

# How the fuck do you guys do it

January 4, 2019 | 184 upvotes | by [wellhellothere45](#)

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I'm all in on the red pill, I'll take this philosophy to the grave. But I live in the middle of nowhere, don't talk with anyone, I cry daily. When I read post about cutting off a women and shit I'm like I don't give a fuck if I am a beta to start I just want to Be in a relationship. But our family is so fucked up and me and my brother are both virgins in our 20s (I'm 23 and hes 24) I'm depressed all day I just can't stand it. I'm so far behind the curve I don't even know what to fucking say. I am anxious depressed And stress all day I have no control over anything. Funny thing tho is conversely I see everyone in my life and their actions my following the red pill and working dead end jobs hating their life and I am like how do they even fucking fake themselves out in a day to day cycle

I'm a pussy faggot and people are just gonna tell me to read the sidebar. Has anyone made it out of their situation

Fuckers listen up i have never had a relationship and I am 23. Most of you find this shit after being blue pill in a relationship. Funny thing is I am not bashing anyone or anything this shit is pure fuxking gold but how to apply it

Tired of being depressed speeding On the highway tired of having no friend fuck

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## Comments

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askmrcia • 471 points • 4 January, 2019 04:45 PM

You have far more other problems to worry about then just girls. Sounds like you need to move and get a better job.

Then find some hobbies or something to do in your free time.

Women or you losing your Virginity won't fix shit. Say you hook up with a chick now. Three days later you're going to forget all about it and still be that loser that you already are.

cant\_\_find\_\_username • 183 points • 4 January, 2019 05:24 PM

OP read this twice.

[deleted] • 33 points • 5 January, 2019 03:29 AM

Then read it again

apskidb • 14 points • 5 January, 2019 07:40 AM

And again. You're at the beginning. You have a long road ahead of you. Accept it and you'll become stronger.

beginner\_ • 7 points • 5 January, 2019 07:43 AM

You have a long road ahead of you

= Years to decade

In fact the road never ends but above is just to highlight that even with TRP you won't magically be "cured"

volvostupidshit • 1 point • 5 January, 2019 10:07 AM

Print it and post it on your walls OP.

ElegantCyclist • 85 points • 4 January, 2019 05:25 PM

Also, OP, most guys do it via practice. You practice social skills, you practice lifting, you practice by starting very small and working your way forward.

askmrcia • 27 points • 4 January, 2019 05:26 PM

This. I didn't feel like explaining it because like op said, it's on the side bar. But yes it takes practice to build up social skills and stuff.

BeornPlush • 4 points • 4 January, 2019 07:52 PM

It also helps to set a goal for whatever you practice.

Say, you set your lifting goal at 3x a week for a month. If it's easy, make it more interesting next time. If you struggle, keep it there one more month. Write it down somewhere so you can come back to see your progress every now and again.

Get the hell out there and do it.

beginner\_ • 3 points • 5 January, 2019 07:45 AM\*

And if you can't go to a gym (money, lack of one) you can still do body weight exercises and/or buy your own stuff.

Or do cardio. It's a fact that exercising helps with depression.

Also fix diet. Stop living of carbs and sugar.

EDIT:

Basically small and simple steps.

1. stop jerking of multiple times daily
2. fix diet
3. start excising
4. look for better jobs in a city
5. take job and move to that city ...

SeamusAwl[ ] • -6 points • 4 January, 2019 06:39 PM

It doesn't take practice. Practice is interacting with yourself in the mirror. It takes doing the actual work, and fuck all if you fail. Learn from it and do it again. Fuck practicing.

iy432 1 points 4 January, 2019 06:55 PM **[recovered]**

Dude... TRP is not a 1 size fits all approach. Based off of what OP said he needs to start with baby steps & work his way up. He needs to stop feeling sorry for himself (i think a lot of newcomers, including myself have struggled or continue to struggle with this) and take action.

SeamusAwl[ ] • -1 points • 4 January, 2019 10:30 PM

Do you practice lifting or do you just go out and lift? Do you practice game in the mirror, or do you go out and game? Also, the operative word there is "take action." Taking action is not standing in front of a mirror. Taking action is going and doing it. if all you, or the OP, can bench is a 20 lb barbell, its a start. But at least you are doing it.

ARUKET • 7 points • 5 January, 2019 01:19 AM

You're misunderstanding, by practice nobody means pantomiming in the mirror. Doing things is practicing them.

I\_Dont\_Type • 2 points • 5 January, 2019 02:38 AM

Exactly. When you "practice" anything, you're actually doing it. Talking to yourself in the mirror isn't practising for anything other than getting better at talking to yourself in the mirror.

Even the definition of the word practice explains this:

**practice**

noun

1.

the actual application or use of an idea, belief, or method, as opposed to theories relating to it.

SeamusAwl[ ] • 0 points • 5 January, 2019 04:30 AM

You left out the rest of the definition bro. Which is how i used the word.

1. repeated exercise in or performance of an activity or skill so as to acquire or maintain proficiency in it.

"it must have taken a lot of practice to become so fluent"

synonyms: training, rehearsal, repetition, preparation;

I\_Dont\_Type • 2 points • 5 January, 2019 07:12 AM

That still doesn't support your point.

Pluglord • 1 point • 5 January, 2019 08:08 AM

What the fuck are you going on about

Flintblood • 3 points • 5 January, 2019 02:58 AM

What happens during football practice?

kellykebab • 36 points • 4 January, 2019 06:48 PM

Someone needs to design a Maslow's hierarchy of needs, but for men. Dating goes towards the top after you already have a good living situation, steady income, hobbies, regular exercise, etc.

Dead on advice, dude. OP needs to prioritize better.

omega\_dawg93 • 9 points • 4 January, 2019 07:38 PM

nah... after that first piece of pussy, after 3 days he's gonna be calling & calling her for more.

tbrmd • 24 points • 4 January, 2019 07:41 PM

Once u actually smash a girl u might be even more depressed when u realize u really weren't missing out on a lot.

Be content wit yourself have fun wit yoursel. You and your brother could build an empire. 24 is young as hell by 30 you both could have generated enough wealth to be pimping. Don't trip stop feeling sad anxious nervous nobody gives a fuck about u. I don't even have to be telling you this but stop thinking what other people think and do you.

apost54 • 13 points • 4 January, 2019 11:54 PM

This. After I lost my virginity I was just as miserable as I was before. Shit now I have HB8 plates and I'm still miserable. Pussy can't cure alienation.

frontyer0077 • 2 points • 5 January, 2019 10:49 AM

Can confirm. I thought losing my virginity would fix all my problems. It didnt. It let me to believe that I needed a relationship with that girl. Turned into a bad oneitis. Luckily I was smart enough to realize I was bullshitting myself and cut it off before it got real bad.

jackandjill22 • 1 point • 4 January, 2019 10:19 PM

Perhaps. Yea, this dude has alot of other problems.

[deleted] • 1 point • 5 January, 2019 12:56 AM

True shit here. Finding a woman now would just add to the pile of crap and you will end up even more screw. Save some bucks, fuck off from where you are and live.

javisms • 1 point • 5 January, 2019 04:20 AM

Yep move to the city

CodyCodeine • 1 point • 5 January, 2019 04:45 AM

Happened to me

SKRedPill • 1 point • 5 January, 2019 07:13 AM

He first needs to stop this sob story. First step. Full stop.

[deleted] • -3 points • 4 January, 2019 09:53 PM

Just move and get a job, nice advice buddy. You probably tell the homeless to get a job and buy a house

askmrcia • 6 points • 4 January, 2019 09:56 PM

Stop being an idiot. The guy in the post is not homeless. He has other issues other than women which he pointed out saying he wasn't happy where he was living at.

Get up and move. Don't have enough money to move? Then find a way and get some and stop worry about women

[deleted] • -4 points • 4 January, 2019 10:05 PM

Just get a job and move 4head

iwviw • 31 points • 4 January, 2019 06:48 PM

I'm not being sarcastic, bro get your testosterone up. Google "how to raise my testosterone naturally". Do some good research, you don't need products, just change of lifestyle. And save up and move to a major city. Keep doing high testosterone activities. Force yourself to go out and make friends. Get a hobby. Better yourself. Work out, good grooming, get your own apt etc

vandaalen • 88 points • 4 January, 2019 05:24 PM

I'm a pussy faggot and people are just gonna tell me to read the sidebar.

