

# All my habits are bad habits

0 upvotes | 2 March, 2020 | by clickherebaby

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And thats not to say i dont have periods of time where my habits are better, but for the most part they suck.

Im 25 and i still cant consistently get on a work out plan. Everything has changed from my core diet (ive been eating a lot more unhealthy the past 2 weeks, inherent habits creeping back in), my biomechanics, my thought process behind every movement in the gym, my recovery. Still encounter the same injuries that plagued my late teens. Just the luck of the draw when it comes to my body.

Im a fucking bank teller. I make 20 bucks an hour. They wanna give me a promotion, but itll be a 2nd job with maybe a dollar more. And i just dont believe i can do better. I feel like i have skills, but their context isnt strong or relevant enough. Ive got about 25k saved with no debt but fucking cares when my peers earn 20k more than me a year. Im also embarrassed to update my LinkedIn because i tell everyone im a banker instead of a teller.

My ability to maintain connections is shit. I just dont value myself enough to keep up. I wont even introduce myself if the person doesnt first. I know chances are i wont make a lasting impression.

All my friends seem to navigate the real world with fucking ease and peace of mind, getting 50k plus jobs and im neurotic about every move. Everyones best effort seems to land them in a fantastic spot. when i do get an opportunity, i squander it.

I smoke pot all day. Before work, sometimes on my break, after work, before and after the gym. Its money gone, a bad habit, and all that. I know. But its the fact that i cannot consciously commit in the longterm to better myself. I just don't feel it be a worthy investment. Id rather squeeze every ounce of good i can than chase after what will never be enough. Hedonism.

I don't have enough competence in this world, and i don't have enough luck either. People with less demonstrable experience than me have gotten further than me. Im not envious, im just sick of my inherent reaction to opportunity in life.

If a hot girl lay in front of me, i may not make a move. I will lay there and scream in my head what a bitch i am, and not make a move despite fucking a month before.

Theres just too much to fix with me while time is moving faster and faster. Im not evolving. I just spin in circles, a fool to the world. Im hardly ever what i need to be when i need to be it. Im sick of watching life go by, filling eveyones cup as i clutch mine close. And when i do go for the pour, i get but a drop. I know i should be walking with my cup out constantly but thats just not me as a person. My hardware cant be changed.

Nothing in my life is natural and im just sick of it. Im a submarine, with more and more holes, and everytime i plug one up, itll eventually reemerge. I can never quite create a new habit loop. I can never actually change, its just a sheath.

Idk what anyone can say, but i do appreciate anything.

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## Comments

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AceMav21 • 6 points • 2 March, 2020 08:35 PM\*

You sir need to meet with your gynecologist before the yeast infection that is your thought process progresses further. You're fine stop comparing yourself to other, it fuels your neurotic self evaluations. Also your smoking habit is the source of this btw.

clickherebaby • 1 point • 2 March, 2020 08:50 PM

Lolol. Thank you for the advice. Yeah I really need to cut back.

KillaJewels • 4 points • 2 March, 2020 05:14 PM

You're being too hard on yourself. You sound like me a few years ago.

Identify what you would like to work on:

1. Career
2. Love life
3. Assertiveness
4. Tenacity
5. Healthy life habits

Then think about what you can do to do better in those. Take baby steps. Remember, it's not all-or-nothing.

For example, start by reducing the amount you smoke to only night time (when you have no responsibilities), then reduce to weekends only then once every 2 weeks, and so on.

spliezer • 0 points • 2 March, 2020 08:59 PM

this dont work with weed. just don't be a bitch and drop that shit one day and don't look back

KillaJewels • 1 point • 2 March, 2020 09:01 PM

It worked for me bud.

spliezer • 4 points • 2 March, 2020 09:22 PM

don't call me bud you'll make me relapse

KillaJewels • 1 point • 2 March, 2020 09:25 PM

Lol

serynada • 3 points • 2 March, 2020 05:07 PM

this is literally all in your head. and that's life. we're all battling to conquer ourselves.

you've got some seriously negative thought loop cycles in motion. bad news: they compound like interest and get more engraved in your mindscape. good news: they compound like interest and get...you get it.

solution? brain wash yourself at all costs. start listening to those videos on youtube where it talks about how strong you are in the face of adversity and how life will go great for you. i'm talkin law of attraction 10 hour sleep video with alpha omega brain waves shit.

sounds crazy but this could actually help you. you need to flip your internal script. use flash cards and drill

positive affirmations in your head.

build yourself up. use NLP if you have to. see a fucking hypnotist.

just don't give up. you're gonna hate all this. then you're gonna love it.

check out an author called James Allen. read his work.

you'll look back on this and feel amazing once you've turned this around. you'd be surprised how quickly it can happen.

no debt? way to fuckin go. consider investing some income in RE, stocks/a side business.

clickherebaby • 2 points • 2 March, 2020 08:49 PM

Yeah i invest on the side. Ill check out james allen. Thank you

serynada • 1 point • 2 March, 2020 08:57 PM

also, check out a book called "The Luck Factor" by Richard Wiseman. positivity is addicting.

astonboi01 • 1 point • 2 March, 2020 05:12 PM

I've never heard of the sleep hypnosis stuff, just looked them up. Do they actually work?

serynada • 2 points • 2 March, 2020 05:14 PM

yep

astonboi01 • 1 point • 2 March, 2020 05:15 PM

Any particular ones you listen to you could link

enjoiiiiii • 2 points • 3 March, 2020 03:36 AM

Stop smoking weed now - cold turkey. I have used cannabis chronically and still was able to be what most people consider to be very successful but there is no question it negatively impacts your motivation and overall mental clarity. I am wayyy better off not smoking at all.

I would recommend the grounded App. Be warned it will suck for the first few weeks - you will wake up during the night, you will start having vivid dreams, you will sweat during the night. Just be strong and keep going.

Also - read the book atomic habits by James Clear. You need to change your self-identity. Feel free to DM me if you want to discuss more.

clickherebaby • 1 point • 4 March, 2020 02:48 AM

I know im better off man. I cant fool myself. I know im an all or nothing guy. I cant smoke once a week. Itll be 2 eventually and so on.

Its just so easy and guaranteed. Smoke =feel good and numb.

How i view myself is really fucked. Everyone seems to like me but i just cant see what they see. Or its just not enough to override my default thinking which "this isnt going to work because im me."

silent\_dominant • 2 points • 3 March, 2020 11:54 AM

1 day a week.

Start there.

1 day a week where you don't smoke pot.

blackats14 • 1 point • 4 March, 2020 12:41 PM

I used to smoke everyday. Made me depressed. Take a tolerance break and use weed twice a week at most. If you can get over cutting back you should have more motivation for women money friends