

Think I might be legit depressed. Not sure what to do. I tried meds in the past but they fucking ruined my libido and appetite. Scared about the future.

September 14, 2019 | 82 upvotes | by [bflbro18](#)

I have a full time job and am saving heaps every paycheck. I have decent looks and an impressive physique. No debt, don't smoke or drink, can talk to whoever and put on the social mask when needed. But holy fuck I am lonely man, I just feel so out of the whole race with relationships (both intimate and friendship) and it is ruining my head.

I have 3 days off every week and I just sit on my laptop and drink coffee, cook meals for myself and watch YouTube. I also hit the gym and go out on my own sometimes just to grab food and get out.

But it's not doing anything for me anymore. I don't know what I want or how to find out. So fucking tired and sort of becoming scared as time goes on.

Am 26 btw.

Archived from [theredarchive.com](https://www.theredarchive.com)

Comments

Pooddit • 76 points • 14 September, 2019 02:43 AM

I disagree with everyone here.

Join a positive social group.

BurnieSlander • 45 points • 14 September, 2019 03:03 AM

This. Men need a tribe. Finding one can be challenging, but it's one of the most important things you can do for yourself.

throwaway69404 • -1 points • 14 September, 2019 09:20 AM

I would give you an award, but I got no money.

Hotspot3 • 10 points • 14 September, 2019 06:53 AM*

I would recommend getting some therapy. This lack of motivation and disinterest in life, and depression doesn't just pop up out of nowhere, this is something that was inflicted on OP as a kid and has grown and morphed with him as has become an adult. Find a good therapist to figure that shit out, it will be the best investment into your future you will ever spend. (I'm currently doing Internal Family Systems Therapy, and it completely changed my life around from sitting home alone watching endless Netflix TV shows, to constantly wanting to be out and about, working on improving myself, taking online classes, and just being incredibly excited about life and my future prospects. It was fucking phenomenal to not have to force myself to do those things but just waking up in the morning and just being excited to be alive and to learn more about the world around me and the people in it. I've still got a ways to go, but the results have been better than any BS about motivation I've read anywhere.)

Edit: after reading a bunch of the other responses, I would highly recommend NOT trying to run from your depression by doing different activities or going to a different state or just unfeeling it and trying to keep going through your life. You're depressed for a fucking reason. There's something in your life causing that depression and it's only going to get worse if you run away from it or try to push it down, Your subconscious is telling you something is wrong and that you need to deal with it.

Edit4: Great reasons to get into therapy and how to find a good therapist:

https://youtu.be/nIXyR_C8dFs

Edit2: Here's a great resource to start looking at your life, and the people around you from a philosophical perspective and working on self knowledge. Stefan Molyneux' call in show helped me a great deal with this.

<https://youtu.be/UpjvB72LjWU>

Edit3: I was listening to a call in show that Stefan posted today of a MGTOW/TRP guy call in and talk a bit about his life and what promoted him to go the redPill route, and it was a gorgeous fucking outside perspective on the TRP lifestyle and gave me some hope for the future.

<https://youtu.be/iT73RGTaNMM>

EmotionalChicken • 1 point • 15 September, 2019 12:51 AM

stefan is beta as fuck lool "you must wait 3 months before a sex ina relationship" don't share that clown here please "muh western genetics" smh

Hotspot3 • 1 point • 15 September, 2019 01:36 AM*

Not an argument.

Edit: Is that all you have to offer? This guy's life is at a fucking stand still and he doesn't know what to do with it and I give him a bunch of material to help push him towards figuring out what is causing his depressions and all you've got to offer is "lmao Stefan is beta"? The guy with the biggest philosophy show in the history of the world, that constantly fights against the left's insane mainstream narrative, has constant hit pieces put out about him, has his face plastered in the front page of the New York Times, and yet he keeps fucking fighting to bring some sanity back into the world. If he is a beta fuck, then I can't even comprehend where you must land in that scale.

