and you'll have a skill you can take anywhere and make money.

Greaterbird • 19 points • 24 July, 2019 12:24 AM

Muscle memory is an amazing thing.

GainzdalfTheWhey • 21 points • 23 July, 2019 08:43 PM

How about plumbing? I hear it pays well.

vullnet123 • 3 points • 24 July, 2019 01:22 AM

Depends where. In 5 years I'll make \$55~ when I finish my apprenticeship here, in NYC it'll probably be \$70+ if I succeed in moving there.

The trades pay well in big cities.

Geleemann • 6 points • 24 July, 2019 09:14 AM

Cost of living is also higher. Purchasing power goes down.

vullnet123 • 1 point • 24 July, 2019 11:01 PM

Oh for sure, but in most big cities having \$100k+ a year should be enough for a single person. I'm sure its enough in NYC as long as you're not living in Manhattan.

HitEmWiththeHein 1 points 24 July, 2019 12:19 AM **[recovered]**

You have to respect the troll. OP got a bunch of you to be retarded by claiming to be retarded lol.

inittowinit777 • 1 point • 24 July, 2019 02:05 AM

Those spelling errors do look suspect lol

distantoceangrey • 93 points • 23 July, 2019 05:33 PM

Specialize. Focus on learning one trade/skill and only that one. There are alot of dumb people in this world who do fine because they know all about one thing.

I have met people that could barely spell their name, but could put an engine together blindfolded. I have met business owners who can frame a house with a hand tied behind their back but couldn't read simple English. They specialized, they may not have the mental capacity to know everything, but they have enough to know

everything about one thing.

mrrooftops • -1 points • 24 July, 2019 09:34 AM

Dumb? As in can't speak?

HB3234 • 76 points • 23 July, 2019 05:22 PM

You don't have to be brilliant to live a good life.

Construction is a lucrative field where learning how to do a handful of things well will serve you for life.

Being a waiter is not an easy job, and there is a lot to keep track of at all times. There is no shame in finding out that you're not skilled at that level of multitasking. It doesn't mean you are unintelligent.

Sitchnatio[S] • 17 points • 23 July, 2019 08:12 PM

I'm a waiter in a catering agency which is a lot easier

Imaginary_Historian • 18 points • 23 July, 2019 11:55 PM

IQ isn't everything, but for fuck's sake don't be lazy too.

Project_Zero_Betas • -19 points • 24 July, 2019 12:08 AM

IQ isn't everything

Strongly disagree

moppalady • 9 points • 24 July, 2019 01:38 AM

It isn't everything there are some flaws with the IQ test.

Project_Zero_Betas • -15 points • 24 July, 2019 01:39 AM

It isn't everything

Said no one on the right side of the bellcurve ever

there are some flaws with the IQ test.

They don't go high enough

SolarTortality • 11 points • 24 July, 2019 04:00 AM

Plenty of people on the right side of the bell curve have said IQ isn't everything, in fact, people who are highly intelligent will almost always say IQ isn't everything because it will make you more friends and less enemies if you don't act like a snob.

IQ isn't everything but it is a decent general indicator of intelligence capabilities.

Project_Zero_Betas • 3 points • 24 July, 2019 11:38 PM

in fact, people who are highly intelligent will almost always say IQ isn't everything because it will make you more friends and less enemies if you don't act like a snob.

TIL!

SolarTortality • 2 points • 24 July, 2019 11:44 PM

lol don't know if you are being sarcastic or not but either way that's funny

Artixe • 6 points • 24 July, 2019 04:57 AM

Wew lad, you sound a bit frustrated.

Project_Zero_Betas • 1 point • 24 July, 2019 11:36 PM

Nobody recognizes my genius :-(

YtBlue • 4 points • 24 July, 2019 04:20 AM

Everyone with a half decent IQ knows IQ is a blessing and a curse. Those with higher IQ are more likely to go and stay in depression. Stop being a psuedo intellectual. Anyone with half a brain can come to this conclusion.

Project_Zero_Betas • 1 point • 24 July, 2019 11:37 PM

Those with higher IQ are more likely to go and stay in depression.

That's also because those with depression tend to be the most realistic.

whiffofass 1 points 24 July, 2019 10:11 AM* **[recovered]**

Looks is everything.

Project_Zero_Betas • 1 point • 24 July, 2019 11:36 PM

LOOKSMAX

ppanthero • 1 point • 24 July, 2019 08:08 PM

High IQ and laziness will also yield a subpar outcome.

Project_Zero_Betas • 1 point • 24 July, 2019 11:35 PM

Well obviously.

BusterVadge • 31 points • 23 July, 2019 05:34 PM

Construction or Certified Auto Mechanic. Both make a LOT of money. But be aware that both will take a physical toll on your body, mechanic less so, but you may lose a finger or two.

pollodustino • 6 points • 24 July, 2019 04:19 AM

Auto mechanics don't make much money, and they have to buy all their own tools. Combine that with Flat Rate compensation instead of hourly, super high labor rates that customers don't want to pay, and ever-increasingly complex vehicles and that's a recipe for starvation.

Seriously, don't go into auto repair unless you absolutely love it. And even then, get yourself a sugar mama because you won't make a lot of money.

ThePriorityBike • -2 points • 23 July, 2019 09:02 PM

Construction or Certified Auto Mechanic

Auto mechanics are going to see their livelihoods destroyed by electric cars. Many electrics need nothing more than wipers and tires over 500,000+ miles. CAM is no longer a good path forward.

BusterVadge • 15 points • 23 July, 2019 09:54 PM

Disagree. Anything that has moving parts and is stressed as much as vehicles are needs someone who knows how to repair it.