And to go fucking lift.

buttgoogler • 41 points • 4 January, 2019 04:49 PM

Easy on yourself. Get a hobby, keep on lifting, read, travel, make money.

I just want to Be in a relationship

And for christ sake, getting a girlfriend won't change shit for you currently. You're trying to fix internal problems with external tools. Don't make girls your priority and keep living for yourself.

HumbleRedPillStudent • 6 points • 4 January, 2019 07:48 PM

Well said. I don't want to say stop being hard on yourself. Be hard in yourself. Push yourself. But stop the self-loathing. The self-loathing bullshit stops now. Agreed?

[deleted] • 2 points • 4 January, 2019 09:21 PM

The self loathing pattern is hard to break. Like literally I'll do something and say to myself you're so gay or you're such a faggot to myself

mnsmon • 6 points • 5 January, 2019 01:08 AM

Every time you see a mirror, look into your eyes and say something nice, even if you think it's not true. Eg i am strong, i look good, i feel great, etc. It is weird the first few times, but eventually you will believe it and it feels great. Always use a positive term, „I am not a faggot“ will not work. Also stop telling yourself you are <insert random insult>, not even as a joke. It doesn't fucking help. I did it half my life and it's just bullshit

HumbleRedPillStudent • 1 point • 5 January, 2019 05:43 PM

I know it's hard. But you need to treat yourself the way you would treat someone who you mentor. Hard or not, you need to make a decision today (realize that choosing to do nothing is also a decision).

[deleted] • 1 point • 4 January, 2019 07:41 PM

They aren't but being a virgin at 23 certainly makes things awful

Frebaz • 13 points • 4 January, 2019 09:44 PM

I'm 23 and fucked 3 girls tops, I lost the v at 21. Believe me bro, it's overrated. Don't believe me? just pay for it and remove that illusion from ur head.

I'm not too far from ur state, but just, don't give a fuck! Be successful, get fit and at least some action will happen. Just don't rush it and enjoy the process.

[deleted] • 3 points • 5 January, 2019 12:59 AM

Don't believe me? just pay for it and remove that illusion from ur head.

Ain't a bad advice.

\_the\_shape\_ • 14 points • 4 January, 2019 06:15 PM

I just want to Be in a relationship.

Explain why you think it is that women are **not** presently clawing and scratching one another to get to the front of the line for the honor of being your girlfriend.

[deleted] • 1 point • 4 January, 2019 07:42 PM

Because I am a pussy faggot white as fuck virgin with no social skills and constantly depressed/anxious/stressed even doing the most basic tasks makes me overwhelmed like flossing or cleaning up after myself.

On\_The\_Tweek\_Again • 9 points • 4 January, 2019 08:58 PM

Damn bro, you have many more problems than just getting women. You gotta take a chill pill and relax. Breathe. Go out every day and get something productive done. Obviously we're all going to tell you to lift, there's no way around that. If you're white as fuck, go outside and do something once a day. Go buy an Axe and find a stump to chop some wood on. Get your frustrations out on that and lifting.

You seem to have some mental things going on that we're not qualified to deal with. This biggest thing is being aware of yourself and staying disciplined. Start slow and keep chipping away at the rock. My

biggest piece of advice I can give you is to take it easy and breathe. Don't let emotions run your life and influence your decisions. Get to work.

[deleted] • 1 point • 4 January, 2019 09:44 PM

Yes. I need to start with brushing my teeth and flossing for a week for real and hopefully I can work up to more

Lukap295 • 6 points • 4 January, 2019 10:19 PM

We tell you to lift because its not just the muscles, you get confident, more extroverted and get "dont give a fuck" attitude.

VasilyZaitzev • 68 points • 4 January, 2019 05:38 PM

But I live in the middle of nowhere

So move.

don't talk with anyone, I cry daily.

Stop being a faggot. Did you not have a dad or something?

When I read post about cutting off a women and shit I'm like I don't give an fuck if I am a beta to start I just want to Be in a relationship.

Le sigh. You are so not red pill.

But our family is so fucked up and me and my brother are both virgins in our 20s (I'm 23 and hes 24) I'm depressed all day I just can't stand it. I'm so far behind the curve I don't even know what to fucking say. I am anxious depressed And stress all day I have no control over anything. Funny thing tho is conversely I see everyone in my life and their actions my following the red pill and working dead end jobs hating their life and I am like how do they even fucking fake themselves out in a day to day cycle

Stop feeling sorry for yourself.

I'm a pussy faggot

Yes, we know.

and people are just gonna tell me to read the sidebar.

Yes, we are. And to lift also.

Has anyone made it out of their situation

So what? If they haven't then you'll be the first.

Tired of being depressed speeding On the highway tired of having no friend fuck

You're 23. That's young.

Start setting goals for yourself. Figure out where you want to be - and relationships, women and pussy are not "goals" - and then put a plan into place to get there.

Also you are 23. It's time to get into the best shape of your life.

Start saving money, and think about how to improve yourself. Learn a language, learn an instrument, stop being a pussy who feels sorry for himself.

ChinmayT2 • 8 points • 5 January, 2019 02:43 AM

So what? If they haven't you will be the first.

Very important thing to inculcate.

kngr2 • 5 points • 4 January, 2019 08:33 PM

That was very motivational :)

VasiliyZaitzev • 13 points • 4 January, 2019 08:41 PM\*

Homie needs a Code: RED, whether he realizes it or not. Men do not solve their problems by sitting around whining about them.

t\_jones730 • 3 points • 5 January, 2019 03:29 AM

This.

Focus on goals, not problems.

nateydanger • 10 points • 4 January, 2019 07:03 PM

If you do what you have always done, you will get what you have always got.

You are the only person on this planet responsible for your needs, wants, and happiness.

Not to be harsh dude but it's time to grow up.

Metalgear222 • 11 points • 4 January, 2019 08:57 PM

You and everyone else that fails at swallowing the pill is because you guys learn shit and then never do anything with the info. you just read it, feel good for 30 mins and go back to your shitty life and habits. Wanna get out? Take action you fuck!

Lift, get hobbies, read, go make friends, TALK TO EVERYONE, etc. there's so much suggested here that would be pay off if you just fucking do it.

[deleted] • 2 points • 4 January, 2019 09:00 PM

You are so right lmao

Coffeebob2 • 21 points • 4 January, 2019 06:29 PM

Well some women like taking guys virginity they think it's cute or some shit so maybe go to a bar find a cougar and ask her nicely XD

RedPillRey • 57 points • 4 January, 2019 04:47 PM

Listen bro you have 2 options continue all your pussy faggot bullshit path of unhappiness making excuses and being an overall cunt or improve yourself every day a little bit until you have stacked that success into something that makes a huge difference overtime. You need to lift weights eat right and be consistent. No matter how fat or skinny you are. No matter how lame you are. Stop comparing yourself to others and compare yourself to yourself. Don't worry about where your starting focus on where you are going.

How many times has having good digital video game gears or digital video game money got you laid? Fuck all your digital video game gains you've been focused on all these years start focusing on real life gains through self improvement via fitness and social acumen. It will hurt it wont be easy you will be challenged and fail many



times. But if you learn through your success and failures you will become a better version of yourself each and every day eventually becoming a chad thundercock if you want it badly enough.

A few years ago I weighed 440 lbs and i made less than 30k a year. I was 28 years old and a complete piece of shit. I am practically invisible to women. THEY DO NOT LOOK AT ME OR INTERACT UNLESS THEY HAVE TO. If i look at them they actually turn away or give some sort of negative body language to tell me not to approach and think oh fuck i hope this guy doesn't talk to me.

