

"Man cannot remake himself without suffering, for he is both the marble and the sculptor."

November 8, 2016 | 741 upvotes | by [Drewtothesky](#)

t's night time, cold, the dark clouds block out any source of light in the night sky. It's raining lightly, your hair and face are getting wet along with your clothes, but you don't give a shit do you?

No, you're still going to go run, every thought, every worry, every moment disappears when you slip on your headphones and you step on the track. Each step you're further away from your starting point, every breath you're a little more tired, you could've stayed in. You could've sat home, and watched a movie or played a video game, jerked off, or maybe even thought about messaging that cute girl you know of right? But you didn't, cause you don't give a shit.

You haven't ran a complete mile in years. Now all the sudden it's like you've fucking sucker punched all your systems awake, a years worth of smoking has your lungs fucking begging you to stop. But fuck what your lungs want. You tore your ACL recently, your legs tell your brain that you aren't ready for this yet, but fuck that, you've just completed a lap, you're gonna keep going.

As you past your starting point for the first time, parts of your brain that you've fed counterfeit dopamine from jerking off, or eating sweets, or doing drugs, they start to tell you that you should stop, just go home they say, your body screams in unison with this thought. There's something small though..something untouched by all the toxic shit, maybe it's your soul, maybe it's your fucking manhood, but it screams out louder then anything else, FUCK NO it says, and your body listens.

You're at over half a mile now, just two more fucking laps, somethings happening, you almost feel different. Your whole brain starts pushing your body. Faster it says, and faster you go, just another lap, you're almost there, just one more lap. You're in a dead sprint now. You're pushing your whole body to its very fucking limits now, just a few more yards. You finish, you're out of breath, your body hurts, but you fucking finished.

You smile in between breaths for air, then puke fucking every where. You wipe your mouth off, and promise you'll be back tomorrow for another ass kicking.

When you start something, it will definitely kick your ass, but you keep going, cause after so many ass kickings it doesn't hurt so bad, and then you start fighting back. This is the nature of progression and becoming a master of something. Don't quit. Keep fucking going, put down the sweets, pick up Dumbbells, don't listen to your body, it doesn't know shit, it's used to a comfortable life style.

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Comments

BlvckGod666 • 86 points • 8 November, 2016 06:11 AM

Shit man I was just about to break No Fap November .

Fvck porn.

Time to hit these dumb bells hard til my arms are too tired to wank it.

OptiLaSeR • 31 points • 8 November, 2016 06:54 AM

This was me last night. After my workout and music production, my brain was telling me to jerk off. I was literally too tired to even do it and went to sleep after completing some tracks.

vagbutters • 15 points • 8 November, 2016 08:57 PM

You can always tell a guy who lifts properly from one who doesn't (or at all) because the guys who do their best at the gym are usually dead tired come night time. I'm literally too tired to fuck after a day of studying/working/working out.

No wonder beta males masturbate all the time. Lots of free time and unused energy from being a lazy sloth all day.

BlvckGod666 • 4 points • 9 November, 2016 12:24 AM

This is a good point.

By default of carrying out self improving tasks consistently one would be too tired or drained to do beta shit like wacking off.

So push yourself to the limit daily on achieving your goals and improving and one wouldn't even think about jerking off.

Replacing one habit with another essentially.

vagbutters • 3 points • 9 November, 2016 01:00 AM

Exactly-- you shouldn't even have to think about it. When you're too busy or fatigued from good habits to relapse into the bad, you're probably doing things right.

Air4ce1 • 1 point • 9 November, 2016 05:15 PM

I always hated when people posted on Facebook "I can't sleep". Do you think the carpenter that is working 10 hours a day can't sleep?

One good thing is that my sex drive goes up when I lift, but I'm usually passed out within seconds after we have sex.

LuckyLuke23 • 4 points • 9 November, 2016 05:10 AM

curls for the girls am i right?

DodgedAFew • 1 point • 8 November, 2016 06:33 PM

What's the prize though? Is it worth it? Why not put yourself before other peoples' expectation?

[deleted] • 11 points • 8 November, 2016 06:43 PM

His prize is not fooling himself with an undeserved dopamine rush and getting better arms so that when he sees the mirror he can appreciate those guns.