Suspension, brakes, charging systems, etc are all worked on more than engines anyway since most will last well over 200k miles when maintained.

Bushpilot817 • 1 point • 23 July, 2019 10:45 PM

This.

ThePriorityBike • -4 points • 23 July, 2019 10:29 PM

Then you have no idea what you're talking about. See [here](#) or [here](#). This is Reddit and all but you really shouldn't post without having any knowledge or insight whatsoever.

BusterVadge • 6 points • 23 July, 2019 10:44 PM

Yeah, I have no idea what I'm talking about when I was an actual mechanic in my 20's. And a close friend owns a hybrid/electric shop. What an ass lol.

ThePriorityBike • -4 points • 23 July, 2019 11:55 PM

Read the links, understand the material, THEN comment. Don't just speak from your ass. It's Reddit, but still.

Things change; what was true in your youth may no longer be true.

klo2145 • 8 points • 23 July, 2019 09:14 PM

I think that's premature. I would never buy an electric car. Just about every redneck in the south agrees with me. I'm sure we are not alone.

rambler429 • 3 points • 24 July, 2019 12:10 AM

Electric cars may very well be the future, but they're not there yet. This isn't the first time in history we've been told electric cars will overtake the gasoline engine overnight.

There are still many hurdles to get over before the electric car takes over completely.

Heavy equipment mechanics will be around for a long, long time. Even locomotives, that use electric power require diesel engines to turn a generator to make that power.

ThePriorityBike • -4 points • 23 July, 2019 09:35 PM

You might genuinely think so, but you're wrong. Have you driven one? Drive one first.

Even if you don't, the whole oil infrastructure is going to disappear.

Bushpilot817 • 8 points • 23 July, 2019 09:45 PM

This is incorrect. Thousands of products are manufactured from petroleum. Plastics and lubricants, two components of ANY car would be two of those.

ThePriorityBike • -4 points • 23 July, 2019 10:30 PM

Are you deliberately stupid? There is a huge gap between gas at a gas station and petrol products of other types.

Reading these replies is a perfect example of why it's dangerous to heed advice from randoms online.

Bushpilot817 • 4 points • 23 July, 2019 10:40 PM

Gas= petroleum product, other “petrol” products = petroleum product. Is there a point to your comment, cupcake?

BKLager • 1 point • 24 July, 2019 10:06 AM

Doubtful the oil industry will disappear in our lifetime bud

AdeHMar • 1 point • 24 July, 2019 05:55 PM

Funny, I know some people that work in the oil industry and they know for a fact it will stay alive well after we are dead.

Roid96 • 3 points • 23 July, 2019 09:55 PM

No one is willing to wait like 2-3 hours to charge their cars each time it depletes.

TreatYouLikeAQean • 6 points • 23 July, 2019 10:25 PM

That's not a significant problem, most charge overnight at their homes. Plus, as the technology gets better, charge times will decrease while battery life increases. Electric is the future anyway.

WTFhlostonParadise • 1 point • 24 July, 2019 04:23 PM

80% of the work we do at the shop is suspension, breaks, tires, a/c, minor exterior repairs.

if_i_could_trade 1 points 23 July, 2019 07:25 PM* **[recovered]**

First, I want to point out that there are lots of things you can be excellent at with zero logic or original thought whatsoever:

If you follow a bodybuilder's diet and a basic strength program plus *any* cardio, you'll look better than 95% of men

If you spend less than you earn and simply have the discipline to save the rest, you'll end up in a solid financial position

If you go to a well-reviewed barber, show them a few options, and tell them to pick whatever they think would look good, you'll get a great haircut (switch barber if not)

Same principle with clothes - take a female friend shopping and get them to help pick what makes you look sexy. (They'll love this too, most likely)

And so on. Most of the 'basics' are dead fucking simple and people only struggle with execution / effort. If you've got the effort, doesn't matter what your IQ is.

Second, as far as careers go... if language isn't your problem, you might end up as one of those entrepreneurs that has awesome social and lateral thinking skills, then outsources the technicalities to others with those strengths. Plenty of those guys.

A business degree won't require too much maths and you can get plenty of help with the maths that does exist. I'd consider getting one, or maybe a lower-level certificate, and save enough to try your hand at a business.

superbat33 • 1 point • 23 July, 2019 10:02 PM

Freaking great post right there

superbat33 • 0 points • 23 July, 2019 10:03 PM

Aren't prospects for a non math heavy business degree like management or marketing, limited?

if_i_could_trade 1 points 23 July, 2019 10:06 PM* **[recovered]**

What do you mean by 'prospects'?

Because I'm recommending he get a business certification *to start a business*, not to get a job.

superbat33 • 1 point • 23 July, 2019 10:07 PM

Oh gotcha- I thought you meant about getting a job

RedPill-BlackLotus • 27 points • 23 July, 2019 05:18 PM

Well your spelling and grammar is better than mine.

NathanHollister • 57 points • 23 July, 2019 05:31 PM

They sure is

Project_Zero_Betas • 11 points • 24 July, 2019 12:09 AM

The syntax is what gives it away that it's a troll post.

Immuchtooawesome • 11 points • 23 July, 2019 09:15 PM

Some of the happiest people I know are dumb as shit. Focus on a trade and rise up slowly. You CAN do it!

VasiliyZaitzev • 9 points • 23 July, 2019 11:45 PM

Some of the happiest people I know are dumb as shit.

^ There's a reason that these things often correlate.

mok_88 • 24 points • 23 July, 2019 05:35 PM

women care 0 about how smart you are...

really... I think intelligence even makes you unattractive if you dont know how to use it...

novalentineforyou • 7 points • 24 July, 2019 12:48 AM

Women are attracted to indicators of intelligence such as humor, wealth, social skills, status, and competence.

