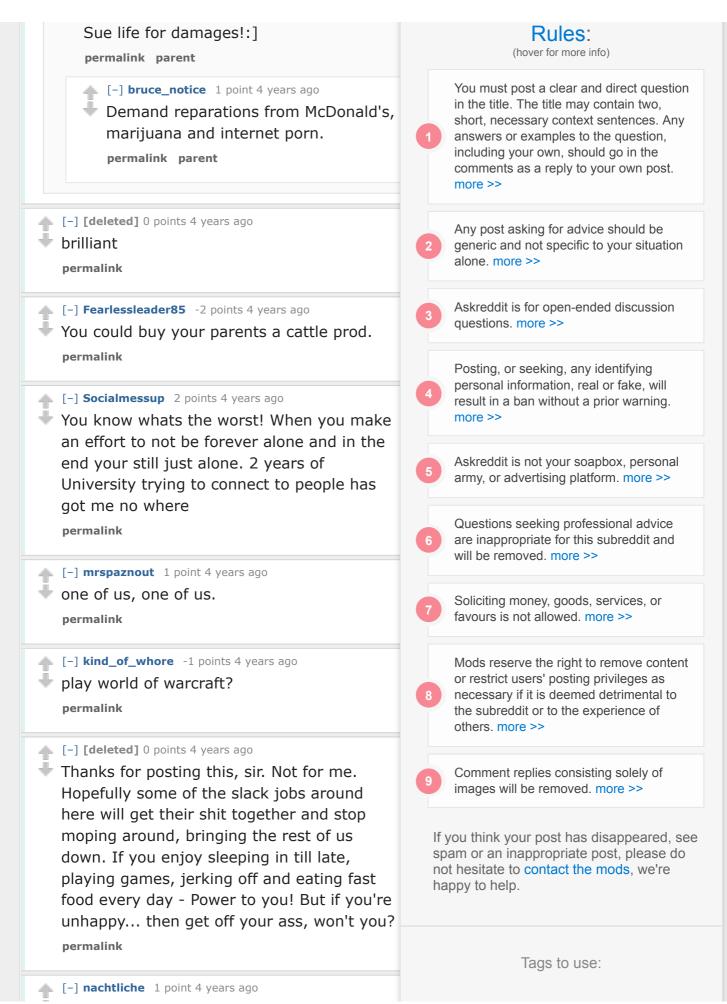
FRONT ALL RANDOM GADGETS SPORTS GAMING PICS W	ORLDNEWS VIDEOS ASKREDDIT AWW MUSIC FUNNY MORE »	
COMMENTS RELATED	Want to join? Log in or sign up in seconds.	
This is an archived post. You won't be able to vote or comment.	Ask A New Question	
Sigh. Live at home. College dropout. Forever alone. Depressed. Self-conscious. Low self-esteem. How do I get motivated? (self.AskReddit) submitted 4 years ago * by [deleted]	[SERIOUS] search Q Submitted on 07 Jan 2011	
[deleted] 657 comments share	553 (81% upvoted) https://redd.it/exzji	
top 200 comments show 500 sorted by: <u>new</u>	username password remember me reset password Mile Marker 420 upv ted Signs Are Stolen upv ted Pretty Often upv ted discuss this ad on reddit discuss this ad on reddit Welcome to /r/AskReddit usubscribe	
 [-] skorsak 1 point 4 years ago Start jogging/running. Once you do this I will further help you. permalink 		
[-] stdfree 0 points 4 years ago GTL permalink		
[-] juggler0 2 points 4 years ago http://ifeelunmotivated.com/ permalink	10,177,567 subscribers 39,155 online now New mod tools by: • December 31	
 [-] bruce_notice 2 points 4 years ago Lawyer up, hit the gym. permalink [-] spongeBond 2 points 4 years ago 	The admins have agreed to better communication with mods and to release improved mod tools by December 31 2015. Click to find out more.	



- Actually there is try, and you are a better person for trying and failing, than never trying at all.
 permalink
- [-] OldManOnTheHill 3 points 4 years ago
- No one is motivated to climb an invisible mountain. Find your mountain and you will find your motivation.

permalink

[-] **poopdoodington** 1 point 4 years ago

I'll have fapped 6 times by the time I finish this sentence.

permalink

[-] **Ookami_Naku** 1 point 4 years ago

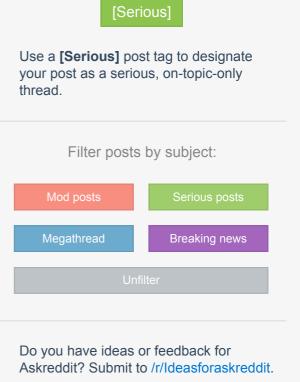
It's all about balance. If you can maintain your level of video game playing along with your time and effort in other areas, you can continue to do what you normally would do. This story is a great one and I applaud you for doing what you needed to do to escape the hell hole known as depression.

It really takes months to break yourself out of it, it took me 2 failed school semesters to tell myself, I have to pull myself away from this.

permalink

[-] MidWestKid 1 point 4 years ago

You've definitely missed the point. Like any severe addiction you have only to blame yourself not video games. You could have simply just put down the controller. But addiction is no simple task to address. I know I went through a similar debacle.. But you have to accept the fact that you got caught in the net you can't blame or point the finger like that'll make all the bad things go away. Kick the addiction. Learn the lessons. And move on. It's still possible to enjoy all things like video games, drugs, alcohol or whatever you fancy just please DO IT IN MODERATION. I'm not trying to