EmotionalChicken • 0 points • 22 September, 2019 08:19 PM

lol i ain't reading that shit tell that to ur therapist

zbo01h • 2 points • 14 September, 2019 03:00 PM

I would piggyback off of this and say perhaps you should investigate Christianity.

And/or seek out a male therapist.

AnxiousProof • 62 points • 14 September, 2019 12:21 AM*

I forget where I heard this but it's not my quote, I think it rings true for you.

"Depression isn't being sad when everything is going wrong. Depression is being sad when everything is going right."

Maybe you can find some validity in that statement, I know I did some many years ago, took action, and got better.

Best of luck to you.

P.S. The diagnosis of a medical professional will and *should* override the opinion of a stranger on the internet.

[deleted] • 9 points • 14 September, 2019 04:55 AM

I think what he's asking is for you to elaborate on how you took action. Otherwise this is just an empathy post.

RamessesVII • 5 points • 14 September, 2019 05:03 AM

"Depression is being sad when everything is going right." But everything isn't going right, he's putting in such maximum effort in his life, but not reaping the reward of it, because he either hasn't really sat down and asked himself what he wants or he doesn't know the answer.

My advice to OP is to try to get some friends with similar interests that you like. What are you watching on YouTube? Try to meet people who are into whatever that is. You're missing having emotional connections with other people. Maybe spin some plates, you've got all the resources and you're putting in work at the gym. You need to extend yourself more and share those three days you have off with friends/plates and I think you'll be a lot happier.

Alt_Mayday • 4 points • 14 September, 2019 10:45 AM

This is the best thing I've ever heard about depression (by Jordan Peterson):

depression caused by external chaos: if you lost your job, your wife, your house, your health, of course you

will become depressed. If your life really sucks, meds won't do shit. You have to get your life in order, then the depression will probably go away too.

depression caused by internal chaos: if your life is fine (career, family, health etc) but you're still depressed, the root is likely physical (hormones etc out of balance). In these cases, meds can help a lot.

He also said that a huge amount of depressive patients have a bad sleeping schedule and they don't eat breakfast regularly. Fixing this by getting into regular and consistent habits can do wonders. Sounds stupid, but it makes sense if you really think about it.

NoFapColdShower • 19 points • 14 September, 2019 02:46 AM

Loneliness is the number one cause of depression. Some people will say you need a girlfriend but that's bullshit. A girlfriend will alleviate it but you don't wanna be dependent on one person. You gotta start finding hobbies like other people said on here. Find hobbies that other ppl do, and make friends. Go onto facebook groups and for things you're interested in in your city. Once you get a little friend circle going, then you can worry about relationships with females.

Side note: there are a lot of people who may say that you just need to grind on your own. Humans are social creatures. Our brains are wired to reject lifestyles where we are lonely. Focus on others and find good friends who you love in a platonic sense. Humans were not meant to be hermits. That way lies insanity.

Just my two cents.

throwawaybpdnpd • 3 points • 14 September, 2019 01:18 PM

I was literally in a depression for 2 years until I found out MMA, as soon as I made social connections and developed a hobby it went away

You are so right

antichrist_redpill • 1 point • 14 September, 2019 10:25 AM

My biggest mistake. Spending too much time with gf because I was too lazy to try out new things and ask friends to hang out. Now after she broke up I don't miss her or her personality but her presence when I was traveling or doing something in the weekend.

amphix339 • 25 points • 14 September, 2019 12:37 AM

If you can trust me and follow these steps to a tee, I guarantee you you will feel like you've hit the reset button

1. Fly to a new city, preferably one famous for its naturalistic landscapes and beauty
2. Book a night at a student lodge
3. Rent a bicycle
4. Go for a ride from sunrise to sunset, listen to music/audio book/podcasts interchangeably throughout the day. Stop only for lunch and drink breaks to admire nature
5. Feel every pore of your masculine energy being connected with a higher power at the end of the day. You'll feel like you have a purpose in the world because you just used all your physical, mental and emotional capabilities to its fullest capacity which grants you an open channel of energy to/from the world.

6. Go to bed, sleep like a baby and wake up the next day a different yet better man.

I hope you will find time to do this, I've done this multiple times and life has been better every single time.