DoYouConcur29 • 12 points • 23 July, 2019 07:45 PM

I would have to disagree. Women are attracted to intelligence but will go for the dumb handsome guy for short-term dating/hook ups.

mok_88 • 6 points • 23 July, 2019 07:50 PM

I are putting social intelligence in the same bag as crude intelligence...

Transport127 • 1 point • 23 July, 2019 11:02 PM

No women don't think with logic, if they are logical, they won't date/hookup dumb people in the first place

DoYouConcur29 • 1 point • 24 July, 2019 06:47 AM

Oh common, are they that stupid? You're saying they're logical enough to not hook up with someone dumb yet so illogical that they shouldn't have casual sex at all? Think if the stereotypical handsome dumb guy in your highschool. Did he date the popular girls? I think so

PM_Happy_Puppy_Pics • 2 points • 24 July, 2019 07:45 AM

Intelligence is an evolutionary dead end.

spiceb0ss • 33 points • 23 July, 2019 07:15 PM

Start rapping

DoYouConcur29 • 7 points • 23 July, 2019 07:45 PM

Lol

VasiliyZaitzev • 6 points • 23 July, 2019 11:49 PM*

So here's the thing: you are smart enough to get on the internet and ask for help.

You also have a good command of English for someone who is not a native-speaker (which I assume is the case as you say in the comments that you are from Italy and work in a job where you would have to know Italian).

It occurs that you might simply be dyslexic, not low-IQ.

At any rate, you can do things like save the first 10% that hits your hand (more if you can stand it), stay away from drugs, too much booze, etc. If there is a way for you to work up to a "fine dining" establishment, I know that, at least in the US, waiters can make \$\$\$ there.

Project_Zero_Betas • 5 points • 24 July, 2019 12:15 AM

It occurs that you might simply be dyslexic, not low-IQ.

May I propose a third alternative: It's a troll.

User-31f64a4e • 25 points • 23 July, 2019 06:38 PM

Go somewhere in the third world, where you will just be average instead of below it.

syn1us • 7 points • 23 July, 2019 07:05 PM

Hahahahaaha

User-31f64a4e • 9 points • 23 July, 2019 07:14 PM

I was being serious. Go for the big fish, small pond thing.

With an IQ of 75, foreign language acquisition in adulthood may be challenging. Pick a country where English is common, or even the official language.

Roid96 • 14 points • 23 July, 2019 09:58 PM

Maybe the UK?

VasiliyZaitzev • 9 points • 23 July, 2019 11:45 PM

^ I saw what you did there.

_Last_Man_Standing_ • 4 points • 23 July, 2019 09:32 PM

that's the best solution in the whole thread... kudos man...

User-31f64a4e • 1 point • 24 July, 2019 04:06 PM

Thanks!

Really, it's like relegation.

If your team can't play in the English Premier League, maybe English Football League One or English Football League Two is the place for you.

An IQ of 75 is pretty low, so maybe the analogy should be to the 6th level down (National League North/National League South) with the likes of Dulwich Hamlet, the Dorking Wanderers, Welling United, St. Albans City, the Kidderminster Harriers, Spennymoor Town, Farsley Celtic and Brackley Town.

There is no reason to go get crushed by Chelsea, West Ham United, Liverpool, Tottenham Hotspur, etc.

syn1us • 0 points • 23 July, 2019 07:14 PM

Definitely man, I don't disagree with your solution.

DigitalDragonSlayer • 7 points • 23 July, 2019 07:32 PM

Some people tend to shit on Jordan Peterson here... But his stuff on IQ is actually pretty useful, scientifically-based, and really helpful... Understand yourself, your temperament, your personality... Other important factors that will impact your life just as much as I like you, and make a plan from there. Don't get discouraged brother

[deleted] • 3 points • 23 July, 2019 06:39 PM

Are you good at anything?

lilgoatedboy • 3 points • 23 July, 2019 07:30 PM

Where do they professionally rank your iq?

Project_Zero_Betas • 3 points • 24 July, 2019 12:11 AM

Average IQ is 100, a 75 IQ would classify OP as (pardon my lack of PC) borderline retarded. Forest Gump had a 75 IQ, just to give some perspective.

lilgoatedboy • 2 points • 24 July, 2019 12:50 AM

Right but he said he's been "professionally diagnosed." I'd like to know my actual iq as well, how do I go about this?

Project_Zero_Betas • 3 points • 24 July, 2019 12:51 AM

Go to a PhD in psychology.

[deleted] • 1 point • 29 July, 2019 05:41 PM

There are IQ tests administered by a professional. Sometimes you get them in school as well. They are pretty costly a few hundred bucks I think.

DoYouConcur29 • 3 points • 23 July, 2019 07:43 PM

Muscle memory doesn't require high intelligence. People I knew that didn't excel in high school mostly went into

skilled trades and ended up doing fine. Most of it is learning specific physical tasks and doing it over and over until you get the hang of it.

Izakthegreat23 • 3 points • 23 July, 2019 07:55 PM

Growth mindset vs fixed mindset

Flintblood • 3 points • 23 July, 2019 07:58 PM

What are your strengths? Are you in good physical shape?

Consider a trade like welding or solar panel installation- or go law enforcement.

Have you tried taking the ASVAB? You may be able to get into the military if you score well enough on that.

Mandisi77 • 3 points • 23 July, 2019 09:20 PM

Focus on one thing and become very good at it.

jonald_fyookball 1 points 23 July, 2019 10:36 PM [recovered]

You will probably have an easier time relating to women than most.