I had an idea and I wanted to make my own company all my friends and family told me not to do it and play it safe and just get a better normal job. No one believed in me. I said fuck it and made my own company. I now do something I love I make low 6 figures. I live a bodybuilder life working out and eating like a fucking robot monk.

Now I cannot go anywhere without catching women looking at me and smiling at me. I sometimes catch the same woman looking at me over 5x in a short period of time. Yes even when they are with a BF or husband they are still checking me out because i'm peacocking some massive shoulders with a 2:1 shoulder to waist ratio and i'm bigger and stronger and in better shape than anyone else they will see that day.

You should probably do some steroids to catch up I did and not afraid to say it. I have no regrets from my steroid gains i'm bigger, stronger, faster and feel better about myself than ever before. I have over 200lbs of lean mass so i carry more pure muscle than the avg adult male even weighs. My gains aren't magical or free my workouts and cooking take up the time equivalent to a part time job and it is a lifestyle.

STOP FEELING SORRY FOR YOURSELF AND MAKING EXCUSES AND START MAKING CHANGES OR YOUR JUST A BETA HAMSTER ON A WHEEL YOUR WHOLE LIFE!

inittowinit777 • 18 points • 4 January, 2019 11:34 PM

Your whole post sounds like some made-up bullshit based on you taking stuff others here have written about and exaggerating it times 10. Your account is 44 days old and everything you've written in this comment sounds like a fucking caricature of TRP tropes.

Oh you're "bigger, stronger, faster" after using steroids and you're not ashamed to admit it? No shit. Name me your first three steroid cycles with compounds used, dosages, duration, ancillaries used, and results, without looking at the steroids subreddit for hints.

Calling BS on every single thing you've written.

lvanden • 7 points • 4 January, 2019 05:51 PM

How did you go about starting your own company?

RedPillRey 1 points 5 January, 2019 12:41 AM **[recovered]**

So I have a passion since I was a kid. When my dad died when I was young that passion was taken from me by my grandparents who I had to go live with because my mother was unfit to care for my brother and I. When I turned 18 I left to the military and then I did 4 years learned some hard lessons about responsibility and being a man that my father never got a chance to teach me.

When i got out there was a very bad economy and no good job opportunities and i was living paycheck to paycheck. I was having fun with my childhood passion but I didn't know how to make any money doing it. Eventually I got a job with a company doing what i love combined with other tasks they would bog me down with that I hated.

I excelled at a very high level but the company itself had to sell and the new owners didn't give a fuck about my success and decided to make company wide changes without looking at specific circumstances. This forced me to leave the company. This is the turning point of my life where my old boss, my family, and friends all doubted me. Everyone told me to go do something else but I just wanted one real shot at something that i put my full effort into and i proceeded anyway.

Now I am #1 on yelp, I am highly recommended by word of mouth, and i have an A+ rating with the BBB. I had a skill i was passionate about since childhood and there are many pretenders in my field but I am one of the best in the world and I have a special niche in that field in which I am one of the only ones capable of doing it and no one within 150 miles of me can do it except me.

I am not a genius i didn't have a big idea or an invention I don't have a bunch of employees in fact i am a sole proprietor. But a good website, some advertising, being very highly skilled at what i do while also loving the job is what i attribute my success to. There is also a bit of luck involved i suppose.

My company requires little overhead little operating costs because I create a service for clients so I dont have the secret formula to build some millionaire shit from nothing I am just in the right place at the right time with the right skills. but few years back i had nothing and now i want for nothing.

My whole point though of my original post don't fucking give up dont sit around feeling sorry for yourself keep getting better and trying your best all the time. I could sit here and tell my sad life story and complain and blame others like my little bro who has nothing and is a hamster on a wheel but that shit gets you nowhere.

EramSumEro • 2 points • 5 January, 2019 04:23 PM

Your last sentence and first paragraph are very contradictory... what's your goal here? You clearly are lying with all of this vague business talk.

Lukap295 • 5 points • 4 January, 2019 10:14 PM

Whats the name of the company

Hambone\_Malone • 21 points • 4 January, 2019 10:30 PM

Internet Liars inc.

TatumBetterFultz • 7 points • 4 January, 2019 11:36 PM

Hahahahaha I want to believe this whole thread is cospasta but I'm afraid it's not

Lukap295 • 3 points • 4 January, 2019 10:31 PM

Lol

goathunter05 • 4 points • 5 January, 2019 01:08 AM

Advice to take roids. What horrible advice. You'll be lucky not to have to take replacement test for the rest of your life

319Skew • 0 points • 5 January, 2019 04:23 PM

Love this post! Congrats on your efforts paying off.

My only question is with roid use, how much of an impact did it have with your overall health?

RedPillRey • 2 points • 5 January, 2019 11:53 PM

question

I got my hormones tested I had very low T low Free T FSH LH and my estrogen was high. My nipples were puffy i felt emotional and like shit, small things would bother me and i would cry. I went to tijuana and brought back some testosterone thats the only thing i take is enough low dose test to get my levels to a normal healthy male my age. I do not do harsh cycles I dont blast large doses or use more powerful compounds. I do stack it with MK-677 Growth hormone secretatogue and Cardarine a SARM. I have never felt better and in fact there are more side effects and health concerns for men with low testosterone.

Im not a Dr but in my opinion i am healthier on test than off of it and will use it for my entire life in a testosterone replacement therapy protocol. I was also taking some arimidex early in the cycle to lower my estrogen because i already had high estrogen and the testosterone i am injecting a portion will aromatize into estrogen. I figured my estrogen would get high and i would get gyno and grow tits but i ended up flooring my estrogen so low i couldnt even get my dick hard at all so once i stopped taking the arimidex within 2 days my dick was back to normal.

319Skew • 1 point • 5 January, 2019 11:55 PM

Thanks for the info.

Grogster11 1 points 4 January, 2019 04:51 PM **[recovered]**

Join the military.

jy432 1 points 4 January, 2019 06:59 PM **[recovered]**

I second this... OP, apply TRP for a year or 2. Get in decent shape, get in the right frame of mind, and then join the military.

I highly suggest you do not join in your current state... no offense but if you do right now it sounds like they will break you & youll wind up going AWOL during basic training. Not trying to hurt your feeling but just going off of your post... sounds like you need a lot of work.

Imperator\_Red • 4 points • 4 January, 2019 07:16 PM

The recruiters won't let him ship to basic if he is not prepared, but they will help him get in shape. If you want to join, just go to the recruiter. Even if you are a total fat ass. They will help get you on an exercise regimen.

jy432 1 points 4 January, 2019 07:54 PM\* **[recovered]**

That is true. I mostly meant mentally-forgot about the physical aspect although I didn't read anywhere in the post about him being severely over weight or having any medical complications (besides being depressed which most recruiters tell recruits to not say a word about past mental health issues-depression)

I had 3 different recruiters tell me in these exact words, "we don't talk about that here." Or "when you go to MEPS that never happened."

Unfortunately I didn't even make it to MEPS nor did they send in a waiver because I have a somewhat lengthy juvenile criminal record-2 felonies and 4 misdemeanors.

Imperator\_Red • 2 points • 4 January, 2019 08:42 PM

“we don't talk about that here.” Or “when you go to MEPS that never happened.”

The key to MEPS.... just say no [to past drug use, medical problems, and moral failings].

circlingldn • 5 points • 4 January, 2019 08:37 PM

He will end up a 27 year old virgin...but i agree...get himself a proper career...no infantry

BloodSurgery • 6 points • 4 January, 2019 04:57 PM

Unless you give us information about your life, all you can receive is generic advice like lift, sidebar and shit. How is your life, so we can help you easily, dude?

[deleted] • 5 points • 4 January, 2019 07:50 PM

Well let's see I am a 23 year old white as fuck virgin who works a shitty job basically all day I install printer drivers. My dad put me in IT and I hate it. I am going to engineering school in the fall from an accredited university and I am excited for that. I am quitting this job this month and going all out from the start. I'm gonna make my fucking bed in the morning and brush my teeth twice a day and meditate this shit is getting out of hand. My family has money but it is one of the worst dynamics possible. Dad is blue pill as fuck and has no self confidence and never left the house when we were younger and just worked basically a hermit. Mom has the weakest and most blue pill father ever and her and her sister have dated the weirdest men, cheated a fuck ton of times. They stayed together for the kids but it was toxic. By dad is angry as fuck at everything and has brought unconscious resistance to everything. Clean up after yourself? Hella internal resistance because my dad couldn't even fill up a soda bottle without getting pissed. My brother is up in Boston depressed and he has never had friends at all his entire life. He has terrible posture and barely can take of himself.