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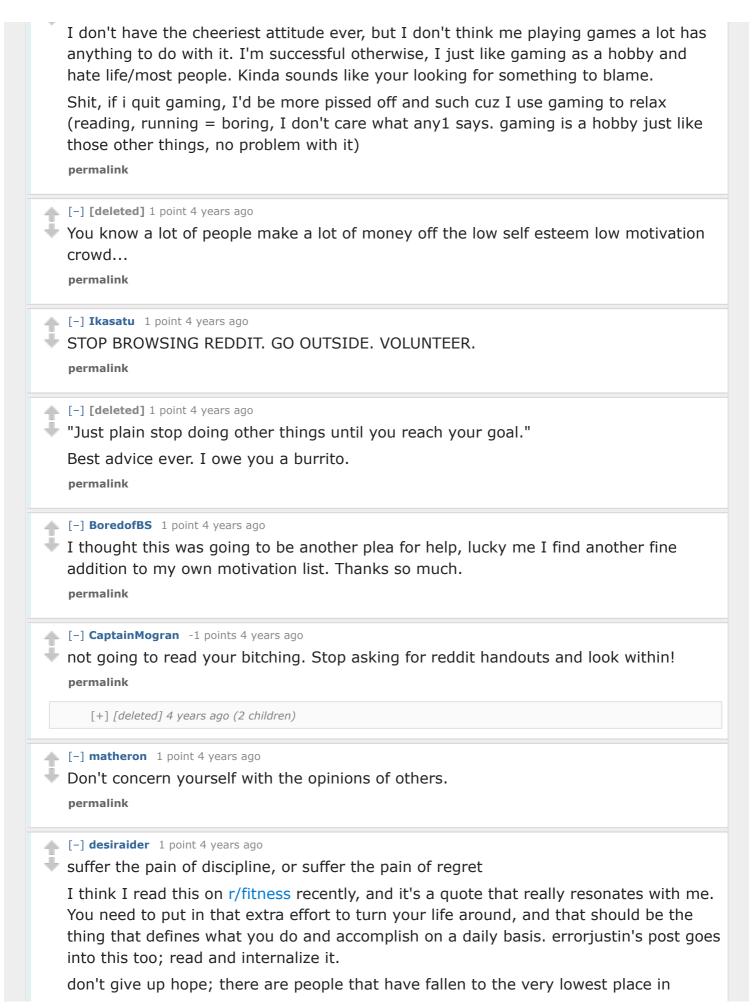
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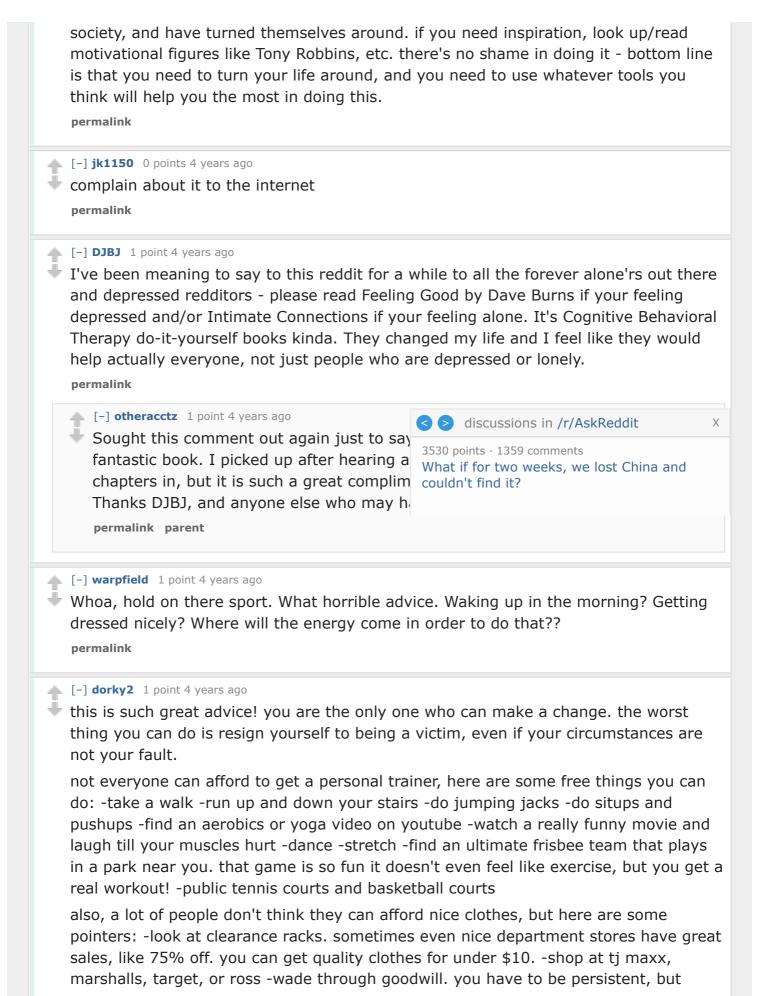
css by **qtx**

a community for 7 years

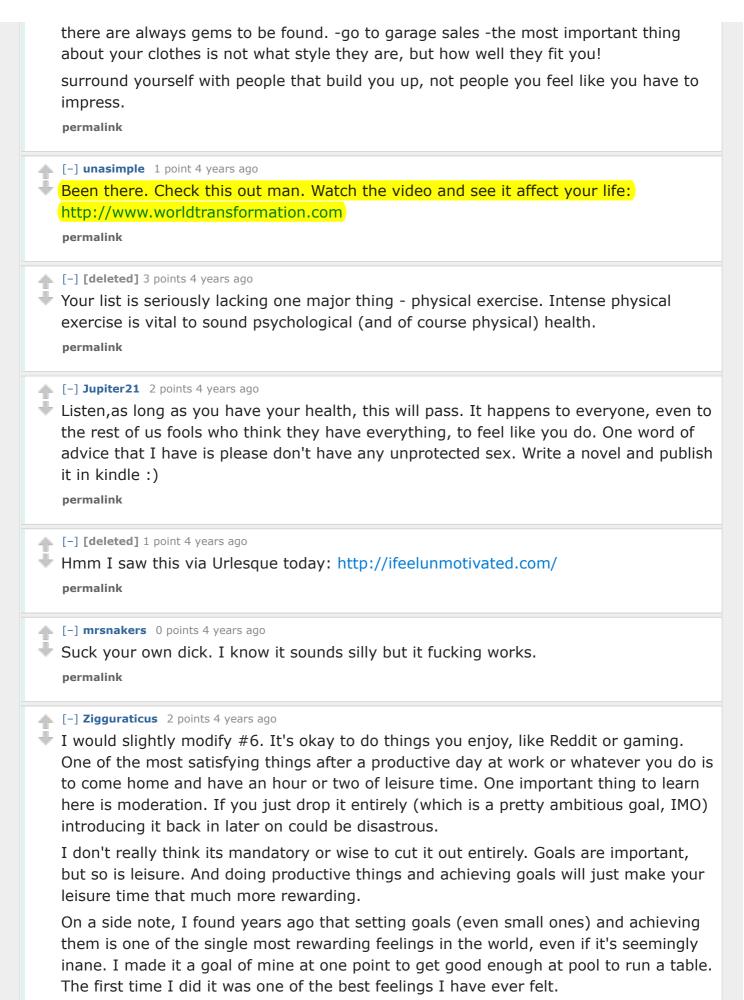
bash you just improve the message. I like your ideas. I think you could sub in a lot of different types of addictions and it would still apply. Admitting your faults, knowing your self, and doing what you love & being with the people you love is most important thing you could discover. permalink				
[-] kittenbrutality -1 points 4 years ago adderall permalink				
[-] sharpieas1 0 points 4 years ago				
🔸 smoke pot	MODERATORS	MESSAGE THE MODERATORS		
permalink	krispykrackers			
[-] [deleted] 1 point 4 years ago	jamt9000 flyryan			
this is relevant to #2	Ooer			
permalink	ImNotJesus ducky-box			
	canipaybycheck			
[-] pillgrim 0 points 4 years ago	noahjk	and 50 more »		
 Vicodin, seriously, they will give you confidence and motivation and then when 				
your rolling, give them up and you will gain				
will power as well!				
permalink				
 [-] seraph741 1 point 4 years ago My biggest problem with this post is that you blame video games for where you are and act like reading/running is a much better alternative. How is reading any different? Your still in a fantasy world not interacting with people. And running? People get addicted to that as well. Doesn't matter what the hobby is, all that matters is how you are using the hobby. If for you gaming is keeping you from being who you want to be, maybe that's the problem for you. I'm not sure that saying I will run or read instead will solve that though. Could lead to using those activities as a crutch. 				
[-] HostileVaginalTract -1 points 4 years ago	[-] HostileVaginalTract -1 points 4 years ago			
Crack cocaine. That'll motivate ya. permalink				
[-] seraph741 1 point 4 years ago				



https://www.reddit.com/r/AskReddit/comments/exzji/sigh_live_at_home_college_dropout_forever_alone/?sort=new



https://www.reddit.com/r/AskReddit/comments/exzji/sigh_live_at_home_college_dropout_forever_alone/?sort=new



Prove to yourself that you *can* do the things you want to do. The rest will follow.