Transport127 • 3 points • 23 July, 2019 11:20 PM

Lol

yg301 • 3 points • 24 July, 2019 04:46 AM

What are your subscores? What IQ test did you take? Is there anything that might have prevented you from performing as well as possible when tested?

If your IQ is really that low, your language skills are the only things you can work with. I would assume your verbal IQ is at least about average, which is the best you can do. If your IQ is really as low as 75, and your language skills are about average, your other skills are probably significantly lower than 75. You're intellectually *disabled*. I work with severely autistic and intellectually/developmentally disabled adults. People with IQs below 70 cannot function in society, period. People with IQs below 70 aren't usually capable of independently doing basic housework.

Don't fall into the feel-good propaganda about how IQ is meaningless. The Army doesn't allow 30% of people to join; that means that there's no job in the Army that can be done by someone with an IQ in the bottom 30%; you're in the bottom 10%. I hate to break this to you, but there is no job for you. A lot of people are gonna suggest the skilled trades, or some other menial job. They don't know what they're talking about. Someone with such a low IQ is incapable of learning the skilled trades; or of doing the basic math necessary to even work at McDonald's. You will not find a job because you cannot learn how to do them. To do a job, someone with your level of intelligence would require constant supervision and correction - you'd need someone to feel bad for you and do your job for you while also not firing you. This happens, but is incredibly unlikely.

What you need to do is make sure your IQ is actually this low. If it is, you need to accept the fact that you have a very real disability and will require assistance in your life. I'm really sorry, but this is the truth that nobody wants to accept.

OldShoe • 1 point • 31 October, 2019 04:04 PM

I believe, know am not sure, that being depressed and having a lot of anxiety can lower the IQ. What do you know about that?

como10 • 8 points • 23 July, 2019 07:20 PM

If you're functioning as a waiter, you're probably an above average communicator. I'd suggest you get your real estate license. There is some math and logic involved, but there are also a lot of successful real estate agents that suck at this side of the business. It also makes it easier to invest in real estate, which is a great way to get rich over time.

fromdario • 4 points • 23 July, 2019 08:14 PM

Sorry but I disagree. Real estate agents are a dime a dozen and to be very successful in that field requires a bit more.

como10 • 2 points • 23 July, 2019 08:43 PM

It's a competitive field, but success doesn't require a high IQ. Often times the most intelligent and knowledgeable agents are unsuccessful. I work in real estate. There is not a strong correlation between success and high IQ. OP is talking about becoming a bartender, which isn't a super lucrative aspiration. If I were him, I'd rather learn a business where you can make tens of thousand of dollars from selling a single house, and take my chances with the competition.

High level investing in real estate does requires a higher level of understanding of math and logic. He can take it one step at a time though.

agjrpsl • 1 point • 23 July, 2019 07:28 PM

I was going to mention this as well. You can try selling insurance. Just learn the material for a few months and take a state certification exam. Both of these fields you can learn more about once you get a job, and keep educating yourself.

LogicalOlive • 2 points • 23 July, 2019 05:50 PM

Find one skill that is well paying. Build around it. Bonus if you enjoy it.

beefthathasredmiddle • 2 points • 23 July, 2019 06:26 PM

Don't let what other people tell you hold you back in life. Who do you want to be? What do you want to do? As long as you are willing to work towards your goals, you will achieve them.

Jabers13 • 2 points • 23 July, 2019 07:52 PM

Everybody is really good at something/ or has a niche regardless of intelligence or learning ability.

Ironie_Gangster • 2 points • 23 July, 2019 08:13 PM

Go learn a valuable skill. Trade school is the best place for this. Also, read. Read a lot. You don't have to be smart, but what you can do is accumulate knowledge. Even a dummy can do that. Plus, most people can't tell the difference between someone who is genuinely intelligent and someone who has accumulated a lot of knowledge.

Whisper • 2 points • 24 July, 2019 04:19 AM

You won't get smarter. Smart is something you are born with.

But smart is not the same as wise.

Smart is understanding stuff easily. Wise is making good decisions.

Take your time making decisions. Surround yourself with smart and wise people. Ask lots of questions.

sehns • 2 points • 23 July, 2019 07:15 PM

I can tell by how you write that you're probably smarter than most of the people i've met here in the developing world.

Here's some anecdotes for you.. I know some really successful people that are not very smart, but they are self aware and ended up hiring people to do things they knew they sucked at. I also know some smart people who were told they were smart their whole life who amounted to nothing because they developed poor habits, no discipline and are incapable of doing any hard work.

And of course you can always do what women do - If you're attractive then you don't have to worry about being smart. The hot loveable dopey guy with a six pack will always get laid like crazy.

treesplease12 • 2 points • 23 July, 2019 08:30 PM

Work on your people skills, and go to trade school. You can become charming, and make great money on a trade. You don't need to be an academic. Play to your strengths

DBOLsinyourmouth • 4 points • 23 July, 2019 05:20 PM

What's with this fixed mindset when it comes to IQ? IQ, like anything, can be improved. Just read and maybe take some math classes in your spare time.

Non-Cookie-cutter • 3 points • 23 July, 2019 11:08 PM

Npc Tier response, just improve (faggot).

Skinnyboiwithadream • 6 points • 23 July, 2019 09:08 PM

I think you've misunderstood what IQ actually is.

fromdario • 1 point • 23 July, 2019 08:15 PM

Improved to a degree.

thatguywhatshisface • 2 points • 23 July, 2019 04:54 PM

You're selling yourself short. Start making big goals and stick to them. If you settle for shitty jobs, you get shitty jobs. Who gives a fuck about IQ? There are plenty of success stories out there. Stay positive man

Bilderbergerwcheese 1 points 23 July, 2019 10:31 PM* **[recovered]**

my iq is hella low. think it was like 40 or 45 last time i did the test, deadass.

cat_magnet • 2 points • 24 July, 2019 03:46 AM

Lol that can't have been a legitimate test. Average IQ in the states is 105 and below 69 is legally retarded. I don't think you could even use a computer or smart phone if your IQ was that low.