YesVeryKewl • 11 points • 14 September, 2019 12:49 AM

You gotta be in top athletic shape to bike from sunrise to sunset.

amphix339 • 1 point • 14 September, 2019 12:52 AM

Don't need to be in Tour de'France mode but serious fitness enthusiast, yes

classicrando • 3 points • 14 September, 2019 10:02 AM

This is similar to behavioral activation which is a treatment method for depression with "Promising Research Evidence"

<https://www.div12.org/psychological-treatments/treatments/behavioral-activation-for-depression/>

http://personal.kent.edu/~dfresco/CBT_Readings/BM_Lejuez_BATD_Manual.pdf

<https://deserthopetreatment.com/co-occurring-disorders/depression/behavioral-activation/>

<https://www.cebc4cw.org/program/behavioral-activation-treatment-for-depression/>

masterpiece00 • 1 point • 14 September, 2019 07:42 AM

Feel every pore of your masculine energy being connected with a higher power at the end of the day.

WTF.

WildCock30 • 5 points • 14 September, 2019 01:06 AM

Check out the Stage of Time by Mathew LaCroix. Pretty eye-opening stuff regarding reality and perception. I'm similar in a way. The red pill never stopped with just sexual relationships

Hedser91 • 4 points • 14 September, 2019 08:36 AM

Your life is pointless if you dont have any goals. You should join groups that deep inside interest you. If you like politics, join a party and play a part in that for instance. You'll meet likeminded people in groups with similar interests which is very different than "normal" people you have nothing in common with. Or join groups that you thought about just once and join them just to see if it is something for you or not, like acting classes or whatever. Try to define your goals in life, you must have them, and act accordingly. Dont forget to be optimistic and stoic. My 2 cents.

realestillusion • 4 points • 14 September, 2019 04:26 AM

Spend some time outdoors.

Try to connect with people that have common interests. Like whatever you're watching on YouTube, see if there's any related meetups.

A psychologist might be helpful but that can very much depends on the psychologist. They're not all the same so don't give up after seeing just one.

bluepillcarl • 7 points • 14 September, 2019 03:39 AM

Ever seen the movie Castaway? If not, go watch it. You are like Tom Hanks thriving on an island by yourself. You have plenty of coconuts but no one to share your nuts with. Also it is really boring on that island having out with your imaginary friend.

Go do something random that you wouldn't ordinarily do. Go to a paint workshop where you get to drink some wine with people. Go to a shooting range. Go bowling. Go look up a 5k race in your area. Go to the driving range. Go to a bar and shoot some darts or play pool. Find a dance studio and pick up some lessons. Go to a music festival. Go on a 3 day road trip somewhere. Go skydiving.

Just go do something else rather than be alone at your house on your laptop in complete silence.

[deleted] • 8 points • 14 September, 2019 04:12 AM

This discomfort is good. It's a motivator for you to change. You're in the early stages of that.

Embrace discomfort and adjust accordingly. Avoid addictions which will suck you in.

Vouch33r • 0 points • 14 September, 2019 07:57 AM

Not exactly if he is depressed. If he indeed is, then he will bathe in that discomfort, unable to make a move. What you describe is a reaction of a healthy man

RedPillAlphaBigCock • 2 points • 14 September, 2019 12:16 PM

Humans are social creatures with social NEEDS. I don't want it to be true but it is. We NEED friends - Its simple though: Go to where people meet A LOT. Join MMA / salsa / your passion or what I really recommend: / r ultimate Frisbee - I have never met such a positive, cool, outgoing group of people. please google ultimate Frisbee in your area and give it a shot if you can - it changed my life - the most important thing is to show up and stay late and BE YOURSELF and in a few months you will have friends and life will be bright again

ArbitraryArlom • 3 points • 14 September, 2019 12:14 AM

Meaningful hobbies.

