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553

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]

[deleted]

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[-] 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

[-] bruce_notice 2 points 4 years ago Lawyer up, hit the gym. permalink

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Submitted on 07 Jan 2011

553

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New mod tools by: [clock icon] - December 31

The admins have agreed to better communication with mods and to release improved mod tools by December 31 2015.

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Sue life for damages!:]

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↑ [-] [bruce_notice](#) 1 point 4 years ago

↓ Demand reparations from McDonald's, marijuana and internet porn.

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↑ [-] [\[deleted\]](#) 0 points 4 years ago

↓ brilliant

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↑ [-] [Fearlessleader85](#) -2 points 4 years ago

↓ You could buy your parents a cattle prod.

[permalink](#)

↑ [-] [Socialmessup](#) 2 points 4 years ago

↓ You know whats the worst! When you make an effort to not be forever alone and in the end your still just alone. 2 years of University trying to connect to people has got me no where

[permalink](#)

↑ [-] [mrspaznout](#) 1 point 4 years ago

↓ one of us, one of us.

[permalink](#)

↑ [-] [kind_of_whore](#) -1 points 4 years ago

↓ play world of warcraft?

[permalink](#)

↑ [-] [\[deleted\]](#) 0 points 4 years ago

↓ Thanks for posting this, sir. Not for me. Hopefully some of the slack jobs around here will get their shit together and stop moping around, bringing the rest of us down. If you enjoy sleeping in till late, playing games, jerking off and eating fast food every day - Power to you! But if you're unhappy... then get off your ass, won't you?

[permalink](#)

↑ [-] [nachtliche](#) 1 point 4 years ago

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Tags to use:

↓ 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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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

adderrall

[permalink](#)

[-] [sharpieas1](#) 0 points 4 years ago

smoke pot

[permalink](#)

[-] [\[deleted\]](#) 1 point 4 years ago

this is relevant to #2

[permalink](#)

[-] [pilgrim](#) 0 points 4 years ago

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.

[permalink](#)

[-] [HostileVaginalTract](#) -1 points 4 years ago

Crack cocaine. That'll motivate ya.

[permalink](#)

[-] [seraph741](#) 1 point 4 years ago

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...and 50 more >

I don't have the cheeriest attitude ever, but I don't think me playing games a lot has anything to do with it. I'm successful otherwise, I just like gaming as a hobby and hate life/most people. Kinda sounds like your looking for something to blame.

Shit, if i quit gaming, I'd be more pissed off and such cuz I use gaming to relax (reading, running = boring, I don't care what any1 says. gaming is a hobby just like those other things, no problem with it)

[permalink](#)

[-] [\[deleted\]](#) 1 point 4 years ago

You know a lot of people make a lot of money off the low self esteem low motivation crowd...

[permalink](#)

[-] [Ikasatu](#) 1 point 4 years ago

STOP BROWSING REDDIT. GO OUTSIDE. VOLUNTEER.

[permalink](#)

[-] [\[deleted\]](#) 1 point 4 years ago

"Just plain stop doing other things until you reach your goal."

Best advice ever. I owe you a burrito.

[permalink](#)

[-] [BoredofBS](#) 1 point 4 years ago

I thought this was going to be another plea for help, lucky me I find another fine addition to my own motivation list. Thanks so much.

[permalink](#)

[-] [CaptainMogran](#) -1 points 4 years ago

not going to read your bitching. Stop asking for reddit handouts and look within!

[permalink](#)

[+] [\[deleted\]](#) 4 years ago (2 children)

[-] [matheron](#) 1 point 4 years ago

Don't concern yourself with the opinions of others.

[permalink](#)

[-] [desiraider](#) 1 point 4 years ago

suffer the pain of discipline, or suffer the pain of regret

I think I read this on [r/fitness](#) recently, and it's a quote that really resonates with me. You need to put in that extra effort to turn your life around, and that should be the thing that defines what you do and accomplish on a daily basis. [errorjustin's](#) post goes into this too; read and internalize it.

don't give up hope; there are people that have fallen to the very lowest place in

society, and have turned themselves around. if you need inspiration, look up/read motivational figures like Tony Robbins, etc. there's no shame in doing it - bottom line is that you need to turn your life around, and you need to use whatever tools you think will help you the most in doing this.

[permalink](#)

↑ [-] **jk1150** 0 points 4 years ago

↓ complain about it to the internet

[permalink](#)

↑ [-] **DJBJ** 1 point 4 years ago

↓ I've been meaning to say to this reddit for a while to all the forever alone'rs out there and depressed redditors - please read Feeling Good by Dave Burns if your feeling depressed and/or Intimate Connections if your feeling alone. It's Cognitive Behavioral Therapy do-it-yourself books kinda. They changed my life and I feel like they would help actually everyone, not just people who are depressed or lonely.

[permalink](#)

↑ [-] **otheracctz** 1 point 4 years ago

↓ Sought this comment out again just to say fantastic book. I picked up after hearing a chapters in, but it is such a great compliment. Thanks DJBJ, and anyone else who may have

[permalink](#) [parent](#)

discussions in [/r/AskReddit](#) X

3530 points · 1359 comments

[What if for two weeks, we lost China and couldn't find it?](#)

↑ [-] **warpfield** 1 point 4 years ago

↓ Whoa, hold on there sport. What horrible advice. Waking up in the morning? Getting dressed nicely? Where will the energy come in order to do that??