So I got this ducking job and my body cannot even handle it I'm not even able to get thru a day. For fuck sake my dad was doing my homework in college. My dad has a codependency issue it is really bad. But I see this now and fully have broken thru from his shit but I am left with these unconscious inclinations. I'm fucking 6 '4 and I'm sitting behind a desk with the ass posture. FOH imma not work in no ones world

Also check my post history for maximum faggotry

BloodSurgery • 3 points • 4 January, 2019 08:31 PM

Hey, thanks for actually responding. Didn't wanted to go thru your profile pretty much stalking you, so preferred to ask you directly.

First, get a consort to lose your virginity. You are blaming yourself too much for not having sex, and the only way to realise how really worthless it is, is for you to fuck someone without the feelings and shit.

Good job at getting your shit together meditating, getting a job you like and so on. But everything you wrote about your father and mother doesn't matter. If they didn't help you, stop trying to blame them.

They could have done things better, but you are free now. All that you do, your success or failure, is up to you. No one else.

About your posture, you have to work in it. Lifting, doing stretching exercises, using YouTube videos as help, but it won't go away if you do nothing.

And finally, stop asking about everything, and start reading about TRP instead. You are like a student who, when he has a question, asks the teacher everytime, instead of looking as his books for an answer. He may get a good answer, but he coulda got one on his own.

Obviously I'm alluding to you asking so much in asktrp, instead of going to TRP directly, reading the sidebar, the top posts, looking at trp blogs in the internet and so on.

If you want to talk about anything else, simply PM me dude. But don't expect to ask a question and to get the perfect life changing answer. You have to do your own effort too, by reading about TRP, how to talk to people, optimize times, any shit like that dude.

TheShearerComplex • 2 points • 4 January, 2019 10:01 PM

Stop blaming your parents for your situation. Take responsibility for your own life.

No one else will, so you will just waste away and die into nothingness. That should scare you so much more than anxiety over brushing your teeth twice a day.

Iceclimber • 8 points • 4 January, 2019 06:45 PM

Learn maintaining frame.

*You* know that you are a depressed crybaby virgin but the approached girls do not.

samistark86 • 3 points • 4 January, 2019 08:57 PM

This. Fake it.

BluePillEltonJohn • 11 points • 4 January, 2019 05:27 PM

"I'll take this philosophy to the grave" when you haven't even tested any of the theories yet? This is what's wrong with most people

MGRaiden97 • 5 points • 4 January, 2019 05:02 PM

Look, a relationship isn't the solution. If you get in a relationship now, you're going to fuck it up with your current state of mind. Most women want a man that is confident, strong mentally, competent, and can lead them, not a man that will depend on them for happiness and be whiny and needy. Women are a supplement to your life, not a crutch.

You need to focus on improving yourself first. Have goals, hobbies, and direction in life. Workout a little too. Following this sub and taking advice from here when you have no experience with girls is not what you want

Pooddit • 4 points • 4 January, 2019 06:59 PM

I'll tell you what worked for me some. Eating lots of red meat (full of things like zinc and saturated fat for mood), lots of potatoes with butter and salt, eggs, spinach, etc. Cut out the junk. Lift weights. Do the compounds and learn them. Lift for the pump and to build muscle. Just get up and go pussy. Take a multivitamin, vit d, fish oil, zma. Get lots of good sleep. Get away from negative things that make you stressed and feel like a bitch like a bad job or people. Learn to not give a fuck. Nothing matters. you have no obligations to do anything. But if you want to gain anything, you are going to have to work for it. There will be many setbacks, it's part of the process. Find an environment with women like groups or something and just socialize. It will make you feel good. Do masculine activities with men like play basketball or something. That should be your day:

Look for a better job

Meals

t\_jones730 • 4 points • 5 January, 2019 03:23 AM\*

Lets break this down into 4 categories: Time, Financial, Physical, Mental, and Emotional

u/kellybab mentioned a Maslows hierarchy of needs for men. This is my ruleset to live by:

#0. TIME - This doesn't have a number because it's priceless. Make 2019 your bitch by deleting everything from your life that you waste your time on, AFTER you set your priorities. Sometime it takes some fumbling around to figure this out. But don't make that your excuse. After you have your list of priorities, break each down into how you are going to do it. Next, delete time wasters that will prevent you from doing anything. (delete all apps except ones you need). Then, chip away until your list is complete. Anyway, you have to make it a commitment and make that commitment a priority. You can't sit there and whine any more. Get to it. Make 2019 your bitch.

#1. Finances. THIS IS THE #1 TOP FOR A REASON

I'm not talking about having a massive income. I'm talking about MANAGING your finances. You need to know where you are, how much debt your in, how much you are spending, and where you're headed. And tracking it all. This takes time to develop a system. I've developed one that works with excel, complete with net worth, debt, savings, and graphic trajectories and trendlines that are interactive and update instantly. It works for me. Mint, and Quicken did not. You have to have excel 365 to access it. I might share it, I haven't decided. It doesn't have to be this complicated but honestly, it makes it 10x easier to understand what's actually happening, and where I'm headed financially. But if your money is shit you are going to eat like shit which leads to the next:

#2 Physical (nutrition included)

Same thing. Track it, until you don't need to. Meal prep. I cook once a week with the exception of breakfast (1 cup oatmeal) and snacks. I eat 4-5k healthy calories a day. How? By meal prepping chicken, rice, broccoli florrets, and birdseye mixed vegetables to fill the gaps. \$50-\$75 a week. That's my lunch. Same thing for dinner except I add cottage cheese, three potatos, and two cups of milk. Dinner = 2k cal. This is for a bulk diet. Also, lift or find a sport (BJJ, rock climbing). Lifting is cheap though. Enough said about lifting on this sub, but just lift 4x a week at least. Your "depression" will go away as you gain strength. If your depression is particularly bad, HIIT sprints are the most effective at dissolving it. Just beware of shin splints and take it light for a week or two if you're just starting from physical stagnation.

Sex. Have as much as you can because it is literally the best workout. If you aren't where you want to be, keep trucking and go celibate until you have your shit together. This will give your mind the opportunity to focus on the real shit, and eventually pussy will come to you rather than you chasing it. AKA monk mode. A lot of you guys like to shit on monk mode but it gives you perspective on what's important, and pussy isn't #1. It's you.

#3. Mental

Always be learning something, something to put you in a better position than you are in now. Guitar is a healthy way to wind down. Put the video games down. You're done. Sell it. You're a grown-ass man, stop wasting time. Video games are too enjoyable with no actual reward, but with all of the illusion of one. At least with guitar you have some sort of respect from others. Nootropics. Go easy on them, but they are effective. Uridine Monophosphate for social and verbal fluency, Phenylperacetam for hyperfocus if ADHD-like symptoms are present. Lower the caffeine intake. Drink lots of water. Eat when you're cranky. We're getting into emotions.

#4. Emotional

Emotions are often tied to self esteem. Emotions are last on the list, because they are a mechanism to let you know how things are. Something must be wrong because you feel bad. Why? Let's think about it. Oh, theres the problem. Let's find a solution. Emotions give you feedback on how all the shit above is working. But they can be deceptive, too. They don't work long term. They are only in the now. And in this stage, where you're fixing



yourself, you have to rely on your mental capacities over your emotional, and recognize when you're responding to your emotions rather than logic. And this brings me to meditation. Meditation increases emotional regulation. As you meditate, you learn to simply observe thoughts, sensations, and emotions, becoming more in tune to them, but less reactive. 5 min a day, until you can handle 10, until you can handle 15.