MCA_T • 2 points • 14 September, 2019 09:34 AM

not necessarily true, I'm a music producer, graphic designer, ex free runner and workout and still feel same as this guy, feel alone around people, when i go out i just wish i was at home

Haytch1234 • 3 points • 14 September, 2019 01:36 AM

Move back home. Spend time with your family. I think people underestimate this. Cut the coffee and youtube out. Saving is good but what are you saving for?

Im 27 for reference. I think 26-30 is a tough stage in general like a quarter life crisis and Im going through something similiar. Are you happy with your job? Do you go out much? Do you have much down time? Do you spend alot of time alone?

dodoga93 • 2 points • 14 September, 2019 08:44 AM

Look at your diet bro, they are recently discovering that food can severely affect your brain chemistry. There is a great podcast of Paul Saladino and Berry MD on food and depression, start from that.

FereallyRed • 3 points • 14 September, 2019 12:22 AM

I want to to go create relationships with people but I don't.

What should I do?

pointster_VSK • 3 points • 14 September, 2019 04:51 AM

Dead ass. All these young dudes watch so much damn porn that they expect reality to be as easy as they see it on pornhub

MCA_T • 0 points • 14 September, 2019 09:43 AM

its easy to talk that shit but anyone with serious depression/anxiety/mental health problems cannot just go out and talk to people, there is a difference between a chemical imbalance in the brain and been a bitch

FereallyRed • 1 point • 14 September, 2019 09:48 AM

Nope, there's not.

Chicken or the egg, sure.

But if you're isolating yourself and you don't want to, the answer is clear.

Stop isolating yourself.

Now the depression which may be the root cause, or may be a symptom of isolating yourself is a separate issue.

But he didn't ask TRP about depression.

MCA_T • 3 points • 14 September, 2019 10:10 AM

dude, what the fuck are you talking about chicken or the egg, not all depression comes from spending too much time at home, as the guy said he works full time, works out and is doing okay in life. I understand modern people just use anxiety/depression as an excuse to not take responsibility and face their fears but for anyone who suffers from real anxiety/clinical depression/PTSD etc its not as simple as just going outside, or going to a group that shits deep rooted in your brain and psyche and you carry it with you wherever you go.

[deleted] • 1 point • 14 September, 2019 11:16 AM

There is a group of depressive/anxious people and all they say is whine about how they can't get out of depression because something is "deeply rooted". Stop making excuses is all u gotta do is change the mindset and just believe it.

classicrando • 1 point • 14 September, 2019 10:08 AM

If you use Chrome, try:

<https://habitlab.stanford.edu/>

classicrando • 1 point • 14 September, 2019 10:23 AM

This sub doesn't allow links, but I posted some links to research and analysis of some things that might be helpful on my profile.

[deleted] • 1 point • 14 September, 2019 11:26 AM

You tried vitamin d?

jm51 • 1 point • 14 September, 2019 12:21 PM

Many vitamin and mineral deficiencies can be solved by eating liver on the regular. I can't stand the taste either but it's the cheapest 'feel good'* food out there. 2.5oz a week is adequate for an adult male. fwir, eating too much of it (why???) can cause insomnia. Too much iron or summat? idk.

*Feeling good for the hours between the eating of liver. :)

You can get desiccated liver pills if you prefer to spend a few \$ rather than taste the stuff.

You might not have a deficiency problem but it's only going to take a couple of weeks to find out.

BurnoTaurus • 1 point • 14 September, 2019 12:39 PM

"I dont know what I want or how to find out"

Reading is the best place to start. Good solid non-fiction. Why not pick up some of the works of minds who also spent their lives wrestling with the question of the meaning of human existance? Nietzsche for example.

I will tell you this however; reading your post, you have constructed the illusion of a life. Everything you describe, we can make a bullet point list even, it is all hollow.

Full time job, make money no debt dont smoke dont drink can socialize Just sit on laptop, youtube coffee gym

Imagine all of these things are like beams of light. Right now they are separate, the light is diffused. As such you are only casting a dim glow, it is not enough by which to see or read. When all of your lifes efforts are united and focused in one goal, the light beams can have power together like when burning ants with a magnifying glass, or they can be a brighter, more focused beam. its choose your own metaphor today.

