

How do you remind yourself to quit being a pussy ass bitch

2 upvotes | 15 November, 2019 | by ArnoldT1000

I hit the gym today with a jacked friend of mine who is prolly roiding and this mfer made me realize...

I'm just a fucking pussy a lot of the time and need to man the fuck up.

Now I've been lifting for 2 years and got decent lifts but I got anxiety depressive bullshit going on that is generally debilitating and is taking away from my quality of life.

My testosterone level is 711 ng/dL.

Now that all that information is laid out; how the fuck do you remind yourself to quit being a pussy on a daily basis. How do you get yourself out of the habit of being a whiny ass pussy bitch?

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Comments

Terdmuffin • 9 points • 16 November, 2019 02:02 AM

If you keep working on it, eventually it will come naturally.

You have to start putting yourself first. No one else is going to look out for you, so you need to look out for yourself. Love yourself, man. You don't have to love everything about you, but treat yourself like you love you. Be okay with putting your wants and needs before other people's.

You need to learn how own your actions. If you do something and you think it makes you look needy or if it's acceptable or whatever.....who cares? Did you do what you wanted? If yes then fuck other people. You gotta develop a sense of self. Then you can trust yourself. You can trust yourself to make decisions that YOU want based on who YOU are. If you don't have an identity or strong sense of yourself (your needs, desires, your principles, your integrity, your goals) its difficult to take ownership of your actions because you feel no conviction related to them.

Now, you love yourself AND trust yourself. This is where confidence comes from. Now you are free to not give a single flying fuck about what anyone thinks because why would you? They're not you so their opinion doesn't matter. You love you so you don't need to impress other people. As long as your decisions and actions align with who YOU think you are, who is anyone else to judge?

Coolguy1699 • 2 points • 15 November, 2019 11:49 PM

When you say pussy, what do you mean/do? Need to elaborate man.

I would say that a pussy is someone who compares themselves to others and feels insecure. Be the best version of yourself and have an IDGAF attitude. Are you such an insecure pussy that you need to take steroids to be manly? Or do you just want to take steroids because people will see you as manlier? The best thing to do at the end of the day is to remember that you compete with yourself. Your goal is to be the best version of yourself. You will be doing good to remember that.

ArnoldT1000 • 2 points • 15 November, 2019 11:50 PM

Basically I want this shit to come naturally. I'm in my head all the time and constantly thinking about what's acceptable and what isn't, what will make me look good or look bad, needy or not, etc.

I want to break this fucking habit. I want IDGAF to come naturally instead of having to force it.

Coolguy1699 • 5 points • 15 November, 2019 11:58 PM

It sounds like your not confident in yourself. I'm going, to be honest. I have faked my confidence my whole life to the point of not knowing if it's real or fake. Do the same shit. Learn how to walk confidently and have a confident body language (search that shit up). The key is the confident body language

ArnoldT1000 • 0 points • 16 November, 2019 12:37 AM*

I have that already. I'm an attractive guy. I've mastered looking a certain way and seeming a certain way, but I don't genuinely feel that way and have to force it

[deleted] • 1 point • 15 November, 2019 11:54 PM

overcoming hard experiences and challenges creates strong men

Whitefarmer • 0 points • 16 November, 2019 02:45 AM

Pussy is the best engine in the world ! It starts with one finger, it's self lubricated, takes any size piston and changes it's own oil every month

The management system is totally Fuckn insane though

LeEbinConchShell • 2 points • 16 November, 2019 02:10 AM

do everything your subconscious attacks you for not doing. simple as that. separate yourself from your emotions and do it anyway. It feels good afterwards.

RedRocket310 • 1 point • 16 November, 2019 12:06 AM

I feel you pretty much sums me up Commenting to see reply's

FrozenTreeStump • 1 point • 16 November, 2019 12:46 AM

It's hard to explain how but you have to stop overthinking

kclanton80 • 1 point • 16 November, 2019 01:30 AM

Be patient and keep taking your red pills. It's takes time, and you will never completely kill the beta. It will always be a fight. Just keep molding yourself into the person you want to be, and eventually you will get there.

i-am-the-prize • 1 point • 16 November, 2019 04:48 AM

a few things

1) meta-think. think about being bothered abstractly, label it, identify it, then put it in a box and set down the box and move on. this will engage the more modern part of your brain that labels shit and thinks about things in modern/logical/linguistic terms, not the lizard brain that's stressed out about a perceived external threat to your body/ego, and is in a loop that is causing fight/flight/anxiety.

2) some folks journal what makes them stressed and then identify that those things aren't actually lethal / a danger, so more quickly be on the lookout for them in step 1

3) i have higher than (male) average trait neuroticism, and it bothers me that I do. I feel like it's my one weakness. I've never thought of myself as 'anxious' or had a panic attack. I'm rather calm in times of actual physical and mental stress, but it's the downtimes that get to me. When I'm mulling over a past fuck-up, or thinking about "what if's" of the future. So to combat this: I find it helpful to be busy and staying in the present. Have you read/listened to The Power of Now, by Eckhart Tolle? Consider it.