[-] **telegraphed** 1 point 4 years ago

Here are my two life tips, since I've been in similar "fuck it all, I suck" situations several times before.

1) Get rid of everything that gives you a bullshit feeling of accomplishment until you're out of this funk.

This includes stuff like WoW and video games, which make you feel like you're actually making headway on something in life, when you're not. They substitute that fake progression to that part of your brain that compels you to do, learn, and be something. It satisfies you but you shouldn't feel satisfied, because you didn't do *shit*. If you get rid of these things, your brain will kick in and force you to accomplish stuff, which, if you direct it properly, will be stuff like school and work.

2) Suck it up and stop being a little bitch.

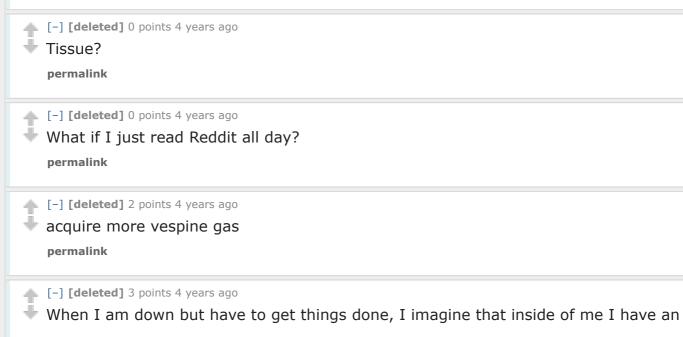
I'm not saying that to be harsh, because it's literally what I tell myself when I get in these funks. People can give you all the advice in the world and you can try plenty of things to feel better and get your life in order, but whether they trigger this *one* thing that will get you out of your funk or not, you will eventually tell yourself to just fucking do it and stop thinking/procrastinating/whining about it. And then you do it. Because you're not a little bitch.

permalink

🛖 [-] [deleted] -4 points 4 years ago

Man I'd LOVE to set your parents straight. One night in a homeless shelter with some cracked out queer trying to take your butthole would be plenty of motivation.

fucking worthless shit, wast of oxygen. I'm sure your family is real proud loserboy. permalink



inner robot. I look down at my legs and tell my legs to get up. Then I tell my inner robot to go change. Then I tell my inner robot to go do "x" or "y." Once the momentum gets going, I forget about the inner robot until I need him again. Sometimes after working hard for a bit I stop and think about how bad I could have it (prison, homeless, dead parents... etc) and count my blessings until I am aglow with positive energy, and then continue to work hard.

Sometimes though, working hard is not the answer. Like a video game, sometimes there is a cheat to jump to a higher level. If you can figure that one out, more power to you. For instance, for years I was single, until I figured out that I lived in the worst possible town for dating. I dropped everything and moved to a town known for dating and OMG it is so much easier to meet someone in a dating town when you've lived in a dry town for years. Unbelievable. Ugly people's castaways are like 10s to you. :) The shortcut in my case was MOVING.

permalink

[-] Saddam_Husseins_Ass 1 point 4 years ago

I want to add "get your brain chemistry sorted." Chemical problems require chemical solutions, and once this is sorted, all of the other (great) things on the list will be more doable.

permalink

```
Grow some balls. Join the military.
At least you'll have a second chance at things.
permalink
```

[-] matheron 1 point 4 years ago

[-] BRENDORVEGAS 0 points 4 years ago

"You'll travel, form bonds, be a part of something, have a structure, catch bullets..."

"Catch bullets?"

"...I meant cash bonus"

permalink parent

[-] [deleted] 2 points 4 years ago

And a first chance at getting blown up!

permalink parent

[-] harrywhite1 2 points 4 years ago

Simple - focus on the tasks that need to be done. permalink

[-] JohnyGotHisGun7 2 points 4 years ago

I feel you man, I know what you're going throw. I spent most of my early twenties

playing video games, smoking weed, and going out with friends to drink beers in the cheapest bars in town. As you can imagine I didn' have a girlfriedn and was depressed all the time. But now I'm in my early thirties, earn a six figure salary directing TV commercials, and have a beautiful girlfriend.

Did I have to stop playing video games, smoke weed, or had a self-help motivitional epiphany like you're having right now? NOT AT ALL. This days I smoke more weed than ever, and I buy it the best quality I can get. The shelfs in my living room are full of unopened videgame cases, I have the three concoles hooked to my TV, and I play at least 75 hrs every week. Why? Because I can afford it. Do my girlfriend care? No because even that she hates weeds and don't understand video games, I still have plenty of time for her and bought her a new car for christmas.

What I'm trying to say is that succes is not about how many good or bad habits do you have. It's about being good at your job and putting a lot of passion in to it. What I think you should is to find something that you really like, and focus really hard on it and everything else will fall into place. How you spend your leisure time, doesn't matter. Playing Modern Warefare or watching TV for 80 hrs a week (that's what nongamers do) won't make any differnce.

Sometimes I see some of my friends from my early twenties still struggling with thier lives, and they blame everything on their bad habits. One of them stoped smoking weed and started running about a year ago, and he's still broke. Don't fool yourself, only hardwork and being really good at something is what's gonna take you out ofnthe hole.

permalink

[-] **ginaflytospace** 2 points 4 years ago

How much does it cost to see a therapist? I don't have a lot of money or insurance for that matter. I've been needing a therapist for the longest time, and the only thing stopping me has been my lack of insurance.

permalink

[+] [deleted] 4 years ago (1 child)

[-] rampantdissonance 0 points 4 years ago

Good list.

permalink

[-] bjohnson350 2 points 4 years ago

Grow some fuckn balls and live your life, cuz its short and you will be old before you know what the hell happened!!!!!