So get good at writing shit down, organizing, and prioritizing things like this, because you can't keep all this in your head and keep spinning your wheels. Break things down into these four categories, add sub-categories based on your life, and break it down even further, giving yourself a list of actions. There's no rulebook. It's whatever works best for you. So figure it out.

Then once you're on the right path, make these things routine until they become habit, and until the habits become a part of who you are.

That's all I got.

We'll get there y'all. Just hang in there and keep truckin.

amwfhunter • 2 points • 4 January, 2019 05:48 PM

I'll be your friend lol. But seriously, I think u need to set some positive attainable goals to keep u occupied. Even if I gave u a harem of women at this point u wont know what to do.

Personally in life I find that most men need 3 things to ensure a better life. Health Wealth Social support (your bros, friends who make your life better)

If u focus on those 3 things usually the quality of life improves

So work on fitness to better your health physically and mentally. Go to church if you have to.

Wealth means to work towards financial freedoms nd security. Money may not buy happiness but it makes life a hell lot easier. I sleep well at night not needing to worry about my next meal and if bills are paid.

Social support I know I have a group of bros who have my back 100% and confidants of successful like minded bros who listen and can give me advice no matter how harsh it is. We feed off each other.

Work towards that. Women are bonuses of success and perks. Treat them as such and do not value them as much as songs or society tells u to. Work on your own life. They are simply icing on the cake.

superbat33 • 2 points • 4 January, 2019 07:03 PM

Move to a bigger city stop being a victim. Yeah you'll move and get heartbroken and feel like a birch but slowly you'll get abundance

Imperator\_Red • 2 points • 4 January, 2019 07:13 PM\*

I'm so far behind the curve I don't even know what to fucking say.

Yes, you are behind the curve, no doubt about that. But you are not fucked. You are shedding the last of your awkward adolescent teen phase and are entering 100% man phase. If you get jacked you will probably be a decently attractive guy, even if your face is ugly as hell.

But I live in the middle of nowhere

You've got to get out of there man. Small town America (or wherever) is dead. It's a shame, but it's the reality. I think you need to do two things right now to the exclusion of everything else.

1. Develop a long term plan for your career and where you want to live, and do whatever it takes to achieve it. You don't have to live in a major metro like NYC or San Fran, a mid size city will be fine.

## 2. Lift like your life depends upon it.

kick6 • 2 points • 4 January, 2019 07:17 PM

You mentioned that you haven't had a relationship TWICE in your post. Do you not see how that's a problem? You will never make it "out of your situation" when you're externally validated at that level. And I'm sure every girl you do meet smells that "please date me so I can have some esteem" on you like you just shat your pants.

[deleted] • 2 points • 4 January, 2019 07:52 PM

I'm painting a picture, I just need to get the monkey off my back. Fuck I have been trying to game fatties off bumble

kick6 • 3 points • 4 January, 2019 07:54 PM

I get that you're painting a picture. I'm just telling you it's a shitty picture. You are entirely externally validated. Which means that even if You get a fat bumble bitch you will allow her to treat you like garbage just to save the shitty relationship. You have to solve your esteem problem yourself...not through the acceptance of others.

Besides, if you don't even like you, how is anyone else?

[deleted] • 2 points • 4 January, 2019 08:05 PM

Ya I don't like me very much tru. But I don't give a fuck about acceptance I have a low ass self esteem but I certainly don't derieve it at a conscious level. But yeah I pretty much walk around at all times thinking everyone is judging me it sucks. What to you expect me to not jack off I mean I want to cum for once without my hand. And I absolutely won't allow a fattie to treat me bad but I'm just rambling and you're prob gonna be like wtf

kick6 • 2 points • 4 January, 2019 08:06 PM

You do care about acceptance. You want a woman to accept you enough to be your girlfriend.

[deleted] • 2 points • 4 January, 2019 08:10 PM

Not really man, I guess I am using relationship too liberally, I am just interested in sex.

I remembered back in my early faggot years I would approach girls and ask them what their number was. And then i would text them "when are we gonna hang out"

Lmao whatta faggot. I then found red pill and I text for logistics but they don't respond. A few girls off bumble gave me their number (like 4s and 5s) and I waited a bit texted logistics and no reply

Whatta faggot

kick6 • 2 points • 4 January, 2019 08:12 PM

Look, your game being weak aside, you care whether or not they respond. You see your lack of success as a reflection of your worth. You don't actually want to smash, you just want them to want to smash. Vis a vis, acceptance.

[deleted] • 2 points • 4 January, 2019 08:13 PM

True. I do want to smash as well tho, but I definitely also want them to smash at a subconscious level



kick6 • 2 points • 4 January, 2019 08:18 PM

Fix that first. Moving to a major city might put you in a target rich environment, but it won't matter if you're still a needy phaggot.

DubbleFUPAwitCheez • 2 points • 4 January, 2019 07:25 PM

Behold what a lack of options does to a man. Not just with women but with anything. It's why we purport this idea in the first place, to gain options. No options makes you feel trapped and desperate.

Inanek 1 points 4 January, 2019 07:27 PM [recovered]

Pickup culture is really difficult. You have to work hard to look hot, work hard to build social proof, work hard to meet and hit on women and build attraction, have a place to fuck, work hard to escalate them into going there, etc.. Relationships are very easy in comparison.

Have you tried just agreeing to dates with people way below your league on plenty of fish or other dating options, going to basic dinner/movie dates, and grinding through the numbers until you hit on a girl who likes you? If a girl takes a liking to you it's pretty damn easy, she'll accept any date you propose, work to makes work, etc..

Have you tried just hitting on chicks? I'm ugly as fuck, but even I occasionally get a girl in boxing class making excuses to talk to me over and over again, or taking 20 minutes to get ready to leave after class hanging around the bag next to me for no reason at all, and it's obvious I should ask them out to dinner or something. Girls aren't going to ask you out, but some of them make it damn obvious when you should ask.

[deleted] • 1 point • 4 January, 2019 07:53 PM

Well it seems fatties are intimidated by me whenever I send them a picture they get self conscious as fuck and say do you even want to see me? What is your type?

Nov51605 • 2 points • 4 January, 2019 11:42 PM

at your age, if you don't move out of that dead end town, you'll be stuck there the rest of your life. you may have to do an extreme move

jacques\_cousteau007 1 points 4 January, 2019 04:26 PM [recovered]

Do you lift weights?

[deleted] • 5 points • 4 January, 2019 04:30 PM

I do but due to APT and fhp and a shoulder imbalance I have to start very slow and do simple movements such as hip bridges and planks and arm circles dumbbell rows.

I'm 6'4 and have been basically been a pussy faggot playing video games up until September with bad posture and sitting in chairs that don't fit me. For fucks sale I can't walk straight my feet drag on the ground from sitting forever

Herdseengineers • 6 points • 4 January, 2019 05:08 PM

Not sure what order this would all go in, but:

-You're current home town is a dead end place. Sounds like a goal to move to an area with more

opportunity should be part of your plans.

-Physically - you need more than just lifting right now. You need to physically rehab your body for basic physical performance. Exercise is a big part of it, but is there a physical rehab resource in your area? Go find one somewhere, go get an eval and recommendations for how to correct issues. Even if you can't afford professional physical therapy, you can get the recommendations and start doing what you can on your own. Find a chiropractor as well, get popped and aligned. Go back for "maintenance" treatments to stay aligned as needed. There are youtube videos on ATP and FHP, even. You can start addressing it yourself.

-Get rid of your TV and video games. Find ways to invest in yourself in the time freed up. Self education, some form of time spent learning things that will result in growth. New job skills, or just general knowledge increase. Real estate, online stock trading, etc. There are a ton of options, and a lot of information to help you start is free online these days.