Bilderbergerwcheese 1 points 24 July, 2019 03:50 AM **[recovered]**

Deadass, like, 4real 4real. 45 maybe 50. But u know how it could be like, messed up n shyt becuz hella people b using those programs that make the score hella good. I no it.. But wut can u do rite.

cat_magnet • 1 point • 24 July, 2019 10:35 AM

Lol nice.

___Lana___ • 1 point • 24 July, 2019 08:26 AM

40-45 is the medium for people with the Down Syndrome (Trisomy 21). Are you sure about that?

oVerde • 1 point • 23 July, 2019 07:33 PM

Go travel, a lot.

If you do regular jobs, make it your advantage, you can do it anywhere, any country.

The world is yours and you will get higher SMV just by being not rooted and get this freedom vibe to it.

Start going states, then nearby countries, next to overseas.

jon94 • 1 point • 23 July, 2019 07:44 PM

Don't go the CNA route. Learn a trade, go to the police or fire academy, join the military, there are any number of options that will provide you with a decent living.

UriahTheChosen • 1 point • 23 July, 2019 07:51 PM

Don't let that be something that hold you back. Use the negative feelings you get when someone tells you that you cannot do something to your advantage and prove them wrong.

Terdmuffin • 1 point • 23 July, 2019 07:59 PM

Join the military.

[deleted] • 2 points • 23 July, 2019 11:43 PM

the military wont take on people with low IQ

Sitchnatio[S] • 1 point • 23 July, 2019 08:09 PM

I also have severe myopia and here in Italy I really can't do anything

Project_Zero_Betas • 2 points • 24 July, 2019 12:12 AM

severe myopia

Thanks for confirming the troll.

Sitchnatio[S] • 1 point • 24 July, 2019 12:30 AM

No lol

Project_Zero_Betas • 2 points • 24 July, 2019 12:34 AM

75 IQ is borderline retarded (it means you're literally half as intelligent as I am), for a non-native English speaker your syntax is on point, which means either the test is wrong or the OP is.

fromdario • 1 point • 23 July, 2019 08:20 PM

Take a career altitude test. There are free ones online. Depending on where you live there may also be free career counseling services. Also the person or organization that administered your IQ test may have additional advice to offer you in this regard.

Your IQ doesn't define your interests and certain aptitudes. You may be quite gifted for a certain skill - you may know where already or may need a bit of guidance to find it.

Jobs in the trades that involve specialized labor and are unionized could be a good bet.

TheRealEyesWideOpen • 1 point • 23 July, 2019 08:34 PM

Just to echo some of the other gents. You can still be a success in life; especially if you are good with your hands.

I know people with an IQ over 130+ and are abject failures at life.

- 1.) Find a trade or job that pays well; that you can work with your hands.
- 2.) Hire professionals for things you are not sure about. For example, if you start your own business, hire a lawyer, a book keeper and accountant. Listen to their advice.
- 3.) Protect what you've made by not marrying, cohabitating or having children.
- 4.) Never be afraid to ask for help. Pay for a professional consultation when you venture into Unknown territory.

Two_kids_in_a_coat • 1 point • 23 July, 2019 08:49 PM

Sheet metal union.

MOSFETBJT • 1 point • 23 July, 2019 09:02 PM

Iq doesn't measure emotional intelligence. Op, how good are you at reading people?

travlingsomewhere • 1 point • 23 July, 2019 09:06 PM

Work hard. The most important thing is develop a solid work ethic.

I have a high IQ. I don't say that to brag at all but to prove my point that it made me EXTREMELY LAZY. In school I could just listen in class & do no homework and pass with flying colors but that shit doesn't fly in the real world. Once I got out of high school and hit the real world I was fucked. I never developed a solid work ethic and I'm still struggling with it now 4 years later.

My advice would be to develop a skill. Master it and work for yourself. Facebook ads, google ads, copy writing, trading s&p 500 or forex, designing game apps, marketing. Come up with a plan.

Imo IQ doesn't mean much. There's people with low IQs who are supper successful and people with high IQs that don't accomplish shit. Mindset is more important than IQ. Develop a rock solid mindset bro and find your passion. Pursue entrepreneurship. Your IQ doesn't define you.

Red_Pill_Brotherhood • 1 point • 23 July, 2019 09:14 PM

Get into a trade and then own your own blue collar business.

Blckclaw • 1 point • 23 July, 2019 09:14 PM

Damn, measuring my IQ is my biggest fear

ank_the_elder • 1 point • 23 July, 2019 09:22 PM

Become a social justice warrior and run for office with AOC

rad_dynamic • 1 point • 23 July, 2019 09:27 PM

Tradesmans. You learn how to do one thing and get exceptionally good at it. Painting. Tiling. Plastering. Electrician. Brick layer. Plumbing. Furniture mover. The only problem with these jobs is that they are incredibly physical.

It's hard to do a full day of hard physical work, then come home and eat healthy and head to the gym. You will have to put in extra effort to stay healthy that's all.

AceMav21 • 1 point • 23 July, 2019 09:29 PM

Try Semax it's a neurogenic drug. Buy it online.

mymindislikeaseive • 1 point • 23 July, 2019 09:48 PM

Dude, I have a measured IQ that's supposed to be "impressive". Quite frankly, I'm a loser who hides it well. I have spent my life realizing I wasted my potential. Frankly, I pine for ignorance these days.