What are you working for? Why are you making yourself stronger? What is your money going towards?

sebastianconcept • 1 point • 14 September, 2019 01:06 PM

You need good friends. Some social circle.

It was always very easy for me to get to have good friends, even in different cities. What's stopping you to find some?

ThatNights • 1 point • 14 September, 2019 01:16 PM

Quit porn and join some kind of social group or club where you meet new people, Just do something you have never done.

BrodinsOats • 1 point • 14 September, 2019 05:04 PM

Find a social hobby bro. Martial arts, co-ed sports, become a regular at a yoga or some type of fitness class, take some cooking classes, hiking groups, cycling, swimming, running, dancing.

Lambdal7 • 1 point • 14 September, 2019 06:10 PM

Approach 100 hot women per week. If you have at least some game, you'll get 20 numbers, 10 dates and 3 times sex.

You have time for that. :)

superbat33 • 1 point • 14 September, 2019 09:29 PM

Start no fap

Get in therapy and ask yourself the hard questions.

don't worry if you don't know what life you're "meant to live"

what life do you want to live? Great. Create it.

priapula • 1 point • 14 September, 2019 11:25 PM

Ur depressed because you have no purpose in living. Spend your sadness and that energy on finding that purpose

GAndGMethod • 1 point • 15 September, 2019 05:54 AM

wellbutrin and gear.

thank me later.

onionknightofknee • 1 point • 18 September, 2019 11:42 PM

bro, you have socialization needs that aren't being met

join local softball group take dancing class lessons take community college hiking class find something fun you are passionate about that doesn't involve sitting on the laptop try mountain biking

even videogames are way more social than what you describe, play a team based game like league of legends and aggressively add friends and try to get on voice chat / discord

nobody_thinks • 1 point • 14 September, 2019 12:45 AM

tic toc

classicrando • 1 point • 14 September, 2019 10:16 AM

If you mean TikTok, that is interesting because it has been the only bright spot in my life in a long time. Fun idiocy, I laugh and love it.

RiffRaffAmerican • 1 point • 14 September, 2019 01:51 AM*

Therapy asap, if it's an option. Talk to a professional to help you figure this out.

Not sure the bro science you're going to get from most people here is going to cut it.

Might be best to have someone guide you through this process as you sort out your internal monologue.

zyeetrA • 1 point • 14 September, 2019 04:01 AM

Get outside, go for a hike. If your area isn't good, drive or fly there.

[deleted] • 1 point • 14 September, 2019 05:46 AM*

On anti-depressants and libido (with advice for OP):

I was put on SSRIs (anti-depressants using sertraline) when I was 25. I took them for about 2 years before I realised they were bullshit. During that time I couldn't cum. Not bad. After I came off them, I suffered premature ejaculation. I'm talking 3 pumps into a woman and done, just awful.

I did some research and found this isn't uncommon. I found a disorder called PSSD (post SSRI sexual dysfunction). Turns out lots of guys are ruined by anti-depressants after they come off them. Some guys can't get hard, some cum super easily. It either makes you super sensitive or dead below the waist. Now, it is a minority of men who get this, but it's a possibility, and some guys NEVER recover. There are forums for support groups and reading some guys' stories can make you fucking depressed and horrified that young men are given these pills without being warned of this potential side effect. Luckily mine only lasted about a year (but let me tell you, it was an awful year) before I went back to normal. Well, close to normal. I was never the same as I was before I took the pills. I considered going back on them to fix it but fuck that, don't let it bite you twice.

While I'm OK now, my erections are never as hard as they were before I took the meds. My sex drive is also a lot lower: I can have sex once a day at most, anything more just doesn't turn me on at all. I've been off them 3 years now and I'll never recover, I think. At least that's what I thought until I tried a supplement (see the last paragraph). I went on a few forums and there are some guys who have gone 10 years or longer with zero recovery. They're sexually crippled for life because of the meds they once took.

Recently though I started taking D Aspartic Acid and the effects have been that my sexual drive and my dick are back to how they were before I took the meds. It's like a miracle. I'd recommend that you try that, OP.