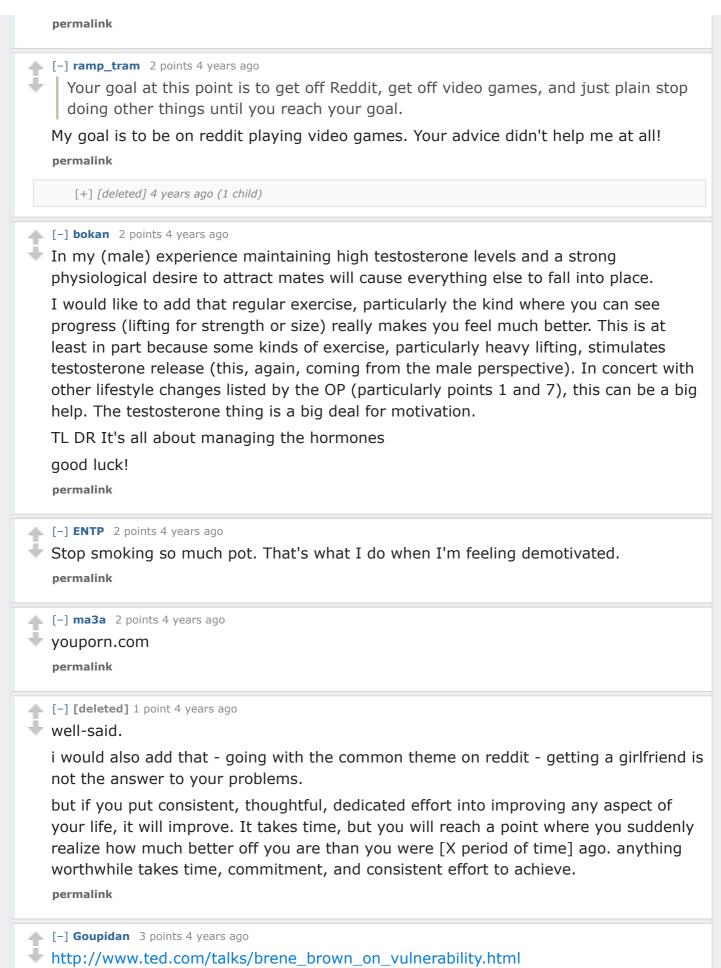
permalink

[-] **apullin** 1 point 4 years ago

Just go and get an apprenticeship as an HVAC fitter or a pipefitter or a plumber. You can make \$30K a year as an apprentice, \$100K after 4 years, and \$200K+/year after 10 year and you get your Master certification, if you run your own outfit.

	permalink
+ +	 [-] Snow_Monky 2 points 4 years ago There are no meetup groups for the things I'm interested in. The ones I want to go to are miles away (30 minute drive). What do I do? I hate my co-workers (though I don't show it). permalink
	[+] [deleted] 4 years ago (1 child)
+	[-] stefanspicoli 1 point 4 years ago listen to funk music it will make you feel better right away permalink
++	[-] recoil669 1 point 4 years ago In my experience there are 2 things that motivate people: Sufficient disgust or Sufficient inspiration. You can cause the second to happen yourself if you just take on doing the work and making the motions, the first will simply come with time. Or you'll die. permalink
	[-] ballhit2 1 point 4 years ago I tend to vacillate between the two though. What happens is that I get to the point of sufficient disgust, and then procrastination begins to feel good again, and bam you are full of endorphins from masturbation or full of THC or your brain pleasure center is going off the rails from gaming or blogreading or whatever it is that you do.
	I think ACKNOWLEDGING the disgust as a warning signal is absolutely crucial. I'm almost there, at 30. Something about turning 30 also acts as a disgust-activator. permalink parent
+	[-] [deleted] 0 points 4 years ago Get on adderall while you're at it. permalink
++	[-] Dwman113 1 point 4 years agoI certainly appreciate the sincerity. Things in life just aren't always that easy Life is not black and whitepermalink
+	 [-] TehDoOd 2 points 4 years ago I regretted clicking this link before the page even started to load. I was pleasantly surprised! OP is 100% right in everything he/she said! permalink

[-] Anryu 1 point 4 years ago* Just do what makes you happy. If being a live at home college dropout forever aloner makes you happy, then do it and fuck what anyone else says. It's your life and if that's how you want to live it, then go for it! It works for some people. If being at home by yourself doing nothing makes you miserable, then do something about it. If your life doesn't make you happy, then change it. Don't think you should feel obligated to do what everyone else says you should do just 'cause they say you should. At the end of the day the only person that <i>really</i> matters is you. If you aren't happy, you have an obligation to yourself and yourself alone to change your life so that you are. permalink
 [-] matheron 2 points 4 years ago This is 100% accurate. You are the most important person in your own life; start acting the part. permalink parent
 [-] tomaburque 3 points 4 years ago Take about 3 grams of potent, dried magic mushroom and sit by yourself in a dimly lit room for 6 hours and think about your life. permalink
 [-] Tirau 1 point 4 years ago This is exactly what did it for me (eventually). permalink parent
[-] [deleted] 1 point 4 years ago Do what this guy did permalink
[-] aotopper 0 points 4 years ago Look at porn permalink
 [-] 5at27 2 points 4 years ago Although I haven't followed your advice on alcohol, I totally have to agree with you. Nothing kills my motivation on weekends more than my hangover from Friday/Saturday night. I wouldn't say you have to cut alcohol completely out of your life, but if you are a regular binge drinker, this is something that can really affect your free-time. permalink
 [-] [deleted] 0 points 4 years ago They told me I could be whatever I wanted to be, so I became a Karma whore.



http://www.ted.com/talks/lang/eng/steve_jobs_how_to_live_before_you_die.html

http://www.ted.com/talks/lang/eng/james_cameron_before_avatar_a_curious_boy.ht ml Watch all three of them

Watch all three of them.

[-] flecknoe 1 point 4 years ago

Motivation is so much bullshit sold by sheisters. You just figure out what to do and go out and do it. If you need to escape buy a plane ticket somewhere!

[-] bef23 3 points 4 years ago

i was prepared to open this and laugh at yet another lazy lard ass complaining about being depressed but refusing to do anything about it. thanks for telling these "depressed" people what they need to hear. life is tough, people need to stop feeling bad for themselves, get the fuck up and do something.

permalink

[-] futrtek 2 points 4 years ago*

a lot of your suggestions cost a lot of money. its nice to try. but this doesn't work for the majority.

i'm at the point in my career choice where all i need is 6 months internship. which is hard for me. i want to stay in town for it, not move just to find it. so its been tough. i can honestly say i haven't tried very hard. which has always been my problem. i'm only 21, so i try not to feel too bad about living at home.

permalink

[-] darthluke 1 point 4 years ago

I'm in a similar boat. Winter break of Junior year currently and I know I need to fix up my resume, write some cover letters, and start searching/applying for internships for this Summer. But I just am not doing it and I keep telling myself, tomorrow is the day...