Don't let some stupid number decide your life.

My first wife would have failed an IQ test by mis-spelling "IQ", but I tip my hat to the rampant smarts and skills she had in sooo many areas that mattered. People, motor skills, salt of the Earth approach to so much. I learned a lot from her. I respect her more than sooo many "smart people" I know.

Your IQ can improve a lot as you age too. You could be a solid 100 in 10 years.

But you'll never know, because it's a stupid number, and a stupid measurement. It's like saying "'The Standard' is the length from the finger tips to the nose." ...everyone's different if you use that, so it's a stupid measurement.

Same goes.

Move on.

Be happy!

Find peace.

JarHeadJoseph • 1 point • 23 July, 2019 09:52 PM

All I'm gonna say is there are probably millions of dumb humans that still make six figures.

kick6 • 1 point • 23 July, 2019 09:54 PM

Trade school.

Welding

Plumbing

Run construction equipment.

Appliance repair

Odds are a desk job isn't in your future, but the above all pay damn good money if you buckle down and learn your trade

Broseph-The-Great • 1 point • 23 July, 2019 09:55 PM*

Hi,

Not sure if this will be helpful, but I'm currently listening to the audiobook "Can't Hurt Me" by David Goggins. I would really recommend you check it out.

He has a below average IQ (evidenced by his ASVAB scores). His answer was to work harder than anyone else - just go full beast mode. The audiobook has extra information in it compared to the book.

Good on you for having the humility to ask for help. It's a great quality and a good sign. Best of luck.

dtyler86 • 1 point • 23 July, 2019 09:59 PM

Read. Seriously, this topic is covered in How To Win Friends and Influence People, also similarly covered in The Will Power Instinct as well as Think and Grow Rich. Learn from masters who spent lifetimes compiling experience and logic into one book you can devour in a week.

Lonewolfali • 1 point • 23 July, 2019 10:03 PM

Learning can be improved with the right learning tools. Feymans technique can help you learn things.

mkmike000 • 1 point • 23 July, 2019 10:17 PM

download apps like elevate.. read some scientific docs like the app research has. read books. buy a subscription from blinkist and listen to their audiobooks. watch education yt videos about a logicql/ rational topic like programming or designing or anything else.

Legendary • 1 point • 23 July, 2019 10:27 PM

Stop being a bitch; start lifting.

Find something your good at. If you suck at everything which is essentially impossible then start combat sports for competition or becoming a competitive bodybuilder. The first one you need some skill, the second you need some luck with genes and decent willpower.

Sitchnatio[S] • 1 point • 14 August, 2019 04:13 PM

i lift since 2009, I don't really get what you're saying. You can't advice ' start to lift ', my problem are related to my IQ, not about my muscle mass which is def good.

Legendary 1 points 14 August, 2019 05:04 PM [recovered]

Cool. You can make a career out of lifting and don't really need any intelligence.

Sitchnatio[S] • 0 points • 14 August, 2019 08:41 PM

You need a good network, good genetics and money for roids.

porn-chicken • 1 point • 23 July, 2019 10:34 PM

Muhammad Ali had an IQ of 78. He was a technical marvel in boxing. He had a way with words that was so powerful, that he successfully negotiated the release of hostages in Iraq.

IQ is a measure of intelligence, not potential.

RedPillAlphaBigCock • 1 point • 23 July, 2019 10:34 PM

on't let that number mess with you - make good decisions an you will come out better than people with higher IQ - IQ dose not mean that much

urbanfoh • 1 point • 23 July, 2019 11:09 PM

IQ tests are very inaccurate. Do another test again and you'll probably score higher.

I would have advised you not to do an IQ test as you will probably identify with the result.

That being said. A lot of IQ in the world is wasted on meaningless topics (e.g. acedemia without practical application which is almost all of academia). You can probably outperform many "smart" people by focusing on a practical trade.

endertheend 1 points 23 July, 2019 11:40 PM* [recovered]

Are you really 75 IQ? You wouldn't be able to get on the internet, much less post on reddit with 75 IQ. Maybe

there are some other issues? Sleep issues would be my first bet, maybe go to a sleep clinic, If you're overweight you could have sleep apnea, which ruins the quality of your sleep and makes it as if you have the mental capacity of a drunk person all day.

I don't think you have a low an IQ as the tests say, it seems like there's something else going on.

Sitchnatio[S] • 1 point • 23 July, 2019 11:52 PM

My sleep is fine, I've always had big problems with logic and memory. I don't have skilla in my job

rambler429 • 1 point • 24 July, 2019 12:18 AM

There are many forms of intelligence. I have met quite a few millionaires in my life who never finished high school, some didn't make it past elementary school.

Drive is what makes the difference.

Some of the most 'book intelligent' people I've known have been absolute idiots outside of a very narrow field.

Don't let it define who you are. You have something to contribute to the world, find it.

zaddar1 • 1 point • 24 July, 2019 12:46 AM

IQ tests measure the type of intelligence that does well in IQ tests

if you meet people who are in mensa they always seem a bit insane

the notion that intelligence is uni-dimensional from top to bottom to bottom to top is asinine

Prodigy999 • 1 point • 24 July, 2019 01:58 AM

I'm an RN and I highly discourage you from becoming a CNA they get overworked and treated badly. If you want to do something medical wise I suggest looking into becoming a respiratory therapist or an EMT. Both are pretty cool jobs and dont require a ton of school just hard work.