MCA_T • 2 points • 14 September, 2019 09:40 AM

Ironic that a depression pill is designed to destroy men even more and cycle them further into depression,

just part of the feminising men agenda, weak and depressed men are easy to control

masterpiece00 • 1 point • 14 September, 2019 07:41 AM

Dude why would you ask a bunch of random men on a forum that dont know you how to help you and think we could - we are not doctors/psychologists, go to a professional.

krizzywizzy • 4 points • 14 September, 2019 09:31 AM

shut the fuck up bro. the replies here are solid.

masterpiece00 • 0 points • 14 September, 2019 09:42 AM

No not really.

krizzywizzy • 1 point • 14 September, 2019 09:47 AM

You're retarded so you wouldn't know. Actually tho.. if i knew he was retarded, i would say the same thing you said.

ollylollylolyoioi • 1 point • 14 September, 2019 08:41 AM

You need to join a team or a community. Men need to be around other like minded men

krizzywizzy • 1 point • 14 September, 2019 09:41 AM

almost all the replies here are correct actually. im just gonna summarize and put them in order according to priority

1. Purpose/Goals: what's your thing?

2.Tribe/Community: See your actions and the fruits of your labor impact other people.. By service or creating relationships

3.Diet/Exercise

4.Consult a profession: You know what man, when you have the first 3 things in check.. maybe you're just in a rough patch right now.. you just need a little bit of help to get you back on track.

Peace brother. I've been in a depressive haze for almost half a decade.. and im just 23. Those 4 things i said helped me the most.. The last one actually just took my money away tbh.

acp_rdit • 1 point • 14 September, 2019 03:28 AM

You probably have an iron deficiency. Hit the gym and absorb some from the weights.

ugotxzma • 0 points • 14 September, 2019 03:37 AM

Try microdosing lsd or psilocybin, works wonders for a lot of people

masterpiece00 • 1 point • 14 September, 2019 07:43 AM

Yeah just bang some random chemical into your body that you are not made for, sure it will work out well, especially if you're already in a bad mood.

This is why you dont take advice from the internet.

ugotxzma • 1 point • 15 September, 2019 04:43 AM

maybe do some research beforehand dipshit

MCA_T • 0 points • 14 September, 2019 09:36 AM

absolutely do not, my friend nearly died from this, his body pretty much shut down and all his muscles and shit stopped working, mum found him looking half dead one morning, would of been dead if he wasn't found

ugotxzma 1 points 14 September, 2019 09:38 AM [recovered]

You sure that was from MICROdose? Those stories usually happen when people take big doses

MCA_T • 1 point • 14 September, 2019 09:55 AM

yep it was from micro dosing, he never did large doses would always cut the tabs into small pieces,

rockyp32 • 0 points • 14 September, 2019 03:36 AM

Number 1 thing you can do is get on no fap stop watching porn and retain. Sexual restraint is the best way to improve your life

obioneKennedy • 0 points • 14 September, 2019 05:05 AM

You can't fix "short circuits" in your brain if you are clinically depressed. There are anti-depressants that won't affect your libido, though as with everything in medicine they will have other side effects.

Be smart. Sometimes losing your libido for a few months is worth more than losing joy of life. Visit a doctor.

pointster_VSK • -1 points • 14 September, 2019 04:55 AM

OP wtf man! If you got your shit together, then wtf is holding you back from getting what you want?

Did you not read the side bar?

Actually no. I know for a fact, you didn't read the sidebar. Because if you did and applied what you learned, you wouldn't be making this post, period!

Stop half assing shit and put in the work god dammit! Be a damn man. Not a whining bitch!

MCA_T • 1 point • 14 September, 2019 09:50 AM

there is a difference between a chemical imbalance in the brain and been a bitch, this dude sounds like he has serious problems especially related to connecting with other people, you can read the sidebar a million times but if things aren't right in your head/you are incapable of emotionally connecting with people it doesn't make the slightest bit of difference. Forcing yourself to live up to masculine expectations and not get help with your problems is not the answer hence why the male suicide rate is high

somejerseydude • 0 points • 14 September, 2019 04:34 AM

5-HTP and St John's Wort always helped me get through some tough times and are natural.

