

I've become really stupid

November 24, 2016 | 1 upvotes | by [empatheticapathetic](#)

I've been stuck working at the family business for the last 5 years due to family problems and basically my life has been on hold.

Finally getting a chance to move on with my life now and have been applying for a lot of different jobs recently. This week i've completed 4 online aptitude tests for employers. Things like numerical/verbal reasoning, maths, patterns, things like that.

I haven't really used my brain that much except for what's been necessary in my various forms of work and hobbies in the last few years. And I totally fucked up every single one of these tests. I spent about 30 mins on an example question today before the actual ones started because i couldn't understand the answer. I kept wanting to just give up. I eventually managed to understand it and then went into the test. Got half way or so before the timer ran out. Did 3 more exams where i usually got about half way or less before the timer ran out.

I already got a rejection from the first test saying i wasn't good enough. Waiting on the next 3 now but i'm not particularly proud of my performance or expecting anything and losing opportunities left and right.

I'd really like to figure out a way to become academically sharp again. I should have been able to smash this easy shit but i'm so out of practice my mind just couldn't deal with the weight of it.

I've also been attempting to read a theory textbook on a field i was trying to get into a few months ago before a job interview, but i just couldn't take in anything i was reading or retain the information on the page. My concentration/focus is missing.

Any ideas? All i can think of really is doing some more more aptitude tests for fun.

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Comments

[deleted] • 5 points • 24 November, 2016 10:34 PM

You work in a FAMILY business, and you're looking elsewhere to get paid? You have better job security than most of the country, and you're looking elsewhere. Turn your family business that you're already working for into something more, and get the money there, no?

empatheticapathetic[S] • 3 points • 24 November, 2016 11:04 PM

Nah. I've tried to think of the shortest way to answer this question. The business has fulfilled it's purpose for 30+ years. In 2016 it no longer has relevance. The businesses have basically been handed to my brother, and i'm glad, i wan't nothing to do with them.

It's like if you had to answer the question, "Live on a desolate island by yourself your whole life and you own the island with your family. You have to fend for yourself and maintain it 24/7 and deal with pirates trying to steal your shit constantly. Or live a normal life in a city with people and experience life: friends, a job, hobbies, sex, music, culture, fitness, time to yourself." Now imagine moving to the city from the island after 27 years, this is kinda where i'm at.

desno • 2 points • 25 November, 2016 12:57 AM

Do more questions. Find a resource for similar style questions, and go through them. Review the ones you get wrong. If there are glaring weaknesses, go over those again. As someone who is pretty smart, I notice a major difference when I finish the exams before summer and when I get back into university after it (summer break is like 4 months... who the fuck studies then?). The key is **practice practice practice**

MattyAnon • 1 point • 25 November, 2016 08:42 AM

I'd really like to figure out a way to become academically sharp again.

You sound burned out.

You need this:

Less stress

More sleep

Time to relax

Getting enough complete protein?

Practice your focus daily.

Lift to improve T and focus.

empatheticapathetic[S] • 1 point • 25 November, 2016 04:04 PM

Cheers. It's mainly the focus I need to work on, too addicted to pleasures like the Internet. The rest I do the best I can generally.

vandaalen • -1 points • 24 November, 2016 10:24 PM

Start your own business. Problem solved.

empatheticapathetic[S] • 3 points • 24 November, 2016 11:06 PM

That's not question i'm asking.

vandaalen • 0 points • 24 November, 2016 11:17 PM

But that's the answer you are getting, ungrateful savage.

empatheticapathetic[S] • 2 points • 24 November, 2016 11:23 PM

Thanks dad.