BlvckGod666 • 6 points • 8 November, 2016 06:57 PM

Correct my G. If I can't game a girl I'll buy an escort. No fake dopamine for me.

And that was a very epic workout I did last night to resist my urges. Still feeling the muscle fatigue.

Men are forged in fire. Through pain we are alive. The beta within me will not win this battle.

Excuse me now while I go read 33 Strategies Of War and then proceed to close a new client at 4pm.

Monk Mode bitches

kimohno • 6 points • 8 November, 2016 10:02 PM

Monk mode and you spend your time bragging on reddit. Yeah right

BlvckGod666 • 11 points • 8 November, 2016 11:03 PM

Monk Mode includes abstinence from TRP?

I come here to see what the community is up to so I can be inspired by your stories and stay on track.

But here is some more bragging my G. Fresh in from a great meeting. I just closed that client I mentioned earlier. #ThankYouRP

[deleted] • 12 points • 8 November, 2016 10:09 AM

[permanently deleted]

Docbear64 • 8 points • 8 November, 2016 12:32 PM*

This explains sooo fucking much . I have met countless people men , women , so many people who don't enjoy sex the way I do . It never occurred to me that people just fucking go through the motions of sex .. because...well because that seems idiotic to me but this explains the terrible partners I have had , the praise I've gotten from some partners, and the grievances I've heard from others. I wouldn't call sex hard work but of course it's effort, I'm shocked someone would expect it not to be, especially when I think it's effort that can be extremely pleasurable for two partners who are both working together.

[deleted] • 10 points • 8 November, 2016 01:42 PM

Men should always keep a small part of themselves in Monkmode. Its the constant push to self-improvement that not only yields results, but gives one an inner peace that you can't possibly "get" from anyone else.

[deleted] • 26 points • 8 November, 2016 03:57 AM

Wow this is some deep sh*t, where'd you get this from?

[deleted] • 65 points • 8 November, 2016 04:21 AM

Short answer: I went for a run tonight and came back a new man.

Long answer: I'm currently in monk mode, and I plan on putting out a piece tomorrow on weight lifting, and then giving a field report in about a month on everything and telling my story of how this subreddit and this ideology has changed my life! If ya want more stay tuned!

vandaalen • 22 points • 8 November, 2016 09:37 AM

Please use reddit's formatting features then in order to make reading more enjoyable. If it is of the same quality as this post it is worth investing the relatively small amount of effort.

[deleted] • 5 points • 8 November, 2016 10:23 AM

[permanently deleted]

[deleted] • 2 points • 8 November, 2016 12:48 PM

I'm on mobile so that's why this looks like it does and also why it doesn't have a flair.

Docbear64 • 4 points • 8 November, 2016 04:43 PM

It's just constructive criticism mi amigo , It's a fantastic post . you must have spent some time finding the right words so it's just a note to next time put in the extra 10 minutes it takes to format this correctly . For your readers sure but for you as well you were able to explain being in an intimate and powerful experience, on a spectacular post it's just one more thing to make it even better.

[deleted] • 2 points • 8 November, 2016 10:06 PM

Any guidelines for how to type up my next post the right way?

Docbear64 • 3 points • 9 November, 2016 12:43 AM

just take the suggestions these dudes are offering . Your content is good, I love your tone and vocabulary. You can look up the reddit editing / formatting code and even just basic indentations would help a ton . It's not unreadable by any means , it's just a text block . breaking out sections such as the hesitation before working out , the workout itself, and then that blissful recovery period is a good place to start . Kind of like telling any sort of story , have a beginning , middle, and end . It just makes it easier to digest and if there is a quote someone likes it becomes easier to find / look for

DigitallyDisrupt • 2 points • 8 November, 2016 02:27 PM

Type up in Google docs, format for readability, and spelling, cut and paste.

justinsayin • 2 points • 8 November, 2016 03:16 PM

Even on mobile, putting in two line breaks is easy and will make paragraphs.

RedDeadCred • 0 points • 8 November, 2016 11:17 PM

Why would you write a post telling people how to lift when you can't run a mile without puking?

