

# How to toughen up?

October 8, 2019 | 64 upvotes | by [mrpumper935](#)

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I'm a very soft guy. I grew up as the fat bullied kid lol how could I be tougher? I usually always take things personally and have a hard time being mean/teasing

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## Comments

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TRPCops[M] [score hidden] 8 October, 2019 05:56 PM stickied comment

Your claim to be a high school senior, just started high school, addicted to tranny porn.

Are you 14 or 18? Reply to this in 24hrs or get perma banned.

[deleted] • 181 points • 8 October, 2019 03:37 AM

Accept you don't exist, all that matters is your purpose.

Let's say you want to pass an exam and lose weight.

That's all that matters. You go to the gym stoically every day and you give it 100%, not because you want to attract that girl you like or that you want to be healthy. You do it because that's who you are. You're a machine who follows your purpose. Someone in the gym calls you a pussy for following correct form or not lifting enough. Does it affect you? No, you evaluate what they say, it is good or bad advice? If it's crap, you ignore them and move on.

You want to pass an exam? But you also want to goof off and watch YouTube videos. Your friends start making fun of you for working all the time. Just ask yourself if they're helping you pass that exam? Until you pass that exam you're a studying machine. That's all you do.

After sometime it'll become automatic. Ironically, by giving up your identity/ego, you'll have a stronger sense of self and people's opinions will mean less to you. You'll feel weird if you don't work out and study.

You don't apologise for your purpose. When you write you grew up fat and bullied lol, why the lol? You think it's funny to be fat and bullied? You know you aren't where you should be and you're asking for help. At the moment you know you need to become a man. That's a really strong position to come from.

bloody\_condoms • 29 points • 8 October, 2019 07:58 AM

This is the tough love from the old trp I've missed so much. u/gaylubeoil would be proud

MrTheFalcon • 19 points • 8 October, 2019 07:42 AM

This is beautiful.

Strisse • 11 points • 8 October, 2019 10:50 AM

This is probably the best advice that I've seen on Reddit in all my time being here. It's exactly what I myself did and it change my not only physical apperance but also my whole personality. Do this op and nothing else

johncillo • 25 points • 8 October, 2019 07:54 AM

So this is how your dad was supposed to talk to you. Now go back there and start making and being awesome!

i-am-the-prize • 6 points • 8 October, 2019 02:09 PM

Ego is the Enemy. Amen.

Unlikely\_Composer • 6 points • 8 October, 2019 10:54 AM

I genuinely believe this should be sidebar material.

1. Engage in competitive sports. Be it MMA, boxing, basketball, or football where you'll be forced to tough it out with other players/athletes.
2. Address your insecurities. If you are bullied because of being fat, you better start purposefully lifting weights in the gym and consistently sticking to a diet plan, e.g. intermittent fasting or keto diet. Always track your bodyweight and lift heavy, or else you'll suffer from Fuckarounditis.
3. Let your results do the talking. Some guys overcompensate their lack of self-confidence by talking trash and asserting their ego to prove that they're tough. Don't become one of those guys.

Swimming\_Pool1 points 8 October, 2019 04:35 AM\* **[recovered]**

"Address your insecurities. If you are bullied because of being fat, you better start purposefully lifting weights in the gym and consistently sticking to a diet plan, e.g. intermittent fasting or keto diet. Always track your bodyweight and lift heavy, or else you'll suffer from Fuckarounditis."

Wouldn't go that far. Eating right and going to the gym is enough. No need for these shit trendy diets.

Ranocore • 10 points • 8 October, 2019 04:41 AM

your choice, man. do as you see fit.

BloodSurgery • 5 points • 8 October, 2019 05:54 AM

No need for these shit trendy diets.

You say it as if they didnt work.

Swimming\_Pool1 points 8 October, 2019 05:56 AM\* **[recovered]**

They work for the short term. But not the long term. Look it up. Being in ketosis for years is not healthy. People need to generally learn to eat right. This obesity epidemic is not going to be solved by diet trends.

cuztrp • 4 points • 8 October, 2019 06:29 AM

the breaking point in my SMV was keto actually, i was 92kg and after 10 months of keto on and off, i dropped 17 kgs, now I'm 75kgs (give or take) and i'm not on keto anymore, i eat whatever i want and hit the gym regularly, and still remain in the same weight

my diet is still keto, i add rice, pasta, lasagna, potatoees when i feel like it, otherwise it's meat and nuts (no pun intended).

StoneKingH1 points 8 October, 2019 08:40 AM **[recovered]**

Source?

adam\_varg • 1 point • 13 October, 2019 10:19 AM

Peter Attia or any other actual scientist/MD having long clinical practice with that.

Keto fucks up health of about 20-30% population right of the bath. Genetics..

For the rest it's beneficial usually. But it's only few individuals who can keep it up without issues years and years without break.

StoneKingH1 points 14 October, 2019 01:26 PM **[recovered]**

That's not really a source... If you're making claims like "keto fucks up health for 20-30% population right off the bat" surely you should be linking a paper or study, or even explaining how it fucks up the health rather than coming at me with bro science.