Thor-Loki-1 • 1 point • 24 July, 2019 02:16 AM

Maybe tie your shoes and enjoy the boob tube.

IQ of 75? Really? Your post doesn't show that. My brother is functionally retarded. I've grown up around folks with very low IQ, like you say you have. You're not that. Not at all.

This is fake and gay.

Neyjuve • 1 point • 24 July, 2019 02:35 AM

I have learned through the years the skill we have to master is how to socialize. Plenty of idiots got so much stuff just by knowing how to relate. Focus on that and the rest will come.

jchrist98 • 1 point • 24 July, 2019 03:04 AM

Lifting is the only answer.

FereallyRed • 1 point • 24 July, 2019 03:42 AM

Charlie is a man with an IQ of 68 who works a menial job as a janitor and delivery person at Donnegan's Plastic Box Company. He is selected to undergo an experimental surgical technique to increase his intelligence. The technique had already been successfully tested on Algernon, a laboratory mouse. The surgery on Charlie is also a success, and his IQ more than doubles.

He realizes his co-workers at the factory, who he thought were his friends, only liked having him around so they could tease him. His new intelligence scares his co-workers, and they start a petition to have him fired, but when Charlie learns about the petition, he quits. As Charlie's intelligence peaks, Algernon's suddenly declines—he loses his increased intelligence and mental age, and dies afterward, buried in the back yard of Charlie's home. Charlie realizes his intelligence increase is also temporary. He starts to experiment to find the cause of the flaw in the experiment, which he calls the "Algernon–Gordon Effect". When he finishes his experiments, his intelligence regresses to its original state. Charlie is aware of, and pained by, what is happening to him as he loses his knowledge and his ability to read and write. He tries to earn back his old job as a janitor, and tries to revert to normal, but he cannot stand the pity from his co-workers, landlady, and Ms. Kinnian. Charlie states he plans to "go away" from New York and move to an insane asylum called Warren. His last wish is for someone to put flowers on Algernon's grave.

Write autobiography. Profit.

VigilantSmartbomb • 1 point • 24 July, 2019 03:53 AM

I don't think you can be "diagnosed" seeing as how IQ tests are very subjectional.

The easiest way to increase your IQ is by reading, writing, studying, talking about, and DOing, philosophy.

I would say most people have problems with memory and our society is gearing towards one where memory is not going to be the common standard anymore.

As for math, 2 years ago I learned everything from kindergarten through the end of high school and through calculus 1. Took me about 6 months to a year of extremely sporadic studying. It can be done!

Logic would be remedied by the philosophy, where you could take courses if you feel to.

I would advise you one thing trade jobs sometimes fail to mention is the lack of work during certain periods, and the extra hours off the clock that go into it.

With that being said, I think you should go to your local library or preferably a community college and ask to talk to a career specialist.

Begin to grow a relationship with this person and let them guide you! It's what they're there for and what they love doing!

Also talk to a success coach afterwards! They'll be able to help motivate you to go with the plans and goals you set with the career specialist, except success coaches get grant money that they're allowed to specifically use on students they're helping.

Totally worth checking out community college and then a four year degree afterwards!

You can still always go into a trade job, but the degree adds a ton of flexibility in getting other jobs if you ever get tired or want a break from the trade.

Overall what do you want to do?

It sounds like your main concern is having enough money to live comfortably.

This is going to be the same issue down the road unless we prepare now! Seriously.

Go to the personal finance subreddit and find the flowchart.

Pay off all your debt, budget and see how much money you need for necessities, invest in a 401k up to company match, then roth ira, then max the rest of your 401k.

Seeing your money grow in a retirement account can be extremely psychologically soothing.

When you can, try to set up some passive revenue streams like buying into a storage facility, or using an app like Fundrise to invest in real estate.

The goal would be to get these passive income streams up enough to provide for your basic necessities. - but you need to concretely know what those are.

Sitting down with a local librarian can be extremely helpful in this area! and they love connecting with people in their community so never feel wrong for asking them!

After you budget, set money aside for retirement, and grow a passive income stream, then focus on what you want to do for a career!

It seems like you're judging your career options a little bit based on money, but what would you do if money wasn't an option?

Passion takes us a long way!

Becoming self aware is the first step! You're already farther than so many people. Congratulate yourself - you've made it through the hardest part.

Edit: Also check out the programs lists of nearby colleges! This can give u an idea of specific sectors you may want your career in, or potentially can give you an idea for a specific major.

sappho-taste • 1 point • 24 July, 2019 04:08 AM

Richard branson never went to college. look at his life now.

FleshPanda • 1 point • 24 July, 2019 04:53 AM

Read to grow your intellectual abilities. Learn a trade.

ultrablue • 1 point • 24 July, 2019 05:10 AM

Props for your tenacity and humility and wisdom to ask. It's kinda inspirational to see your post, and encouraged me to stop whining like a little bitch.

I've got co-workers who aren't resourceful and can't use the internet for shit. Yet they won't admit it nor recognize they have areas they need to improve on. Some days I'm like that too.

MeansToABenz • 1 point • 24 July, 2019 05:26 AM

Try implementing a sleep schedule. That means go to bed and wake up at the same time everyday, NO MATTER WHAT. Get at least 7.5+ hours of sleep as well. If this does not improve your life drastically in one month of following this advice pm me and we will talk.

NobodyP1 • 1 point • 24 July, 2019 05:51 AM

You have to find something you enjoy and master it. I honestly feel bad for you. You don't have room to make career switch's you have to find something and work 3x as hard. Good luck

Schhwing • 1 point • 24 July, 2019 05:54 AM

Become president. That's what George Bush Jnr did

chazthundergut • 1 point • 24 July, 2019 06:32 AM

Look into plumbing or welding. I've got a buddy who's as smart as a pile of bricks. He worked hard to learn how to weld, and now he makes very good money.