-Forget about women. Fix yourself. Get in a better area, get your life straightened out, build yourself in a higher value, better version of yourself. Eventually, you'll reach a point of growth where it's obvious to those around you, including women you meet, and instead of having to chase them, they will start chasing you.

samistark86 • 3 points • 4 January, 2019 09:03 PM

Start with pushups. If you can't, start with inclined pushups. Start somewhere. Make it a habit. Set goals for the next time you are doing pushups. I started from 3-4 pushups. Went on to 30+. I couldn't afford a gym when I was in a small town. I found parks with dip bars and pull up bars. Started with 0 pull ups. Now I could do with 20 kgs of dumbbells between my legs. Once you are comfortable with these basic movements, then join a gym. Through out the day, work on your posture. All these things above take time, more than a year. Be patient But you are young, so much to look ahead.

P.S. make that height of yours count. I am only 5'7 but I don't give a fuck about it anymore.

006rbc • 1 point • 4 January, 2019 07:30 PM\*

Lifting is first and foremost here for a reason. It will improve different aspects of your life other than your physical appearance. I used to have the same feeling of depression until I started going to the gym. Only when I started to skip the gym and eventually stop going for periods of time did the depression start creeping back. Start now and don't ever quit.

Nezith • 1 point • 4 January, 2019 07:53 PM\*

EDIT: If you plan on supplementing vitamin D then you need to take vitamin K2 with it so that your body can redirect calcium from the blood and into your bones.

If you're depressed all day maybe you aren't getting enough vitamin D and animal fats. To get some vitamin D, I recommend getting outside more for sunlight or if there isn't any since it's Winter (in the northern hemisphere) take a vitamin D supplement (1,000-5,000 IU/morning capsule with lecithin). To get some animal fats, eat some bacon. I like to bake my bacon in a conventional oven and eat some of the extra fat that ends up on the pan. Eating it makes me feel very good, ecstatic actually so maybe you can benefit from it too. Pork fat (lard) seems to have that effect on me, but not so much beef and fish fat.

As for being a virgin at your age, it's really not that big of a deal. Like other commenters have posted, you need to focus on yourself first. Unless you have some debilitating disease that will make you disabled or kill you soon, you still have time to do the deed. I have a feeling you want to be relinquished from the "virgin" title to "fit

in" with other guys who have already done it, but that's about all you will get from it. People are all at their own stages in personal growth and development, so the priority "to bang girls" for a little notoriety/respect isn't really high up on the list (at least for me). But if you feel it is necessary to overcome an emotional hurdle, maybe you do need to have sex just to cross it off your own list and move on.

Maybe you've ingrained a "losing virginity early bc that's alpha" mentality from social media or elsewhere and now you need to fulfill your self-fulfilling prophecy/coming of age to declare that you are a "man" and no longer a "boy". I get it, I felt that way too because I didn't know any better but when I lost my own virginity it wasn't as spectacular as people exaggerated it to be. But, that's not important.

What you should be doing is getting a job, learning how to discipline yourself, figuring out a basic gameplan for how you want to live your life, developing "good" habits (ie. chores, exercise, eating right, etc.), learning basic personal financing (saving, not impulse buying, how to pay your taxes, etc.), finding hobbies (learn to have fun by yourself), and swallowing the Red Pill for what it is - accepting reality and spending the finite (limited) time you have left here the way you want to (legally please).

Also, it sounds like you've been browsing social media too much, don't do that. In fact, you can unfollow people on FB but still keep them as friends, so I recommend unfollowing people who are negatively influencing you (people posting about their life sucking and faking their happiness). And, make sure you disable notifications from all of your social media-like applications because most posts are attention-seeking which means if you give them that attention then you will lose time that could have been spent doing more productive things/keeping your focus on where it should be (completing all your chores/errands, taking necessary breaks so you don't burnout from work/studying/life, etc.). Oh yeah, and it might help to find someone that you look up to (hard working celebrity, RP relative/friend/teacher/mentor, blogger, etc.) because you want to be influenced by people you respect who you can learn from to improve yourself and the path you have chosen to follow.

Good luck!

[deleted] • 1 point • 4 January, 2019 08:16 PM

Yeah I haven't gotten much sun in a long time, definitely a problem. Thanks for these posts people I'll try to respond to all of them later once I get out of this IT shackle of a job

For me tho — the job almost gets in the way of everything— if I can't handle brushing my teeth or talking to people how the fuck can I do a customer support job and having to execute things my body is fried at the end of the day

Like how the hell do you even have sex lmao

Nezith • 1 point • 4 January, 2019 08:24 PM

Well, if the job is the problem then you need to rethink your plans as to why you are in it and how much longer you will be there for. A lot of entry positions aren't good deals in terms of quality-of-life, but they do help getting your foot in the door with what experience you can take from them. If sex is a higher priority and you want to get your dick wet but don't care where it's from, then maybe you need to quit your current job and find something else that you can handle that doesn't burn you out daily. Otherwise, just stick to the job as long as you need to and move on to your next phase (ie. moving up the ladder), then maybe fly yourself to Vegas for some fun time. You might as well make your time worth it while working at that shitshow and use it to your advantage (for future work references and resumes).

BluntMFer 1 points 4 January, 2019 08:07 PM [recovered]

Go find a hobby that involves physical activity

[deleted] • 1 point • 4 January, 2019 09:14 PM

Besides lifting? Uhh I live in a town of 5k and it's all old people and farmers

red\_matrix • 1 point • 4 January, 2019 08:18 PM

Read this, start lifting weights and build the HABIT. Learn what 5-3-1 are, you're mood and self confidence will change over time. This is going to be a marathon - don't expect results over night.

The Iron is the best antidepressant I have ever found. There is no better way to fight weakness than with strength. Once the mind and body have been awakened to their true potential, it's impossible to turn back.

JohnGaltAWALT • 1 point • 4 January, 2019 08:43 PM

First step: stop being a victim.

Second step: take responsibility and control of your life.

[deleted] • 1 point • 4 January, 2019 09:00 PM

I don't even feel bad for myself this is the shit I'm in tho I guess I do have a bit of a victim mentality. You could say anything to me online and I wouldn't give a shit. In person my unconscious body might quiver a bit but my conscious doesn't give a fuck.

And in reality I used to read some of this shit and get like scared and say fuck that is mean lol. Now I don't tho

[deleted] • 1 point • 4 January, 2019 08:45 PM

You think you're special because you can't get pussy? You think you're a victim? You think you're entitled to whine about it?

Cut that shit out.

Where are your lifting stats? How many girls do you approach every day? Hell, how many people do you talk to everyday, face to face?

How many hours do you spend playing videogames? Watching porn? How many hours do you sleep?

Answer all of these questions and you'll see exactly what the problem is. Fix that and I guarantee that this depression will go away as fast as you can say "Let's just be friends".

Go out there and make it happen brother.

[deleted] • 1 point • 4 January, 2019 08:57 PM

I can't lift much at all, I only talk to coworkers and my parents during the day. I cut out porn last September and haven't watched any since. I do still jack off to pictures of girls but haven't done that for 3 weeks. I only approach girls in the summer because I am a pussy faggot and can't approach in the indoors since there is no easy escape route. Video games used to play 5-10 hours a day, now I play none. Maybe a healthy 5 to 10 hours a week.

I used to sleep like a baby until I started this job, now I sleep only 6. I am leaving tho soon

Oh I know I'm a pussy beta faggot cuck and need to start implementing changes

[deleted] • 1 point • 4 January, 2019 09:34 PM

Can't lift much at all

Medical problem? Figure that out with a doctor. Can't get to a gym? They sell dumbbells on Amazon. For the rest, it's not that bad after all. Although making off to pictures of girls is still jacking off to porn. The problem is mostly in your head. But I'm telling you, you NEED to lift. This is not negotiable.

[deleted] • 1 point • 4 January, 2019 09:37 PM

Muscle imbalances. Mainly rounded shoulders, a very rounded right shoulder specifically. Right leg is also weaker than the left left.

I am doing body weight and unilateral movements mostly. But my damn scapula on the right side often refuses to stay in place it always pokes out. But I can usually pin it down

[deleted] • 1 point • 4 January, 2019 10:02 PM

Muscle imbalances

Excuse.

Rounded shoulders

Excuse.

Right leg is weaker than the left.

Excuse.

2 out of 3 problems can be fixed by lifting properly. What do rounded shoulders have to do with your ability to lift? Just stop slouching and fix your posture. As a plus, women like men who have a good posture; it makes you appear more confident.