The other guy said you can't be in keto long term? Why? Where are the studies? Sounds like opinions stated as facts especially without any sources.

adam\_varg • 1 point • 24 October, 2019 11:13 AM

I am not making those claims.

Stop manipulating what I write.

One of top scientists in the field, who praise Keto, say these are their experience from their clinical practice.

And get real, few months long free living study is study. Real life, real practice is what matters in the end.

Mechanism.. Some people have Gene which makes them metabolize saturated fat unfortunately.

StoneKingH1 points 2 March, 2020 08:08 AM **[recovered]**

Thought I replied to this so apologies this is so late (was just looking through my own comments)

I'm not manipulating what you write. If you say:

"Keto fucks up the health of 20-30% right of the bat"

and you don't give a reference then you are making those claims, and should provide a source of evidence to back them up.

As an 'actual scientist' who is currently writing his thesis, I should know.

Saying 'look up Peter Attia' and then saying keto fucks up the health of people long term is not the same as saying 'Peter Attia says that keto fucks up health long term'.

Do you see the difference? You mentioned a senior scientist in the Field^ in this comment, but not the previous one, which is an improvement. Really if you're spitting science facts like that you should reference to where he says such a thing also, so the people you're repeating his words to can verify the claims.

It would increase your own knowledge and that of those you interact with.

adam\_varg • 1 point • 22 March, 2020 03:07 PM

I don't give reference to 20-30% people because there is no paper.

Just info from people with vast relevant clinical practice. And this gene that causes insulin spikes when eating saturated fats.

Yeah it would be nice if I could provide time stamp links to Attia podcast or others. Or if I could hit you up with link to that saturated fat gene.

But, and you know it, it's impossible to bookmark everything like and/or have perfect memory.

And lastly.. Clinical / coaching practice > studies/science

And i am not putting science down by stating that. Just realizing its limited

potential in this context as for now. And parroting virtually any authority in this field..

woyspawn • 14 points • 8 October, 2019 03:10 AM

Combat sports with sparring: box, kick-boxing, or muay Thai.

BJJ is awesome, but is an strategy sport, and requires flexibility. I haven't tried it so can't say how well it works for your issue.

MMA gyms are BJJ + Muay Thai usually. Don't go for that.

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But your issue seems of other kind, being mean won't make you tougher. Setting boundaries will.

And teasing is a verbal skill about fraternization. Unless you have a bullying issue (which isn't normal in most adult healthy environments), if you can't tease / reply to teasing , you may have some type of socializing issues.

If that's the case, being tougher might not help. You may have a better chance compensating your issues (if they exist) by trying theater improvisation lessons and studying psychology, ( shit like transactional analysis and stuff on human personalities).

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Disclaimer, this is just an opinion. I might just be talking out of my ass.

ZeppKfw • 1 point • 8 October, 2019 03:32 AM

What's wrong with MMA gyms?

woyspawn • 6 points • 8 October, 2019 03:56 AM

For amateur fighters, nothing.

But in my estimation, rules are what give you the confidence for sparring.

The first time I stood on a ring I fought against an amateur boxer, he was restricted to launch only jabs. I wasn't able to land a single punch. I only could take two round of constant beating. This was after a year of training.

For beginners that never stood on a ring, MMA is overwhelming, you don't have the movements internalized by repetition. So it'll take a lot until you're ready for real sparring.

If sparring is your objective, it seems to me that it'll be faster to join a more restricted sport to learn the basics.

But I'm relatively new to the world of combat sports... Maybe somebody with more experience can share his opinion.

ZeppKfw • 1 point • 8 October, 2019 04:06 AM

Makes sense and I've heard similar opinions like yours so it must be true.

How long have you been training combat sports?

woyspawn • 1 point • 8 October, 2019 04:07 AM

I'm short two months for 3 years.

YungRichKid • 9 points • 8 October, 2019 02:26 AM

I can relate as well man grew up fat but the main piece of advice I can give you is continuously start caring less about outcomes and what people say and give it your best in anything you do that's good for yourself

ArnoldT1000 • 8 points • 8 October, 2019 04:26 AM

Increase your testosterone levels

HATEFULasshole • 8 points • 8 October, 2019 06:47 AM

Get an oil field job, get on with a fracking rig

Not only will your job make you strong you'll have real calluses unlike majority of people on Reddit

You'll be working with guys closer then brothers. It's not really that hard. Find a job that is difficult and tough and pays well

basically find a job that your first two weeks of doing i where you think "what did I get myself into" embrace the suck, and put your head down and work. You'll get tough

HATEFULasshole • 3 points • 8 October, 2019 06:49 AM

After doing it for two years you look down at your hands and be proud.

afterthe\_fapocalypse • 10 points • 8 October, 2019 04:23 AM

stop masturbating

Rimefang • 4 points • 8 October, 2019 05:57 AM

Don't give a shit, don't react, work out a lot, pick a goal and make it happen day by day.