permalink parent

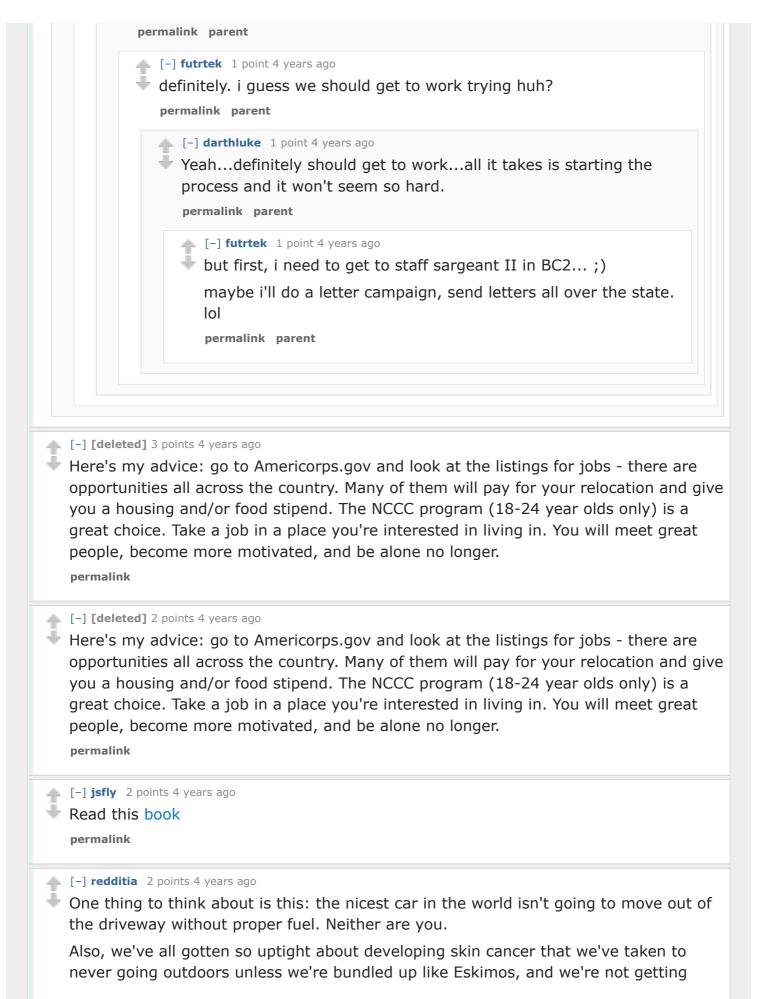
[-] futrtek 1 point 4 years ago

what is your internship for?

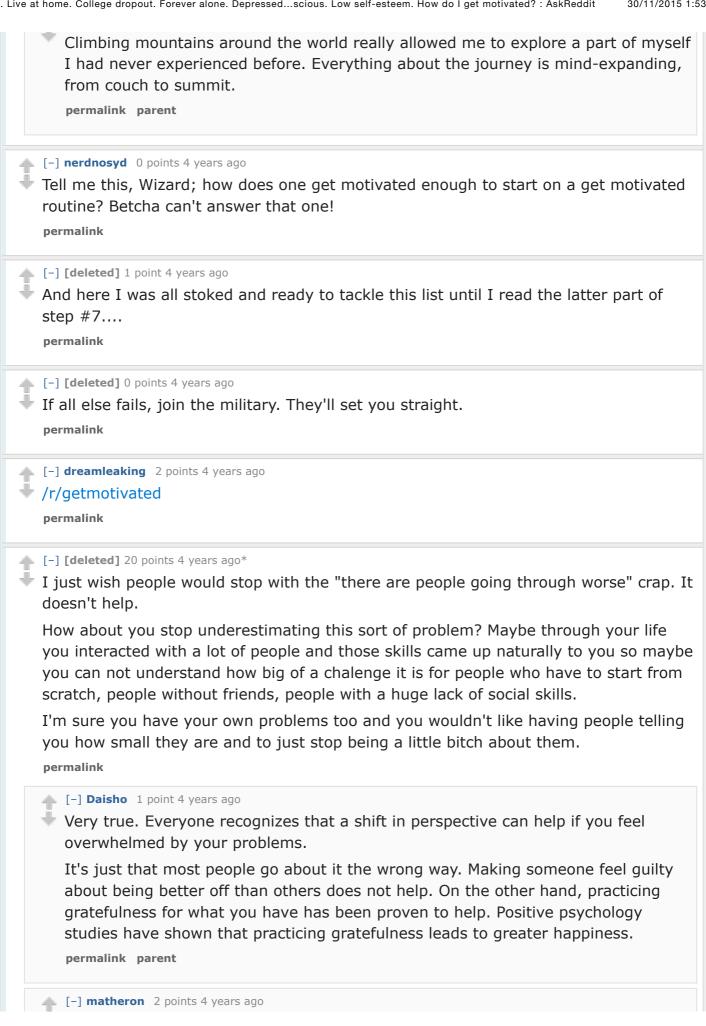
mines for sleep tech. its all i want, but its too expensive to go on a quest for it. i know i could find it if i went to another state, as michigan is not the greatest place to be right now when it comes to looking for work. permalink parent

[-] darthluke 1 point 4 years ago

Anything related to Economics, preferably analysis, consulting, investment banking, and related fields. It's tough in that there are a lot of applicants for these internships and not enough offerings. I guess that's the issue with many fields.



enough vitamins. Moderation is key. This sounds like niggling, silly little stuff, but it's something that could make a big, big difference. Really. One more thing here. . . if you're not having fun in the bath, make a bigger effort. Get some great smelling shampoo and soap and a loofah. That's the greatest time of the day, and if it isn't, you're not doing it right. Scrubbing up is enjoyable! permalink [-] kanerko 0 points 4 years ago Stop theorizing and see a counselor. permalink [-] Mexagon 1 point 4 years ago It's ok, little buddy. You're becoming a conservative now. Pretty soon you'll be bitching about lazy kids and complaining about job security like the rest of us. permalink [-] matheron 2 points 4 years ago "So, when did you become a conservative?" "When I grew up." permalink parent [-] **bossoline** 2 points 4 years ago Outstanding advice, but I would change the word motivation to discipline. People shouldn't rely on motivation, they need discipline. It's impossible to sustain motivation, but discipline never leaves you. Why are the gyms are full until Feb 1? People come out all motivated to get into those skinny jeans, then motivation disappears. The people that are there week in and week out, all year every year are *disciplined* because they train when they're not motivated to do so. permalink [-] [deleted] 1 point 4 years ago Man up, hit the gym, delete facebook. permalink [-] CalvinLawson 1 point 4 years ago This. permalink parent [-] casablanca9 2 points 4 years ago Fucking off for a day and climbing a mountain helps the self image also. permalink [-] Tirau 1 point 4 years ago



I got that in the past. "Think about those children in Africa!" How will that help me? Yeah, they're living in horrible conditions; thinking about is meant to inspire me? That just worsens the depression.

permalink parent

[-] kalacaw 1 point 4 years ago

I liked your comment, and thought to myself that the comments you're talking about aren't designed to help as much as they are designed to hurt.

permalink parent

[-] fross 2 points 4 years ago

I have one more tip - exercise. If you're stuck in a pit of self-loathing, it gives you some goals, and makes you feel good about yourself. It also increases your energy levels and is proved to help against depression. It helps on so many levels.
permalink