Also chicks dont care about that. Get big and strong. Women are much more attracted to masculinity than intelligence

RP_78 • 1 point • 24 July, 2019 06:59 AM

You said you're from Italy, I guess you should join your local chapter of M5S: you would have the highest IQ in the room!

Jokes apart: you're writing in a foreign language quite well, and your thoughts are very articulated, hence I don't think you have low IQ, maybe you have some concentration difficulties, ADHD, etc...

In any case: don't let this number define yourself. Just find something you're good at, and master it. If waiting tables I not for you try to change job at first opportunity.

swolingstoned • 1 point • 24 July, 2019 07:00 AM

You can do sports. Something like weightlifting or bodybuilding on the side. Capitalize on that cliché "retard strength". You can enjoy that without feeling insecure about your intelligence... If money, is your issue then I'd just say start saving early and exploring things you can invest in.

batfish55 • 1 point • 24 July, 2019 07:57 AM

Learn a trade. Carpentry, plumbing, construction, electrician, etc. Something physical. A lot of times the work is physically hard, but if you stick to it, you can make some good scratch. And you don't have to be a rocket scientist to do it and you don't rack up student loans.

laserdicks • 1 point • 24 July, 2019 08:22 AM

Hey buddy, is someone writing this out for you? Because it seems like you have an at-least standard (IQ 100) grasp of language.

I highly recommend getting tests done for ADHD and dyslexia. These commonly interfere with IQ test results.

If you truly are low in IQ all that means is your brain is slower to adjust to new stimuli. Therefore you will excel at repetitive tasks, predictable tasks, and skill-based activities. At these you're less likely to be bored and will likely get a greater sense of satisfaction from your daily work. The world is your oyster.

Practical examples include some trades (very specific as to which ones though), and I highly recommend government office work. Compliance is a field you'd excel in due to its defined nature (applying the same rules to new scenarios over and over).

And don't ever let the diagnosis get you down. I'm friends with a bunch of mensans (IQ 130+) and very few (if any) are breakaway successful.

hatefulreason • 1 point • 24 July, 2019 08:38 AM

i see a lot of idiots driving bmw's in my town. and they really are idiots. you're average. by questioning your intelligence you've made the first step towards getting smarter. keep going

geo_gan • 1 point • 24 July, 2019 09:55 AM

Ever think about getting into politics? ☐

maljo24 • 1 point • 24 July, 2019 12:12 PM

Work hard. Like all the rest of us be the best man you can be.

ppanthero • 1 point • 24 July, 2019 08:11 PM

Well, sucks but nothing lost. But you have to deal with the fact that some things will just come harder for you.

Anyway, learn a trade. In my experience the correlation between "hand-working-skills" and overall intelligence is not too pronounced. And if you are a hard working guy there is a lot of money to be earned in those fields.

Dane50 • 1 point • 25 July, 2019 01:05 AM

Your reasonably well written, insightful post makes me think your IQ is at least average at 100. Don't internalize this crap of a low IQ.

red2hilt • 1 point • 25 July, 2019 04:34 AM

Why is your spelling so good? (Except for a couple of phone typos). Hard to believe you're really only 75 IQ. You don't "sound" mentally retarded based on your writing style...

IamBadWithNicknames • 1 point • 29 July, 2019 12:27 PM

There are a lot of good advices here already. I just want to add that you worrying about this and dealing with it is already something that puts you ahead of many other people.

There is also a little anecdote from my family which I'd like to share with you. I have two cousins. The older one has a more or less normal intellectual capacity while the younger one has a severe mental disability. My older cousin dropped out from university after 2 semesters, never learned a trade and is now almost 40 and unemployed. He pretty much fucked up. My younger cousin, despite being mentally disabled was working in several institutions and now works on a farm. He loves animals and is very happy with his life. I think he handles his life much better than his brother. So, a low IQ does not necessarily doom you to fail in life. I don't mean to tell you IQ doesn't matter. It does matter and is an important factor. Trying to convince you otherwise to comfort you would be just lying. However, if you know your weaknesses, you can deal with them and set your life up accordingly.

salieri145 • 1 point • 30 July, 2019 03:14 PM

Man, the US army found that if you have an IQ of 83 then then it's a net-loss for them to employ you. Not too sure honestly, painter?

Chadster113 • 1 point • 23 July, 2019 05:04 PM

You can start off first by stop comparing yourself to other people. Comparing yourself to others is a sure way to feel unfulfilled in life.

treehauz • 1 point • 23 July, 2019 05:16 PM

Don't let those IQ tests or unsuccessful attempts define yourself. You are special and you are one and only. It's your responsibility to find what you are good at. Listen to your heart! Be open to new ideas and experiences. You are on the right path friend!

TheGrandTrinket • 1 point • 23 July, 2019 11:57 PM

Make sure your IQ is accurate. I've scored 80 on some tests and 135 on others.

Project_Zero_Betas • 2 points • 24 July, 2019 12:15 AM

Okay Elaine

hatethiscity • 0 points • 23 July, 2019 08:12 PM

There's no way this isn't a shit post... and for fucks sake, when is going to the gym 4-5x/ week not advice in this sub?

matejix • -4 points • 23 July, 2019 06:20 PM

become a drug dealer

dadfrombrad • 0 points • 24 July, 2019 02:22 AM

Maybe you have a high EQ? According to the cognitive tradeoff hypothesis that brain power has to be going to something else.

RoccoPinkman • -1 points • 23 July, 2019 09:22 PM

Work at McDonald's?