

Turning things around will take time... but time keeps marching no matter what you do

December 7, 2014 | 37 upvotes | by [NightwingTRP](#)

One of the things I've noticed from the dramatic change I've been making to my life, is how difficult it is for some of us. The simple fact is that for anyone with a high level of discipline and a strong drive, the journey is just a mechanical process. That said, most of us do not have that level of discipline and drive. We have a normal level which will run into trouble at some point. We've all seen the posts or rants from some men who come back to state the same fucking problems over and over again. How do you help people like that? There are irregular reminders on the sub to stay the course. Encouraging/inspiring posts. Then field reports from people who have made the journey to remind you what you're going to achieve. I would posit that this should be enough for the average guy.

Typically when they come back, there will be a denial of the issues. Whatever went wrong is not their fault. Bad news buddy, it is your fault. It is entirely your fault because your weak-ass mind could not hold on and power through the boredom and discomfort. Sometimes I even read complaining about whatever is wrong with them. Well complaining without action is not the way forward. It's a beta trait that assumes the problem is going to solve itself. So here's the bitter truth for these people: Life will go on no matter what you do. It does not care. Imagine the worst things in your entire life happening. Once they happen, life will go on. Time has no pity for you and any time you're not using productively is time you're wasting. Don't get me wrong, relaxation is important, but relaxation should never be at the expense of achieving the goals you've set for yourself.

I like to think of the journey as though you're in charge of a huge oil tanker. Unfortunately, due to some shit GPS handed to you by society, you've ended up in blue pill waters. Now you've been sailing in the wrong direction, you need to turn around and get back into the red pill waters. If you choose to do nothing, or fail to do anything, then you can enjoy your voyage in blue pill waters because the engine is running and that tanker is still pressing forwards. You want to turn it around you say? Well sure, turn that wheel. What's that? The wheel is heavy? Yeah, of course it's heavy. It's fucking great oil tanker and they forgot to install power steering!

The guy with tremendous discipline and drive is like the bodybuilder at the helm. He turns the wheel with ease and holds it without breaking a sweat. Even though he does that, it still takes him months to sail the ship out of those blue pill waters and into a nice red sea. Each action you take, is a minor turn of the wheel. Optimising your t levels? That's a fraction turn. Lifting? That's another fraction. Reading material? Another fraction. They all add up to turning the wheel and altering course. But what's this? The wheel is pushing back! It doesn't like it. You've got to exert strength to hold it in place.

What happened now? You stopped lifting? You've failed to hold the wheel. It's slipped back by a fraction. You haven't read anything useful in a while? Slipped back again. Oh dear, you're no longer heading for red pill waters. So you come back here to post about it and have a rant and a vent. But the engines are still running and you've let go of the wheel. Returning to the sub is one thing to gain encouragement or ask for advice. By all means, do this. But realise that YOU are the only person who can enact it. You're the one at the helm, steering the ship. Nobody else. You want to achieve the gargantuan task of sailing this beast out of those accursed waters? Then grab onto the wheel, pull hard and hold the fuck on! Even when your mind and body is screaming "no more" you have to hold on. Nobody else can turn the wheel for you. It's down to you. Don't let go because nobody is going to be here to grab it and save you at the last second.

Comments

confuseacatlmtld • 6 points • 7 December, 2014 08:50 PM [recovered]

Fortunately I am getting over this behaviour. It took a very long time though. People should realize they have control over what they feel.

Lately I have been letting myself feel angry about a problem or my past for a minute, so that I acknowledge it and get it out, then attempting to move on. It takes practice. I am getting better and better at getting back into state and unstiffing myself.

My problem is not letting go of things I can't change, like my height. I am bulking, taking martial arts and gymnastics, getting my body really good. Still, the height bugs me. Any mental tricks or stories that involve accepting things you can't change would be helpful.

DCLdit • 1 point • 8 December, 2014 06:08 PM* [recovered]

Hey confuseacatlmtld.

"Any mental tricks or stories that involve accepting things you can't change would be helpful."

I'm short as well. 5'6. But I've never really beat myself up about it. It's hard to 'mold the concrete once it has been poured' so I just use what I was born with. Also, putting yourself in someone else's shoes is a good practice to accepting things you can't control.

I think of it this way, ask yourself:

Do you remember a time when someone found you attractive but you didn't feel the same way about them?

You couldn't control the fact that you weren't attracted to them. It just happened.

But you eventually got over it and moved on.

Now, should that person blame you for you not liking them? No. Attraction is not a choice.

So for me, knowing how people actually tick (life experience + TRP) combined with being a bit empathetic, I came to accept the things I couldn't control.

I'm not sure if this is a 'mental trick' but it has helped with the mindset shift and acceptance.

DCLdit • 3 points • 8 December, 2014 06:54 AM*

Hi NightwingTRP.

Your 'steering the wheel in a boat in red pill/blue pill waters' analogy is interesting. I quite like it.

I agree with you that there are times of stagnation that can happen as a result of burnout during a process of self improvement. It can be "difficult for some". Myself included.

That, plus unrealistic expectations to finish your goals in a certain time, can be stressful to someone who is new to getting their shit together (like me).

Also, I think that if a guy is actually making an effort ie. closing his computer and at least going outside to do something productive from time to time, then I think posts like these are just the kind of 'encouragement and advice' that he needs when he does come back to this sub.

Thanks for sharing.

NightwingTRP[S] • 2 points • 8 December, 2014 10:47 AM

You got it spot on DCLdit. Absolutely spot on. You're going to become a better man very quickly.

Bearhardy • 2 points • 7 December, 2014 04:26 PM

https://www.youtube.com/watch?v=D_Vg4uyYwEk

alpha_n3rd • 2 points • 7 December, 2014 07:46 PM

Good analogy overall, it would work better with a sailing ship though. Not only does it actually take effort to hold the wheel but there are dozens of sails and hundreds of lines to tweak.

NightwingTRP[S] • 3 points • 7 December, 2014 08:06 PM

You have good points sir. But I stand by my choice. Huge oil tankers are more masculine!