[-] Awktopus 3 points 4 years ago

VeggieLover's guide is great but here are in my opinion the 2 most important things of all: are you ready? CHANGE YOUR DIET and EXERCISE! You are what you eat...pardon the cliche. And exercise is good for you on every level imaginable. I know it may seem like a gargantuan mountain with an impossible summit but worry not! Here are a few things I find useful whenever I start new life habits. 1.Don't beat yourself up. You are gonna make mistakes, just make sure the mistake you don't make is quitting. 2. Don't look at your new tasks as chores, instead view them as hobbies. 3. Take it a day at a time and keep it consistant, a little progress everyday! 4. Don't be afraid to ask others about nutrition and health and don't be embarrrassed if you are not an expert. And here are a couple of dietary tips: Stop eating anything with high fructose corn syrup in it i.e. SODA! Keep your animal products in check, I personally do not eat dairy but I do eat meat in moderation. A good tip I go by is: if you don't know what the ingredient is then why would you put that into your body. Cut back on wheat and gluten, that shit fucks you up. Salad is good and it doesn't have to be boring! In general stay away from processed foods. Plan your meals and stop eating out. You will eat way better and save tons of money! I guess I could go on forever so ultimately you gotta know your life and what you make of it is up to YOU! nobody else! ALoha permalink

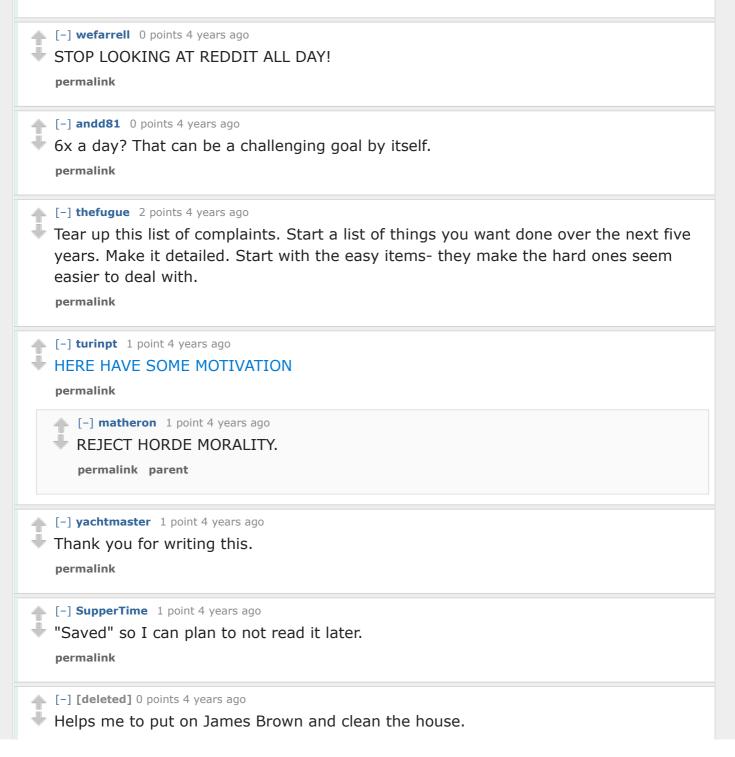
🛖 [-] Madrugadao [📤] 4 points 4 years ago

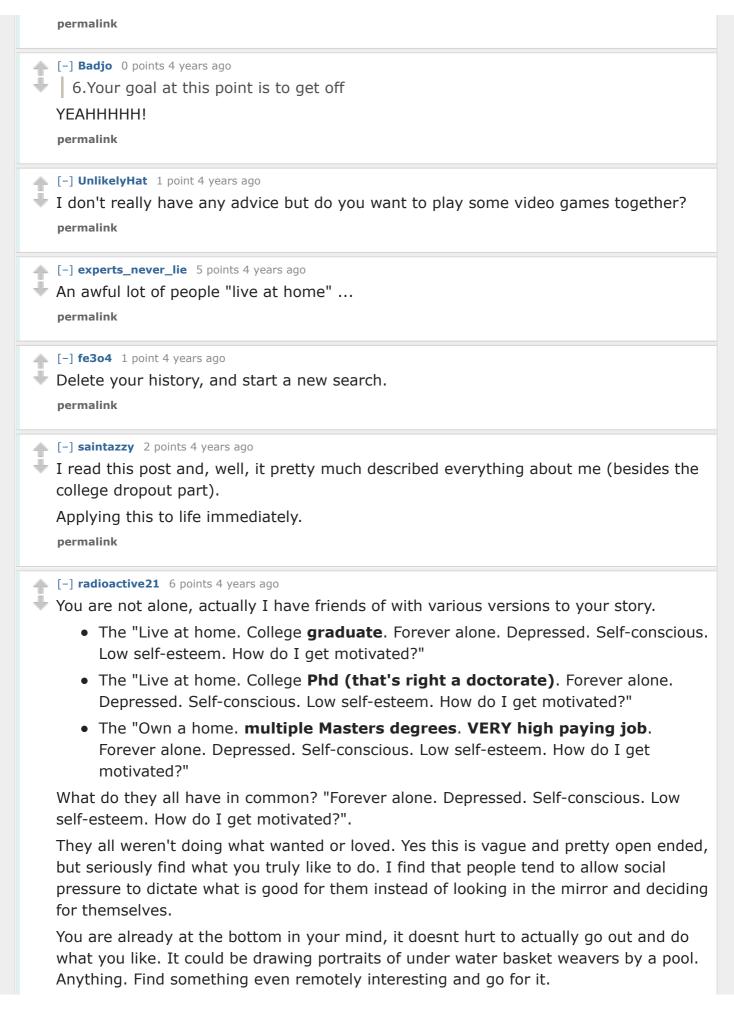
Your goal at this point is to get off Reddit,

Blasphemy!

Seriously though, I kind of agree with all you have said, but I think there is an additional problem you did not address, and it kind of puts a spanner in the works of all you did suggest. I have had friends who have suffered pretty badly from this, and I certainly have some insight myself. The problem with all of the prep work you suggested is that someone will go through all of those motions and then once they are up, sober and ready for the world, they remember that they have absolutely nothing to do for the day. No friends to go and visit, nothing exciting to do, just nothing doing that motivates them to move a muscle. So they fall right back to where they were. (sooner or later)

Not to say your points were not valid, as that is exactly the attitude that has pulled me out of dark times. Grab life by the scruff of the neck and start enjoying shit again, it positively cycles in exactly the same way depression negatively cycles. It isn't this easy for everyone though, some people have deep seated issues that will just not go away. Try telling a women that was abused as a child to simply buck up, it won't work. There are real issues that are not easily dealt with, if they can be dealt with at all. **permalink**





My friend has a home, high paying job, but he constantly whines about how bad it is, and how he wishes he was in the wild doing something like a park ranger. I told him why dont you become one? Of course he says "he can't" but doesn't have answer for why.

permalink

- [-] musitard 2 points 4 years ago
- This isn't always true. Sometimes it is better to pursue one's passion on the side. Dedicating your life to something you love should be done cautiously, as working full-time on something can ruin one's appreciation for it.

I am currently in school studying jazz music. Playing this music is what I've always known I wanted to do since I saw it live. However, the standards required to "make it" are extremely daunting. This requires an enormous amount of sidework from students (maybe not for the prodigies) in addition to their current school-workload. Most students in the program burn-out regularly (once-a-month for me personally) and most manage to continue (we lose about 2-3 a year in the bachelor's program). Our instrument eventually becomes the focal point of all of our stress.