[deleted] • 1 point • 9 November, 2016 12:10 AM

Acl got torn this summer playing football, used to be able to run a mile in 6 mins. This is about me getting back to the top of where I was, go further, and trying to motivate people to do the same and go further.

mdcrubengonza • 17 points • 8 November, 2016 06:14 AM

This is, in a nutshell, what it is to be a man. From both a practical and conceptual example, man must learn to endure discomfort. On the former, exercise like you described is an excellent tool for better health. On the latter, it is represented in the most famous tale, that of a individual who endured hours of torture without complaint

with the intention to free all of humanity from eternal damnation.

Sure, the validity of the story of Jesus can be disputed, but it must be recognized, his stoic behavior was memorialized as an example of the ideal mindset for a man.

useyourmouth • 4 points • 8 November, 2016 08:32 PM

The world promises you comfort, but you were not made for comfort. You were made for greatness. — Pope Benedict XVI

mcrubengonza • 3 points • 8 November, 2016 08:50 PM

Just posted that on Facebook. Beautiful.

The_Red_Paw • 6 points • 8 November, 2016 05:09 PM

"All life is pain.

Only death is painless.

The more pain you feel

The more alive you are."

-me, working out

Eyeswears • 0 points • 12 November, 2016 11:14 PM

Pointless suffering isn't good for anyone.

greatslyfer • 5 points • 8 November, 2016 04:14 PM

Ok great poetry man but now the hard part is yet to arrive and you know what that is?

Staying consistent.

You did well this session, but can you always bring that type of resilience and drive in every session?

It's easy to smash it once, but can you always push your self to deliver every time?

That, imo, is the one point you should focus on.

[deleted] • 2 points • 8 November, 2016 09:51 PM

That's the plan, you can't build a great temple by throwing down a layer of bricks and then fucking off and doing something else while the foundation gets worn down.

Docbear64 • 6 points • 8 November, 2016 12:36 PM

Fantastic Post, I feel like i'm losing my mind but there is such a strong happiness that ripples through me as I finish my final rep . Panting , tired, swearing and thanking God at the same time , a strong mix of emotions but there is just something so powerful about powering through a workout and as you said when your body is trying to tell you to stay comfortable going forward anyway because you want to be better instead.

jconway20 • 4 points • 8 November, 2016 05:54 PM **[recovered]**

<http://i.imgur.com/qF4rp6S.jpg>

Saw this quote awhile back and it always stuck with me. I was hesitant to get a tattoo, but I'm glad I did. I used to be a scrawny blue piller loser until I found this place. Started lifting and got a good job as a system engineer and this tattoo is a reminder of what it takes to get the things you want most in life.

rp_newdawn • 2 points • 8 November, 2016 07:46 PM

Respect the hard work brotha. What's the tat say

romantictheory • 1 point • 9 November, 2016 09:50 AM

It is the quote in the post's title.

[deleted] • 9 points • 8 November, 2016 11:27 AM

Staying up tonight to read "As a Man Thinketh" and "The Power of Positive Thinking."

Man is made and unmade by himself

Relevant to your piece.

Suffering is always the effect of wrong thought in some direction. It is an indication that the individual is out of harmony with himself, with the Law of his being. The sole and supreme use of suffering is to purify, to burn out all that is useless and impure.

Upon reflection - you've found your run, lifting, etc. necessary. It is aligning forces within you.

He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly.

Relevant to your piece

MAN'S mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth.

"It must, and will, bring forth" is one of the most powerful things I've ever read. Life is happening, right now. Tomorrow is happening no matter what. Whether you're working on yourself or wrecking yourself, you can't avoid the consequences of either.

"He should make this purpose his supreme duty, and should devote himself to its attainment, not allowing his thoughts to wander away into ephemeral fancies, longings, and imaginings."

Ah - sweet, sweet monk mode.

He who has conquered weakness, and has put away all selfish thoughts, belongs neither to oppressor nor oppressed. He is free.

Oh damn.

[deleted] • 4 points • 8 November, 2016 04:24 PM

Love this. You're not living if you're not hurting. You have an eternity to rest.

hesalop • 3 points • 8 November, 2016 02:28 PM

Fantastic post. I wish there was a sub just for redpill motivational stuff like this.