Deplorable090 • 2 points • 8 October, 2019 08:30 AM

Listen to David Goggins

MisterRoid • 2 points • 8 October, 2019 03:39 PM

Start fighting. No, not on the street. Pick up something like MMA, wrestling or BJJ. I train wrestling and it's great fun. You get used to take a beating as well as being rough with others after a while. The camaraderie is great and there are no hard feelings even though it can be painful at times.

VasilyZaitzev • 5 points • 8 October, 2019 07:19 AM

If only there was a subreddit dedicated to self-improvement. And if only this subreddit had a sidebar. Wouldn't that be great?

Whycantwealltwerk • 1 point • 8 October, 2019 06:14 AM

Find a MMA gym and devote yourself to it!

[deleted] • 1 point • 8 October, 2019 07:43 AM

IMO. Develop a mindset of not taking shit and standing up for your self and others while still having empathy and kindness. Learn to fight in real life and also verbally. All can be learned. Take martial arts lessons that include contact sparring and ground work, work out, study critical thinking and logic. Learn to listen and study debate. Practice practice practice. Think think think. Mindset mindset mindset. Learn your limits and push thru them. Keep good company and ditch the assholes, this includes women who are assholes. Grow a thick skin mentally and emotionally, you going to need it. Hard work, self discipline, self honesty, self introspection, and consistent daily action towards your goals pay off big in the long game.

A\_Group\_of\_Crows • 1 point • 8 October, 2019 08:37 AM

Read "No More Mr Nice Guy" . It's on Audible if you're into audiobooks.

DAOcomment2 • 1 point • 8 October, 2019 02:23 PM

What is tough? If someone withers easily under adversity or suffering, they are not tough. To be tough is to be capable of handling adversity and suffering. So practice enduring suffering and adversity. Then you'll toughen up.

Lifting is a gateway to toughness up because lifting presents a set of simple challenges anyone can quickly understand, repeated daily and weekly for years, yielding steady, perceptible rewards for the work--controlled suffering and adversity--you put in.

Martial arts is another gateway to toughness.

Beyond these, there are myriad ways to train yourself to handle more discomfort and thus get tougher.

But if you are starting from scratch, doing everything at once will be too much. This is a lifelong journey and a marathon. You start where you are, not where you wish you were. Then you keep going forever and never stop. Start with one character building practice like lifting. Do just that for a year, that's plenty to transform your life inside and out. When that becomes easy and you need even more challenge, expand from there.

Also, get around people who regularly challenge themselves. You become the people around you, absorbing their values, mindsets, and attitudes by example. Many people in lifting and martial arts do them primarily to toughen their minds and spirits first and foremost, just like what you're asking here. So get around people who share your interest in toughening up who are ahead of you, because you'll feel first hand how they're different from you, and over time, internalize their culture as your own.

Do you think a Navy SEAL is tough? They are tough because they do hard shit all the time precisely to train themselves to get tough. They live in a brotherhood of people who value toughness and train to get tougher all the time. So this is how the toughest people get tough. Train hard things to toughen yourself. Get in the company of other tough men who are working on making themselves strong and tougher on every level. For you, that might just mean hitting the gym and making a few friends that lift, or joining a martial arts club and befriending your training partners.

Herdseengineers • 1 point • 8 October, 2019 06:14 PM

I see the mod's are questioning this OP's authenticity, but for anyone else as well, there is a simple answer to the question posed: LIFT. Lift heavy and consistently. Do it when you feel good, do it when you feel bad, do it when you're tired, do it when you're still sore from last time. Squat, deadlift, and bench press - every time.

Fight through the pain, discomfort, low motivation, etc. and just go do it. No excuses.

juccal • 1 point • 8 October, 2019 07:20 PM

why do you have to change ? why do you have to toughen up?.I don't think you should change.

AlwaysimprovingMane • 1 point • 8 October, 2019 07:28 PM

Join a boxing gym

[deleted] • 1 point • 8 October, 2019 10:58 PM

I'd do boxing but there's not a good gym in my city. There mostly look like hiit work outs. Like I could do a hard workout at home plus there expensive as hell

Domebeers • 1 point • 8 October, 2019 08:04 PM

stop taking things personally and stop being such a bitch when people tease you, step 1

SeriousAccount0 • -1 points • 8 October, 2019 05:14 PM

READ THE FUCKING SIDEBAR

evenfurtherbeyond5111 points 8 October, 2019 04:18 AM **[recovered]**

Consider the agree and amplify method to dealing with insults. Eg:

Somebody: you're stupid

You: I'm a retard, I wish I were fortunate enough to be stupid.

This way you have the last word and you control the conversation while pretending to be humble. They feel powerless and angry.

WeddingCrasher91 • 1 point • 8 October, 2019 07:02 AM

nope

ToiletPaperPringles • 1 point • 8 October, 2019 07:15 AM

They really won't feel like that