We all have a threshold for how many times we can burn out and it is important we never reach it. To deal with it I picked up a side instrument that I will never involve with my career. It's different than my main, but at least it is something that will always relieve stress instead of the other way around.

If you choose to make a career out of something you love doing, it is important that you realize that it will become a source of stress and you won't always love doing it. What would you rather do than do what you love? If you don't have anything, then perhaps it should be left to the side.

permalink parent

[-] mcdood 3 points 4 years ago

Yes, sure, you need to make changes.

I don't think that means having to burst into a Rocky montage though.

I'm not too keen on extreme lifestyle changes. Although they seem to work for people, from personal observations I've felt that it more than often leads to a yo-yo effect.

The changes that have stayed long-term, not affected in a yo-yo fashion, have been those that I fit slowly (but surely) into my life.

The reality is your body/physiology will 'objectively enjoy' the effects of working out, cleaning, sleeping properly, etc. But you won't realize those effects if you push yourself to immediate short term physical and mental exhaustion. Let your body feel the good. Slowly it will adapt and ask for more of the good stuff and less for the bad.

Good living is like a drug. If you take too much at once, you OD and go back to the bad. Get yourself properly addicted to it and enjoy the best addiction you can pick up for years to come.

Concrete examples of modern-day urbanite rocky montages are:

-no internet until...

-strict diets (healthy eating vs. diets, understand the difference people!)

PS: The only context I can understand a rocky-montage approach is on 'pharmaceutical' issues.

permalink

[-] **luminosity11** 2 points 4 years ago

Motivational: http://www.youtube.com/watch?v=WO4tIrjBDkk permalink

[-] Aix 2 points 4 years ago
 Lift. Heavy.
 permalink

[-] fuzzymonkey 3 points 4 years ago

DRESS UP! Best advice I had from a friend before! Living the hand-me-down life, I went out and bought some clothes. You may be buying a lot of randoms, but eventually, you'll know exactly what you like. There is NO feeling like how you feel when you wear nice clothes and go outside! Feels great! And hey, if you go to a mall dressed up to buy more clothes, and you see a girl check you out, you get really motivated for more clothing. It is actually, very big, in addition to looking clean (shaving, hair, etc.)

You have no job because you dropped out of college? Go out and get a random job! McDonalds? Grocery store? doesn't matter! you WILL make friends at work, and you can socialize with them, and partake at social gatherings. People will say HI. You also learn how to talk to people, by simply taking a order, or helping a customer find a product. Within no time, your shy-ness to talk to *anyone* goes away. Plus, with your new friends when you're not in work uniform, and you go out in your new clothes, you feel good!

If you have acne, talk to your doctor. I did. He put me on Accutane (there's lots of debates over this, but go over it with your doctor and decide then). Living a life without pimples, or waking up and finding 3 new zits is awesome. I don't ever have to worry about girls looking at my zits instead of my awesome smile.

That leads to smiling. YOU DO get smiles back when you smile at people. Having your normal (even if crappy) job will teach you how to talk to strangers and smile. You'll soon be confident, and who knows, you may find a girl that works with you, or is a regular customer!

Enjoy.

permalink

[-] mittenbuttons 2 points 4 years ago

Activity is probably the simplest and best solution to mild situational depression.

(single, 30's, living with parent, back in school) I find that cleaning the room/house, a long shower and thorough grooming, and a nice long walk ride outside does wonders for my grouchy-slumpy worthless moods. I return from the walk to a clean environment and a head full of fresh thoughts and plans. I don't play video games, though. Also, caffeine helps. permalink [-] opensourcer 3 points 4 years ago* good advice mate! I got a friend who's been unemployed for 2 years with no motivation to find a job or go back to school. He just stays in the house own by his grandparents. This sleeping in, directionless life worries me. Me and another friend decided to have him join us on a trip to Costa Rica. Hopefully, this will pull him out of this funk and actually see life in a more positive light. permalink [-] Trickx 2 points 4 years ago Wow, perfectly describes what I think I'll be in 2 months or so time. Eerily depressing. permalink [-] [deleted] 2 points 4 years ago Turn off your PC permalink [-] nellshini 2 points 4 years ago The advice from the OP (and many of the comments) is invaluable... that being said: At what point can I (or any other person in this situation) come back to Reddit? Being that it is essentially Reddit that is spurring this change for the better, I'd probably want to stay. When's the best time to come back into the loop? permalink [-] Generic123 2 points 4 years ago I'm sure a lot of people will disagree with this, but if you're sitting on the internet all day, playing video games constantly and doing poorly in school/life. You could have ADHD, and if you don't fake it and get diagnosed with it. Get a prescription for a low dose of a stimulant like Adderall XR(I'd recommend the generic non-brand name amphetamine salts though) take it every day first thing in the morning, a low dose will give you just the amount of motivation and confidence you need to get yourself together. Do NOT abuse it, you'll run out early and be left with a few weeks before you can get more. Drugs turned my life around completely, and are really worth a shot. permalink

[-] [deleted] 1 point 4 years ago*

one thing to consider if you are unemployed:

Being unemployed IS A JOB! The worst job you will ever have, but you better dedicate 8 hours/day to finding a job. It is not sufficient to get on monster for an hour, e-mail a few resumes and then go play WoW for the rest of the day.

When I was looking for work, i found the listing for the job I had on monster with just a generic e-mail to send resumes. I found some contact information for the company as a whole, and started calling as many people as I could until I found the person who was responsible for the position. i never reached that person, but I reached the person below her and gave that person a mini-interview of myself. the hiring manager called me back the next day, and by the end of the week i was signing the offer letter.

it's not good enough to just send out resumes. if you're looking for a professional job, join local Young Professional Organizations and attend mixers. meet people. get to know the people who can get you into the door. connect with professionals on linkedin.

one of the best ways to get a job worth having is to think of being unemployed as a job.

permalink

[+] [deleted] 4 years ago (1 child)

[-] mormoncarebears 3 points 4 years ago

The strangest thing about games is that they ruin your self-esteem. I have a blast when I am playing the game, but when I'm not I feel like shit and I have to play it again. It's a never ending cycle. Now I don't ever play games and I have a higher selfesteem. I feel more connected with the world.

permalink

[-] saucygit 2 points 4 years ago

Id get and still do get ocular migraines and followed by panic attacks etc. Now I take vitimins. plenty of magnesium and b complex. omegas. and a multi. exercise too. Running is fun to start in (moderation on that one,you'll be sore.) Edit im feeling better.

permalink

[-] beyron 2 points 4 years ago

Good advice, as I am also in a similar situation, however I don't think seeing a therapist is the best idea especially when your depression is stemming from your living situation and not a chemical imbalance. I consider anti-depressants to be poison and they are not something you should fuck around with unless your sure you have a chemical imbalance and you can't live a happy life without them.
permalink

[-] MasterFapster 3 points 4 years ago

Additionally, masturbation is fine in moderation, but if you jerk it 6x a day, you will not be motivated. Cut it back to once a day or less to have more energy.