TheRedINTP • 3 points • 8 November, 2016 03:38 PM

There's something small though...something untouched by all the toxic shit, maybe it's your soul, maybe it's your fucking manhood, but it screams out louder than anything else, FUCK NO it says, and your body listens.

How do you think you stay in contact with this voice?

JustDoMeee • 3 points • 8 November, 2016 03:50 PM

Meditation can help, when you're relaxed and aware you tend to follow the voice that's most true to you and be aware of the voices that aren't without judgement.

TheRedINTP • 1 point • 8 November, 2016 06:55 PM

I've been practicing Vipassana Meditation two hours a day since August. The practice is to sit for an hour without opening your legs, hands, or eyes after you start and feeling the sensations on the body. I find that I usually have more ego than when I started because the discomfort sort of pushed me into it. The same for after my work outs.

JustDoMeee • 1 point • 8 November, 2016 07:34 PM

I don't see how that works and what benefits could be derived from it, as you're not actively being mindful, controlling your minds chatter and are not being aware of things.

I suggest trying a different route, a route that was really useful to me, recommended by another user on TRP, is by downloading 'Headspace' app, use it everyday.

[deleted] • 1 point • 8 November, 2016 09:50 PM

I don't know how it is for you, but for me, that voice is always there, but it's always the quietest voice in my head, you know the guilt you feel after jerking off, for me that's that voice, whenever I am wasting time instead of doing what I should, it's that voice that makes me feel bad about. It's just a matter of listening to the small voice in your head going "hey you lazy fuck go work out!" Instead of the much louder much more charismatic voice that says "you're tired, you deserve to sit on your ass and do nothing"

LazyMagus • 3 points • 9 November, 2016 06:12 AM

Everyone says this is a beautiful post to read, but I hate reading a wall. Since OP hasn't edited it yet, I am putting in paragraphs for you:

It's night time, cold, the dark clouds block out any source of light in the night sky. It's raining lightly, your hair and face are getting wet along with your clothes, but you don't give a shit do you?

No, you're still going to go run, every thought, every worry, every moment disappears when you slip on your headphones and you step on the track. Each step you're further away from your starting point, every breath you're a little more tired, you could've stayed in. You could've sat home, and watched a movie or played a video game, jerked off, or maybe even thought about messaging that cute girl you know of right?

But you didn't, cause you don't give a shit.

You haven't ran a complete mile in years. Now all the sudden it's like you've fucking sucker punched all your systems awake, a years worth of smoking has your lungs fucking begging you to stop. But fuck what your lungs want. You tore your ACL recently, your legs tell your brain that you aren't ready for this yet, but fuck that, you've just completed a lap, you're gonna keep going.

As you past your starting point for the first time, parts of your brain that you've fed counterfeit dopamine from jerking off, or eating sweets, or doing drugs, they start to tell you that you should stop, just go home they say, your body screams in unison with this thought. There's something small though..something untouched by all the toxic shit, maybe it's your soul, maybe it's your fucking manhood, but it screams out louder then anything else, FUCK NO it says, and your body listens.

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You smile in between breaths for air, then puke fucking every where. You wipe your mouth off, and promise you'll be back tomorrow for another ass kicking.

When you start something, it will definitely kick your ass, but you keep going, cause after so many ass kickings it doesn't hurt so bad, and then you start fighting back. This is the nature of progression and becoming a master of something. Don't quit. Keep fucking going, put down the sweets, pick up Dumbbells, don't listen to your body, it doesn't know shit, it's used to a comfortable life style.

[deleted] • 2 points • 9 November, 2016 06:35 AM

Thanks for all your hard work! □

mnwushu89 • 2 points • 8 November, 2016 06:24 AM

Have this quote along with a picture to represent it as a tattoo. To remind myself this daily.

Solid post

[deleted] • 2 points • 8 November, 2016 05:32 PM

Needed that. Suffer. Fuck comfort. Fuck reaching out. Eat that shit. Gotta tell somebody? Tell it to the weights. Tell it to the track. Words are for talkers.

[deleted] • 2 points • 8 November, 2016 06:14 PM

Fun unrelated fact: Mark Rippetoe has no ACL in his left knee. Not even a reconstructed one.