These are some of the lamest excuses I have heard for not lifting like you should. So I think you should give yourself a good kick in the ass, go lift properly for 2 months and come back here to post your stats. Also, to tell us that your depression has magically disappeared and you don't need to cry everyday.

[deleted] • 1 point • 4 January, 2019 10:51 PM

If it is that easy what do I do if my right arm is weaker than the left? I can't use a barbell. My mechanics on my right side are different than the left

[deleted] • 1 point • 5 January, 2019 12:34 AM

Because you masturbate with your left hand.

Joking aside (maybe), you can easily correct that with lifting. My left arm was weaker than my right arm so when doing dumbbell curls for example, I did 2-3 reps more with the left arm. After one month, I couldn't tell a difference between my arms.

anusbleach11111 • 1 point • 4 January, 2019 09:27 PM

Lift

\_Ulan\_ 1 points 4 January, 2019 09:35 PM\* **[recovered]**

Get the fuck out of where you are and start over

[deleted] • 1 point • 4 January, 2019 09:43 PM

Fall 2019 I will be staying at college I am hoping that I can use these next 7 months to work on myself.

Lifting sun, maybe take a class or two at my shitty close college to work on social skills and get accreditation

[deleted] • 1 point • 4 January, 2019 09:52 PM

Move to Chicago (or any cool city, Imo Chicago best big city). Get a decent job. Force yourself to go out and work on yourself. In big cities you'll notice random ppl will talk to you in a daily. Saying "hey, let's do XYZ isn't weird at all" either.

good-look • 1 point • 4 January, 2019 10:03 PM

go fuck a hooker. srs

[deleted] • 1 point • 4 January, 2019 10:19 PM

Many guys on TRP got laid first time in their 30s. So stop bitching

biohackninja • 1 point • 4 January, 2019 10:31 PM

First things first : go to the gym 3-4 times a week, have a full-body program. Follow it seriously. Your mindset will change considerably.

biohackninja • 1 point • 4 January, 2019 10:33 PM

Tip 2 : Do Nofap. Stop masturbating and consuming pornography.

[deleted] • 1 point • 4 January, 2019 10:53 PM

Kills my sex drive after a bit. I only masturbate to air now anyways

biohackninja • 1 point • 5 January, 2019 09:23 AM

It's called the flatline. It ends after a couple of weeks.

zaboomafoosdick 1 points 4 January, 2019 10:52 PM **[recovered]**

Hey man. I was in a position that sounds similar to yours. I'm not a super alpha who runs through 10s every day but I do ok now. Here is what I did.

First I sat down and made a list of my goals in life. They I broke those down to 1, 5, 10 year goals. After this you have targets so it's up to you to funnel all of that depression, sadness and anger into those goals.

Lift and eat well also. You will feel and look better which only helps you reach your life goals faster. PM me if you want and I'll help how I can.

Cruising74 • 1 point • 4 January, 2019 11:33 PM

To add to this, sounds like you need even smaller goals. Once you have the long term ones in place then think about monthly, weekly and daily goals. Break it right down

The old cliché 'The journey of a thousand miles begins with a single step'.

Lozel • 1 point • 4 January, 2019 11:35 PM

I feel your pain, OP. I'm 23 myself and still a virgin. Working at a stressful dead end job nightly to get by. Can't afford the gym, can't even afford to eat right because everything is expensive as fuck in this third world hell

hole.

Depression hits so hard, the only thing I can do is curl up in a corner and cry in the dark. What about women? I'm a poor fuck so they wouldn't even look in my direction because they only like men with money or wearing expensive brand name clothing. Men here act like a HB6 is a 9 and treat them that way.

Fuck everything. Everyday I'm plagued with suicidal thoughts. I feel like taking the crumbs I've got saved to fly somewhere cheap and end it all somewhere nobody would ever find me. I'm getting close to giving up.

At the end of the day, I've got a lot of hate and anger built up inside (red pill rage). Un-learn all the lies you've been told. Santa wasn't the only one. Marriage, relationships and love are a few others that you've got to get out your head.

There are many more that you'll find on TRP. It's a long, hard journey to getting where you want to be. The version of reality you've got in your head is completely different to the one that you're living. Tbh reading the side bar and lifting won't get you far. Everyone says that like it's the end all be all of TRP. You need a lot of time alone to figure out who you really are and who you can see yourself being then working to get to that level.

I'm on monk mode relationship wise until 30. In the mean time, I'm gonna work on my financial situation, continue to do noFap and maybe bang an escort sometime to lose it. I've gone on long enough, I'm done.

[deleted] • 2 points • 5 January, 2019 12:15 AM

We got this man

-- notfunny -- • 1 point • 4 January, 2019 11:58 PM

Alright, it may be a stereotype here but : LIFT. (And if you don't have a gym around or cant for whatever reason --> Calisthenics, even the basic stuff such as pushups, squats, pullups etc.)

For real, there's a reason we mention it so often. It does change your life to not only be more attractive more healthier and stronger all around.

nester79 • 1 point • 5 January, 2019 12:29 AM

Redpill is about making yourself better. Along with that will come the sex.

How do you make yourself better? First move out - it seems like you live in the worst place on Earth (you might as well move to Mars). Why not go to school far away and learn a new trade or job? preferably a big city?

[deleted] • 1 point • 5 January, 2019 12:36 AM

you are going to be one of the most successful guys to ever have been part of this sub/community whatever. can I have your contact info/PM me

bakachelera • 1 point • 5 January, 2019 12:53 AM

Just be careful being on the extremes. Start by going out and having relationships... Im talking friendships here, and not even romantic in any way. Just go out, have fun... And be very careful, you could go blackpill (incel) if you don't realize that redpill is not literal and not for everybody. you should consider therapy if you don't think you're mentally healthy.

boy\_named\_su • 1 point • 5 January, 2019 01:03 AM

What's your T level? Are you taking 2000 iu of vitamin d every day? 1000mg of epa and dha omega 3? What's your deadlift? Which fighting technique are you mastering? What is your mission? These are the questions you need to answer first. Nut up or shut up



cluelessguitarist • 1 point • 5 January, 2019 01:09 AM

I used to be like you, now im more focused in improving rather than wasting time in a relationship(unless it benefits me in someway)

joner888 • 1 point • 5 January, 2019 01:25 AM

Money and wellbeing > Women

Move to another town/city and get a job

wildrobbie87 • 1 point • 5 January, 2019 01:30 AM

The hard cruel answer as to why you feel this shit is because you finally realise how behind you are in your life progression and you mind is having trouble accepting that you are behind in your prgression of life compared to others.

Once you are finally awakened to the bullshit that you are feed growing up as a child, Eventually, even i had to accept that i was behind and that i had big work to do if i want to continue my bloodline successfully for multiple generations forward.

So rule number 1- Never forget: if you are looking for the easy way out, then, you really have no grounds to ask for anyone to value or respect you because truthfully, your useless and we dont need more useless people in this planet. We already have too many people in this planet are wasting too much resources as it is and they keep wasting. This is the hard truth of truely taking a red pill - you will only be respected and happu when you have the skills to contribute to society, which in turn makes you valuable and popular. For the best of us, its really hard to always remind ourselves of this depressing truth.

So, firstly, to learn the basic laws of life, you need to start working out at the gym till someone wants to notice you. Go to the gym and start lifting - 4 sets of 12-15 reps for 5 months..ending with light cardio whilst eating the foods that only humans can grow and produce using our own human hands. Use google to find out what can be hand prepared. Getting ripped is more important than being massive. These days, Girls are so self obsessed in seeing a skinny girl in the mirror that they wish to date ripped shredded men.

Dont let your ego get to you and think you can run away from a bad diet or show big muscles without high reps. Work at gym in the right way and in 5 months, your hard work will reflect the true value and respect for your body. Its really hard to reject tasty junk food & smoking but you have to respect your own body, you must avoid this instant stimulation boost to reward yourself with nasty bad food and wasteful materials.