Ahh.... there's my problem right there.

permalink

[-] cp5184 1 point 4 years ago

Find something you love and build your life and build your life around it. Somehow I think that's a better plan for your life than dressing nattily. permalink

[-] Oh_Uncle_Paul 2 points 4 years ago

This may sound stupid but I am working my ass off at trying to recover from depression. My advice is - CLEAN SOMETHING. I found that if I started with my room and I leave and come back, I feel as though i'm beginning something new in my life. If I clean my truck I feel as though I have something to maintain and be proud of. And honestly... I tried that as a piece of advice from my ex-gf's younger brother when I got super depressed after we broke up. He was 16 at the time and it fucking helped. Try it.

permalink

[-] dicklebaue 3 points 4 years ago

Don't take this in the wrong context but you should join one of the branches of the armed service. It doesnt have to be the infantry it can be any of the hundreds of jobs that doesnt involve killing people. It will 1) give you a job. 2) force you to make friends with people form all over the country and with different backgrounds. 3) Give you cash to help you go back to college and may help you decide what field you are more interested in. 4) Make you move away from the place that is depressing you and the routine that is obviously failing you. 5) Maybe make you less of a little bitch (this is a good thing). 6) It will show you what tough times really are. I am not a recruiter I was in the military and it will change your life. Alas with all things it is what you make of it. AGAIN you dont have to have a job that involves combat in any form. Join the coast guard and save people lost at sea.

permalink

[-] dalittle 2 points 4 years ago

I think a better tldr would have been "you can stop being a victim when every you want. You have the power, you are completely in control." permalink

[-] [deleted] 1 point 4 years ago
 Gold.
 'nuff said.
 permalink
 [-] junkit33 2 points 4 years ago

I can shortcut the list:

Your goal at this point is to get off Reddit, get off video games, and just plain stop doing other things until you reach your goal.

All else will fall in line if you follow this advice. If you deprive yourself of the time wasting activities that you enjoy, you will quickly find yourself filling said time with productive activities, as nobody likes to stare at a wall all day long.

Getting up at 8am and shaving is fruitless if you're going to hop on to Reddit for 3 hours.

permalink

[-] Totesboats 2 points 4 years ago

If you really want to feel great about yourself and gain some confidence, I can't think of anything better than volunteering to help others. This is especially true if you're utilizing a skill and improving it!

permalink

[-] hanger1203 2 points 4 years ago

VeggieLover, I give you much respect for making this post. I second # 7...I used to go out to the bars every weekend and get trashed. On Monday I was worthless at work! I've been sober for 6 weeks now, and have never been much more productive and happy. Also, you should add a #9) Change your diet. Limit consumption of processed foods and eat more fruits and veggies. This will sound lame, but I drink Emerald Balance "green drink" every morning and it gives me sustained energy all day... permalink

[-] gwarsh41 2 points 4 years ago

Pretend to be confident around other people. I was pretty bad off when I started college. Made friends with roomates, then pretended I was the shit for a while. Friends poked at my ego for about a year, by then I was confident and outgoing. permalink

[-] laxt 2 points 4 years ago

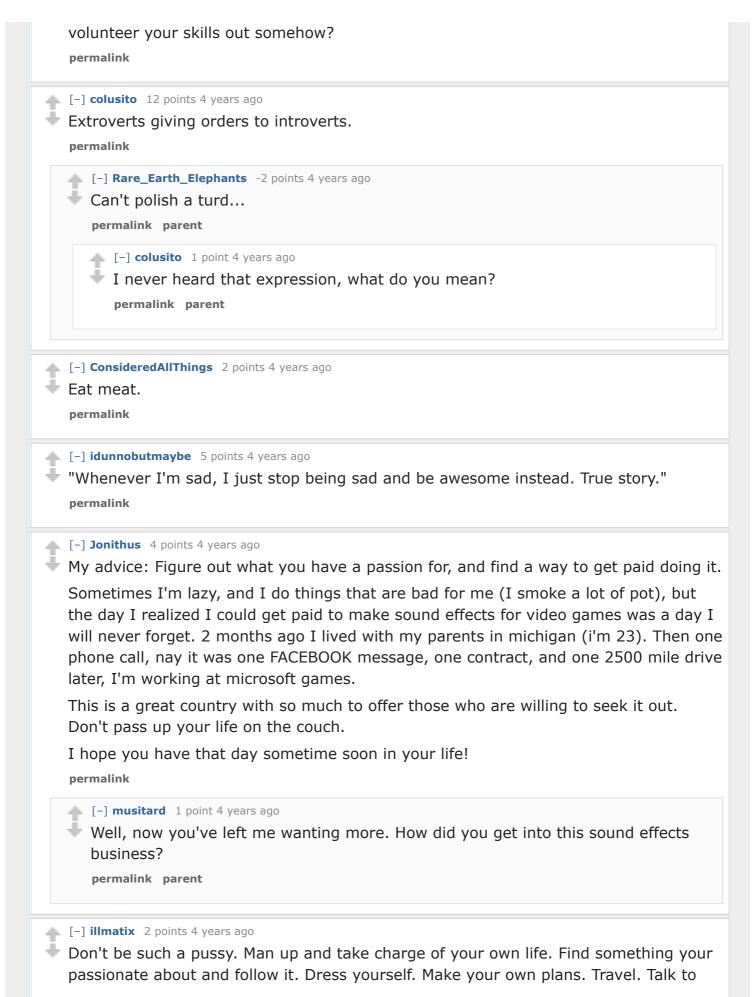
Hey man, I opened this to give advice, but you turned out to give me advice. The first few will help me a bit (don't need the latter, already have plans set up). I hope this thread gets upvoted into the thousands.

permalink

[-] fuzzynyanko 2 points 4 years ago

It's hard. I feel you should game to blow off the amount of stress, but in moderation. However, realize that you may be spending a good deal of energy in the video game, so check with yourself if you are finding the game itself to be just work. When gaming becomes tiring work, it's time to take a break. Also, don't make gaming your only way to relieve stress. Find something else.

Polish your skills if you can with a hobby and post the results online. Apply to jobs and try to figure out what you could do better to attract more recruiters. Can you



	people. permalink	
+ +	[-] [deleted] 2 points 4 years ago You can't think your way to right action. You have to act your way to right thinking. permalink	
++	 [-] ex_nihilo 2 points 4 years ago My current goal is to place highly in the 2011 WoW arena tournament, among others. But I accomplished career goals before deciding that I wanted to focus my efforts around going pro gamer. permalink 	
[-] bootsinowski 2 points 4 years ago I'm 34 with a wife and two kids, and I just went back to school after 12 years of a pretty rudderless mindset. I'm a junior and it's going to take me roughly another 3-4 to actually graduate. On some level, it's nearly POINTLESS for a 37 year old to get an undergraduate degree but I'm doing it because I always regretted dropping out, and lets face it, the piece of paper won't hurt to have.		
	So my advice to anyone who has dropped out is get the degree finished before it's starts getting really difficult to convince yourself it's worth the trouble.	
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