

Sometimes I'm tempted

5 upvotes | 3 October, 2019 | by ArnoldT1000

I'm an 18 year old attending a California university. I'm part of an organization I don't necessarily fit in with, pursuing a degree that I don't want, and unsure about what lays ahead of me. I have a void.

Because of this, I let myself fall into validation seeking behavior. I drink and party not for fun, but to fit in. I don't even care about sex, I just care about fitting in. Drinking and partying doesn't align with my principles or goals whatsoever, but yet I have trouble letting it go. I feel like if I let it go, I'll have nothing.

Sometimes I think the only way to end this habit is to get the fuck out of my current situation.

Sometimes I'm tempted to cut contact with everyone I know and just leave my old life behind. Just move to a new city and build myself up. At least I'll be free that way.

I've always liked music.

But then I think I'll be an idiot for doing so since I'm in college. Yet I've never enjoyed college and I know I'll absolutely hate working a fucking 9-5 prison job. That's prison. Not life.

It's only when we lose everything we're free to do anything.

I'm not happy where I am. I don't fit in where I am. This isn't me and it never will be. College really isn't me.

I've never prospered in my god damn life and seem to fake everything. I don't usually give two fucks about the situations I'm in, but force myself to act like it so I can feel like I fit in better. People see through it anyway so what's the point. It's not me.

Is money really everything? Is it worth feeling like you're living with cuffs around your hands at all times? I want freedom, but freedom seems so intangible.

I'm in a mental prison. Someone lend me a hand.

TLDR My entire sense of self worth is based off how well I fit in. When this is threatened, I fall into anger and depression. How do I escape this without risking my entire future?

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Comments

NBDer • 5 points • 3 October, 2019 01:49 PM

You lack a mission.

There's a reason why the importance of having one is always regurgitated in this sub. It's because it makes everything else seem trivial in comparison.

Find a goal that you want to achieve. Make an actionable plan. Pursue it relentlessly. It doesn't matter what it is, just as long it gives you purpose and joy.

Sometimes doing shit you don't want to do is necessary, like working a 9-5, but if it's congruent with your mission, you won't mind because it'll just be a means to an end.

I guarantee you'll start giving less fucks about how others perceive you and more about moulding yourself into becoming the person that you need to be to attain your goals.

revaforce • 9 points • 3 October, 2019 12:40 PM

Create your own path, find your own purpose, focus solely on yourself and no one else, the fear of acceptance is beta, make your own kingdom

jjj2576 • 2 points • 3 October, 2019 12:48 PM

OP— Only read your TLDR, since you decided that your post was too wordy. Thanks. Have you read “The Book of Pook” or the other Sidebar books?

papunigga031 1 points 3 October, 2019 08:44 PM* **[recovered]**

I've read the full sidebar but not the recommended books. I've dabbled a bit in the rational male and the book of pook but haven't read them to completion.

jjj2576 • 1 point • 3 October, 2019 09:21 PM

I'd be depressed and have less self-worth if I didn't put forth the core effort into reading the core texts to better myself.

Read the entirety of Pook and The Rationale Male. You'll be a better you— the you who is too much of a lazy fag to work hard mentally feels shittier than the you who has finished the books.

EramSumEro • 1 point • 4 October, 2019 12:19 AM*

I'm going to withhold from the usual echo-chamber "advice" you typically see in posts like this and try to give you some actionable advice.

Unfortunately, holding a full time job is necessary for a stable income and sense of purpose. While working a 9-5 can be tedious, it is profoundly better than living with the anxiety and depression that comes with being homeless, unemployed, and broke.

Perhaps you are feeling distraught because you have no real work experience and have no idea what to do after college.

While everyone in the subreddit will have you believe that the key to happiness is being a jacked entrepreneur real estate millionaire, 99.999999% of people can not realistically attain this lifestyle. If you are not already entrepreneurial at 18 with no work experience then it is very unlikely you ever will be.

I'm not trying to cause you distress by saying this, but instead am telling you that your expectations are coming a naive and inexperienced perspective.

You would like to think that moving somewhere new and cutting all contact with everyone you know would be the perfect start to a new life. This is nothing more than a fantasy, a dream you tell yourself to avoid taking real action to escape your current situation. What will moving solve? You will still have to work.

Instead, realize that you are currently living through one of the most crucial (and privileged) times of your life. These next 4 or 5 years will determine where you begin the rest of your adult life. You can party, smoke weed, and half-assedly get your degree with no clue what to do after graduation. You can join academic and social clubs, take internships, research positions, work part time and set yourself up for success. You can dropout.

I wish I had better understood how my actions in college were going to affect my life after graduation. I partied, smoked weed, and had no idea what to do when I got the diploma. I'd give everything I have to be able to start it over again.

My advice to you: finish school and get your degree. While the physical diploma is useless, the time you have to set your future self up for success is invaluable. Do the things you know you are avoiding to ease your anxieties and become a stronger person. Change whatever circumstances you can that are negatively affecting your health and motivation (loud neighbor's, shitty enabling roommates, etc).

I can expand on my experiences more if you're interested.

MindlessCalendar • 0 points • 3 October, 2019 01:18 PM

Start a business about something you are passionate about and be your own boss.