As a result, when people see this newer improved body-image, it will stimulate the subconscious mental triggers that you are someone that values their life and their dedication to complete tasks in life because you cant cheat at time taken to take care of your body. From this point, people will want to stop you to talk to you and thus, this will result in your life feeling happier as you will have friends and less time to think about being sad. In the end, it will be easier for you pass an interview and be hired for a job as you are happy emotionally and you will have basic labour skills.

Apply the same rule of repitition to your studies, homework and knowledge. You have 16 hours in a day that you can study and actually go to gym and work. Remember, repitition is the only way to master a skill, so start learning and repeating. If you dont know what do you study, then Use an online job search engine to understand the highest amount of vacancies of any jobs near your area with a large payment and then, you can start to learn and repeat and practise new skills over the next year whilst you are waiting to improve and refining your body.

David949 • 1 point • 5 January, 2019 01:37 AM

Go to school, get an education and move. There are plenty of places all over the world that have plenty of great jobs and pussy. Stop complaining, formulate a plan and start doing it



BlackCoffee88 • 1 point • 5 January, 2019 01:42 AM

Your situation is not unique, there are many like you. Build yourself up. You are not a tree, you can move. Do not chase women. Chase excellence. Chasing women is very expensive and a waste of time. The journey is lonely, but to be alpha you have to be OK with being alone. 23 is still young. Some people get divorced raped in their 30s before they find the red pill. Take responsibility for your life. Do not blame mom and dad. Wanting a relationship should never be the goal, girls are dream killers. Plus if you don't even have a dream, they will be leaving you anyway.

Prophets\_Prey • 1 point • 5 January, 2019 01:56 AM

So what do you actually want? And how are ypu going to get it? I think you know more than you give yourself credit for. Stop crying and just focus on what you need to do.

[deleted] • 1 point • 8 January, 2019 05:32 PM

What do you mean by I think I know more than I give myself credit for?

boscopanini • 1 point • 5 January, 2019 02:22 AM

I was (still kind of am) in this situation and I'm 20. I abused drugs like kratom, adderall, and weed. I stayed in my room all day because I was extremely socially anxious and depressed. I was angry all the time and thought no girls even wanted to speak with me.

The first thing I did was start going to the gym then later quit adderall, kratom, and weed in that order while switching my gym routine to 5 days a week. I started getting my reward from exercise. I had more energy and was more willing to put myself out there in social situations. I noticed I started to train my brain to always look for the positive of any situation regardless of the outcome. I fixed my diet and made sure I got at least 8 hours of sleep each night.

The first time I had a girl reject me badly was sort of a turning point for me. I was actually able to look at the situation as progress rather than feeling shitty about it. It gave me huge confidence because it showed I could actually accept what happened and move on.

Now I'm doing a lot better in terms of mood and I actually feel good compared to where I was before. It was small changes that added up to a giant improvement to my life. It's possible. A large part of it is believing that you can do it. Self belief is the most powerful thing there is.

INNASKILLZ2K18 • 1 point • 5 January, 2019 03:00 AM

Do you have access to any sort of therapy? It sounds like your stuff is pretty deep. That's totally ok, mate.

A woman, or relationship is not going to 'fix' anything. That's seeking something outside of you, to feel better. Or codependency.

You need to work through all the stuff that's effective your self esteem.

The first real realisation, is that women/relationships won't 'fix' us. A woman's approval won't 'fix' us. That's blue pill conditioning.

We have to be selfish, in a healthy way. What can you do, to fulfill you? It can start with small stuff, like gym, meditation, reading. Just working on you. Then some bigger goals. Can you study, or anything?

Women are a far, distant second. When it is time, no woman wants a man who looks to her, for his completion/self esteem. You gotta find that within yourself.

If you can, start by reading 'No More Mr Nice Guy'. That's helped a lot of guys.

You can turn it all around. Many of us have.

\_Tactleneck\_ • 1 point • 5 January, 2019 03:45 AM

Go for a run and unfuck yourself.

It's not about a pill or a philosophy. It's: can you figure out what you want to become, can you figure out what's holding you back from that, and can you be aggressive/resourceful enough to get your ass there? Everything else falls into place after that.

Fail early and often, adjust, try again. Be patient and you'll work towards a better life. Or take shortcuts/blame others and continue to cry yourself to sleep at night. It's your choice from today onward.

Velebit • 1 point • 5 January, 2019 03:56 AM

Losing your virginity now by forcing sex with a chubby will just cause you disappointment and sadness. You expect all that to be great and everything but it will be a lame experience. Work on yourself and move out with your brother. The problem are your idiotic parents. You didn't raise yourself to be a failure. They failed you. You are fully justified to hate them, and cut them out of your life completely and cherish that hate for it will give you resolve and perseverance to succeed in spite of them.

Education, job, health, hobbies, friends, find that in some other place with your brother or alone but if you two are close and can work with each other it will be easier in two.

Eldudearino89 • 1 point • 5 January, 2019 04:08 AM

If you're in the same place for the past 3 years (which seems to be your whole life) it's time for a move buddy

anontgb • 1 point • 5 January, 2019 04:20 AM

1-Get off reddit

2-Hit the gym

3-Get a job

Blastyoface • 1 point • 5 January, 2019 04:36 AM

Your a fucking incel. The good news is there is a cure! We have a cure!!! It's called red pill so get to reading n grab life by the pussy. Carpe potestatum

PhasmaFrank • 1 point • 5 January, 2019 05:18 AM

Man you are on a self loathing trip, you need to deeply change your perception on life, please dont think about girls now, you clearly need to fix yourself first, look into buddhist pilosophy, stop self losthing

ha987 • 1 point • 5 January, 2019 05:37 AM

I'm sorry you fee that way bro. Well, for perspective, I'm 38 and was just cheated on. In the past 5 years, I've been laid off, been divorced, paid child support baby #1, got into relationship with the latest, had a baby with her and know am basically starting over at 38. I know your situation feels dire. I get it, you feel it at a cellular level. But you can pull yourself out of it. Unfortunately nobody can do the work to get you what you want (I know you know this). If you sit for a minute and just think through what you need to do, you'll be surprised what good advice you just know. Then you just start doing the things. Some suggestions, sleep 8 hours a night, invest in good quality food, read books that interest you, make a list of vices and start eliminating them one by one, gym... Dude, you got this!

SKRedPill • 1 point • 5 January, 2019 06:31 AM

Dear God, what a truckload of negative thinking.

Dude, fix this shit train of thoughts first. The thinking mind is a disease.

SidewaysCircle • 1 point • 5 January, 2019 07:54 AM

Move

Stupyyy • 1 point • 5 January, 2019 10:23 AM

You are 23 but you sound like you are 12.

BROADSIDE • 1 point • 5 January, 2019 11:11 AM\*

Start working out, as a result you'll gain confidence. Go to bed at a decent time and get good rest, as a result your mental health should improve. It's not all about women and getting pussy. It's a definite a confidence booster when you do start pulling women. And working out will help you pull them.

Lambdal7 • 1 point • 5 January, 2019 08:37 PM

1. Lift
2. Approach 500 hot girls on the street to learn social skills
3. Get a degree and approach 500 more at college
4. Get a good career and approach 500 more

Missing any of these points will make your life suck.

personadabes 1 points 10 January, 2019 11:20 PM **[recovered]**  
approaching '500' women at college will get you a reputation.

Lambdal7 • 1 point • 11 January, 2019 08:32 AM

Dont do it all on campus duh. Also, on college it's social circle game, not pickup, so you are just a socialite there.

autonova3 • 1 point • 4 May, 2019 01:55 PM

Sex isn't that important. Focus on yourself first.

SeamusAwl[ ] • 1 point • 4 January, 2019 10:33 PM

You apply it by going out and doing it. You will fail, that is okay. Just learn and apply it. You have to start somewhere. Go lift. If all you can bench is the bar, then do that. you will build strength and then add plates. Nothing will happen if you don't start doing it.

Andgelyo • 1 point • 5 January, 2019 08:09 AM

Get the fuck out of middle of nowhere loserville. That's a good start.