FractalFactorial • 2 points • 8 November, 2016 08:13 PM

Nice and theatrical. But on a serious note, DO listen to your body and know your limits. Its not manly to tear a muscle and then be out of the gym for months.

PantsonFire1234 • 2 points • 8 November, 2016 08:20 PM

Most people I know and have met in life didn't suffer that much. That's not to say they don't face their own difficulties, but they had it pretty good otherwise. Honestly it's a decent life to have. Compared to them I really got the stick and I will be lying if I said that my life didn't suffer as a consequence. There are multiple things I missed out on or lost because of it. Learning how to have a long term relationship for one.

Other than that the differences in mentalities and attributes are night and day compared to them and me. I fully understand the reasoning behind hard-knock society's like the Spartan agoge. Suffering and challenges truly create a different type of human.

For one you learn how to adapt quickly, you embrace challenges and competition, you don't give up quickly, less prone to emotions and so on. Just to name a few traits you will only see in hardened people.

Suffering can translate into various different ways but the common theme is that no matter in what capacity you suffer, everything bottles down to a test. If you pass the test you develop more than the untested.

Just don't expect some karma-ish justice for those who had it easy. Generally the more fortunate live pretty content lives even if they are plugged in. Safe from the occasional break down they continue to operate the same. You might have allot of skills and potential after surviving a rough childhood. But this won't make adult life suddenly flip around for you.

I know ultimate BetaCucks that have had a steady girlfriend since the age of 16 and generally never got punished

for it. Sure their girlfriend settled for them and they aren't having mind bending sex. But they are content none the less. While I know A-type Chads that didn't get a relationship to work, ever and go from meaningless fling to fling that's littered with shit tests.

Sometimes those who have it easy simply have it easy

It's up to you to ascend beyond that envy and prize the virtue you've earned as worthwhile.

[deleted] • 1 point • 8 November, 2016 09:59 PM

Those who were born in darkness and all they know is darkness, will never be unsatisfied with darkness. Those who were born in darkness and saw the light, will crawl, and claw their way to the light. If their content with being average, then that's good for them, more power to you, but if your like me, and every time you take a rep off, or you take the easy route, and it kills you a little on the inside, then average is not okay. I think if at any point in your life your content with what you have your are blind, because you can always have more, don't let greed over power you and make you blind as well, but certainly I think, you should never lose the hustle and drive that's brought you to were you are now.

PantsonFire1234 • 2 points • 8 November, 2016 11:35 PM

Like I said it pays to have been challenged by adversity in life, the more the better. I know exactly what you mean when you say that average or second place just isn't enough. There's only one place and that's first place.

But my point was that there are about 99% of people who can't relate to this because they've been cuddled by their parents since birth. Life never threw them a curve ball and if they stay lucky, it never will.

These people will generally still remain relatively happy with their life and the odds are that some of them might even enjoy it more than someone who's used to nothing but fighting. I think we find our salvation in the person we become, not the life we end up living. Use it for something good.

verify_account • 2 points • 8 November, 2016 08:50 PM **[recovered]**

Great expect cardio kills gains. Shoo shoo gains goblin.

[deleted] • 1 point • 8 November, 2016 10:00 PM

Constant cardio kills gains, working both together, is beneficial. Lifting weights faster is a type of cardio, jump rope is cardio, not all cardio is all bad. Running marathons tho, that will kill gains.

drqxx • 2 points • 8 November, 2016 09:16 PM

This quote alone.

Helped to rebuild me after my divorce.

haxurmind • 2 points • 9 November, 2016 02:34 AM

His and hers came to mind from the title of your post.

RPFlame • 2 points • 9 November, 2016 09:00 AM

As you past your starting point for the first time, parts of your brain that you've fed **counterfeit dopamine**

Love that term. It emphasizes the fact that your excitement does not translate in the physical world.

Docbear64 • 2 points • 9 November, 2016 04:15 PM

Great Job on the edits dude, small changes I know , and it may come across as annoying nit-picking but Good shit like this deserves that level of attention . Once again a great post. One I am saving and I'm sure many others will too .