Noopept is available easily online and has a more potent anti-depressive effect on me.

I currently take all 3 daily and I definitely notice a difference.

krusecontrol91 • 0 points • 14 September, 2019 05:01 AM*

Depending on your state, renting a Thompson or browning at the range and unloading some automatic rounds down to some paper or foam targets does wonders for stress relief. You'll have fun too, and it'll distract you from being inside your head.. and if you're not a weirdo or a psychopath (I don't know you, no offense) if you just make some chit chat you might make some cool ass friends there that will be all gung ho to have a mini competition or something stupid but fun as fuck. One might be 20, one 37, and one 78 and the 78 will outshine all of you. It's a blast, dude. No pun intended, actually.

Distractions are key. Find fun fulfilling things to do that make you focus on the task and activity at hand in the moment rather than let yourself sit and your mind wander.

Idk. Just personal experience I guess. I stopped Prozac a while ago and before you submit me to wowthanksimcured sub or something know it took a lot of practice and frustration to even like half figure it out. That's life though and it fuckin blows. But it kinda worked for me, I still have bad days but they're not near as frequent or intense. EVERY DAY I used to go to work, come home, get in bed, YouTube Reddit and Xbox live if I even felt like it or it decided to interest me again that day, fall asleep and repeat. It was awful and such a waste but I didn't want to try to fix it.

Pm me if you wanna talk idk it also helps to help someone else. You reflect better on your own situation and can get some insight you wouldn't normally get.

agjrpsl • 0 points • 14 September, 2019 05:51 AM

You got some excellent advice here. Keep the mind and body occupied. Learn a new language, take cooking classes, investing groups, networking groups, join meetup groups/clubs, read books. Approach people start conversation and get numbers or give them yours. Have poker nights, board game nights. Go out to bars that have trivia night, karaoke and such. If you don't drink that's fine. They have non alcoholic cocktails and beers. Work on bettering yourself, save your money and take small trips if you can. Don't overthink about the future. Learn to live with yourself not against yourself.

dellorello22 • 0 points • 14 September, 2019 08:05 AM

Look into joining a BJJ gym or something similar like a rock climbing club, or even some kind of dance class haha. I would say check out the hash house harriers, but you don't drink. Find some kind of social club or group in your area.

greenandblue82 • 0 points • 14 September, 2019 08:58 AM

I would say don't give up on seeing a therapist, if you need medication you can work with them to find what's right for you. Either way, seeing a therapist will help you discover insight into the cause. The therapy will also provide you with mental tools to address your issues, not unlike how TRP provides tools about other aspects of life.

That said, I would not look for a red pill solution, I would seek a professional.

Unbeknownst to myself I suffered with depression through my teens and twenties and still do.

I should have acted on my own advice earlier, I wasted a lot of life and had many bad experiences because of it.

Seek help, attain some new tools and improve.

You won't need luck.

KatanaRunner • 0 points • 14 September, 2019 09:01 AM

I need more information than just "depression." What I mean by more info is your history in regards to your *developmental years*. Were you abused in any sort of way? Sexually, physically, verbally, or been neglected? If you were a victim of abuse, then you very may have severe depression, and the pills you're taking won't heal your past traumas of abuse. Maybe you experienced trauma in your adult years. I don't know. Let me know, man.

DeadlyCrape • -8 points • 14 September, 2019 01:34 AM

depression is not real tho. go outside and stop watching so much porn and anime and masturbation. cleanse your whole body, i would write u a whole book to you on what u need to stop doing and what u need to start doing,

but u already know wat u have to do. just do it

RiffRaffAmerican • 6 points • 14 September, 2019 01:51 AM*

What is with this bro science bullshit? It's better that you put a helmet on and just don't speak at all on this instead of brushing aside hundreds of years of clinical psychology.

You're god damn right depression is a real thing. Jesus christ.