Run_Che • 2 points • 10 November, 2016 10:33 AM

There's something small though...something untouched by all the toxic shit, maybe it's your soul, maybe it's your fucking manhood, but it screams out louder then anything else, FUCK NO it says, and your body listens.

Fuck yes, I needed to read this to relate to that currently whispering voice. It needs to be fed so it can get louder and louder till I can hear nothing else.

Gelu_sf • 1 point • 8 November, 2016 07:20 PM

I will just add this image over here since it fits the topic.

<http://imgur.com/nJCja2J>

Now you can break your nofap to actual visuals

PawnToKing • 1 point • 8 November, 2016 02:34 PM

Could've just done weight training much better for transforming a body, weight-loss, takes less time, doesn't suck like cardio.

empatheticapathetic • 6 points • 8 November, 2016 06:02 PM

suck like cardio

Missing the point there a bit

PawnToKing • 0 points • 8 November, 2016 06:26 PM

You're probably right. I just mean to say that life doesn't have to be a motivational video with Stallone yelling at you to 'keep moving forward.' you can always work smarter and get better results.

empatheticapathetic • 5 points • 8 November, 2016 06:51 PM

Yeah totally. But depends on his goal. I'm pretty strong but my cardio health has always been dog shit, same with my family. So doing cardio is beneficial to just being healthy for me. Perhaps that's his goal too opposed to body transformation.

PawnToKing • 1 point • 8 November, 2016 06:52 PM

Fair enough. Although I would personally say sprints are more beneficial than LISS cardio, since they're anabolic, don't take as long, and the effects last longer throughout your rest.

[deleted] • 5 points • 8 November, 2016 09:46 PM

I understand your point, I do both weight lifting and running. I think both are great for you. But here is something to think about. When a man sets out to climb Everest, you think he is doing it because it's easy? No. He's doing it because it's a challenge. I'm running for me because it's most certainly a challenge, I love the feeling of the odds being against me, nothing's ever motivates me more then everything around me going "you can't do that"

PawnToKing • 2 points • 8 November, 2016 10:38 PM

I guess that's why I'm not a mountain climber.

TaylorWolf • -7 points • 8 November, 2016 05:39 AM

I find running and weightlifting extremely boring.

I like kickboxing and jiu jitsu for cardio and strength. Why throw around a dumbbell when you can throw around another grown ass man like a plaything

TheJunkieMonk • 4 points • 8 November, 2016 08:21 AM

Not sure why you got down voted...

ShamwowTseDung • 14 points • 8 November, 2016 09:49 AM

The snowflake attitude can be tiring for some.

No need to spew BS about something you don't enjoy. You have the right to do what you want. So does everybody else in the world. Nothing special about that.

To get on topic:

This is more to the novices:

Know your *current* limits. I know some are totally down with the "pain is weakness leaving the body" mindset, but the signal isn't always wrong.

Even a rubberband breaks when you stretch it too far. I fucked up, running with some (at the time) minor pain. Ended up in a boot for months.

I'm all for pushing yourself ('tis the zest of life for me), but more to the tune of going a little more than you thought possible.

Last, but not least.

For most activities, if not all, **PROPER FORM is key.**

[deleted] • 2 points • 8 November, 2016 12:56 PM

Can't agree enough with your last point honestly, I've been lifting way long then I've been running. When I first started out I "powered through" the pain of some stuff, ended up messing up my back and required therapy. I thinking pushing yourself to your limits and then stretching it a bit, is when growth is made mentally and physically, but more often then not people get hurt because of ego/not knowing there limits.

TaylorWolf • 1 point • 8 November, 2016 10:12 PM

All I said was I find them boring that is 100% honest and truthful what makes it BS?

Methinks we have jealous haters... nothing new for a savage like me

TaylorWolf • 1 point • 8 November, 2016 10:14 PM

Jealousy of course nothing new for me ;)

_fitlegit • -4 points • 8 November, 2016 02:20 PM

Please don't take try to co opt this quote for your pathetic "boo hoo girls don't like me so they're inferior beings" club

[deleted] • 2 points • 8 November, 2016 09:43 PM

When did I ever say that a girl was inferior in my post?

newName543456 • 1 point • 12 November, 2016 09:31 PM

Looks like that person was projecting...