[permalink](#)

↑ [-] **dorky2** 1 point 4 years ago

↓ this is such great advice! you are the only one who can make a change. the worst thing you can do is resign yourself to being a victim, even if your circumstances are not your fault.

not everyone can afford to get a personal trainer, here are some free things you can do: -take a walk -run up and down your stairs -do jumping jacks -do situps and pushups -find an aerobics or yoga video on youtube -watch a really funny movie and laugh till your muscles hurt -dance -stretch -find an ultimate frisbee team that plays in a park near you. that game is so fun it doesn't even feel like exercise, but you get a real workout! -public tennis courts and basketball courts

also, a lot of people don't think they can afford nice clothes, but here are some pointers: -look at clearance racks. sometimes even nice department stores have great sales, like 75% off. you can get quality clothes for under \$10. -shop at tj maxx, marshalls, target, or ross -wade through goodwill. you have to be persistent, but

there are always gems to be found. -go to garage sales -the most important thing about your clothes is not what style they are, but how well they fit you!

surround yourself with people that build you up, not people you feel like you have to impress.

[permalink](#)

↑ [-] **unasimple** 1 point 4 years ago

↓ Been there. Check this out man. Watch the video and see it affect your life:
<http://www.worldtransformation.com>

[permalink](#)

↑ [-] **[deleted]** 3 points 4 years ago

↓ Your list is seriously lacking one major thing - physical exercise. Intense physical exercise is vital to sound psychological (and of course physical) health.

[permalink](#)

↑ [-] **Jupiter21** 2 points 4 years ago

↓ Listen,as long as you have your health, this will pass. It happens to everyone, even to the rest of us fools who think they have everything, to feel like you do. One word of advice that I have is please don't have any unprotected sex. Write a novel and publish it in kindle :)

[permalink](#)

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

↓ Hmm I saw this via Urlesque today: <http://ifeelunmotivated.com/>

[permalink](#)

↑ [-] **mrsnakers** 0 points 4 years ago

↓ Suck your own dick. I know it sounds silly but it fucking works.

[permalink](#)

↑ [-] **Zigguraticus** 2 points 4 years ago

↓ I would slightly modify #6. It's okay to do things you enjoy, like Reddit or gaming. One of the most satisfying things after a productive day at work or whatever you do is to come home and have an hour or two of leisure time. One important thing to learn here is moderation. If you just drop it entirely (which is a pretty ambitious goal, IMO) introducing it back in later on could be disastrous.

I don't really think its mandatory or wise to cut it out entirely. Goals are important, but so is leisure. And doing productive things and achieving goals will just make your leisure time that much more rewarding.

On a side note, I found years ago that setting goals (even small ones) and achieving them is one of the single most rewarding feelings in the world, even if it's seemingly inane. I made it a goal of mine at one point to get good enough at pool to run a table. The first time I did it was one of the best feelings I have ever felt.

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

[permalink](#)

↑ [-] **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 asshole would be plenty of motivation.

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

[permalink](#)

↑ [-] **[deleted]** 0 points 4 years ago

↓ Tissue?

[permalink](#)

↑ [-] **[deleted]** 0 points 4 years ago

↓ What if I just read Reddit all day?

[permalink](#)

↑ [-] **[deleted]** 2 points 4 years ago

↓ acquire more vespine gas

[permalink](#)

↑ [-] **[deleted]** 3 points 4 years ago

↓ When I am down but have to get things done, I imagine that inside of me I have an

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](#)

↑ [-] [BENDORVEGAS](#) 0 points 4 years ago

↓ Grow some balls. Join the military.

At least you'll have a second chance at things.

[permalink](#)

↑ [-] [matheron](#) 1 point 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](#)

↑ [-] [JohnnyGotHisGun7](#) 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't have a girlfriend 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 motivational epiphany like you're having right now? NOT AT ALL. These days I smoke more weed than ever, and I buy it the best quality I can get. The shelves in my living room are full of unopened videogame cases, I have the three consoles 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 doesn'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 success 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 into it. What I think you should do 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 Warfare or watching TV for 80 hrs a week (that's what non-gamers do) won't make any difference.

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

↓ I certainly appreciate the sincerity. Things in life just aren't always that easy.... Life is not black and white....

[permalink](#)

↑ [-] [TehDo0d](#) 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 *really* 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](#)

↑ [-] **Sat27** 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.

[permalink](#)

↑ [-] [ramp_tram](#) 2 points 4 years ago

↓ 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.

My goal is to be on reddit playing video games. Your advice didn't help me at all!

[permalink](#)

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

↑ [-] [bokan](#) 2 points 4 years ago

↓ In my (male) experience maintaining high testosterone levels and a strong physiological desire to attract mates will cause everything else to fall into place.

I would like to add that regular exercise, particularly the kind where you can see progress (lifting for strength or size) really makes you feel much better. This is at least in part because some kinds of exercise, particularly heavy lifting, stimulates testosterone release (this, again, coming from the male perspective). In concert with other lifestyle changes listed by the OP (particularly points 1 and 7), this can be a big help. The testosterone thing is a big deal for motivation.

TL DR It's all about managing the hormones

good luck!

[permalink](#)

↑ [-] [ENTP](#) 2 points 4 years ago

↓ Stop smoking so much pot. That's what I do when I'm feeling demotivated.

[permalink](#)

↑ [-] [ma3a](#) 2 points 4 years ago

↓ [youporn.com](#)

[permalink](#)

↑ [-] [\[deleted\]](#) 1 point 4 years ago

↓ well-said.

i would also add that - going with the common theme on reddit - getting a girlfriend is not the answer to your problems.

but if you put consistent, thoughtful, dedicated effort into improving any aspect of your life, it will improve. It takes time, but you will reach a point where you suddenly realize how much better off you are than you were [X period of time] ago. anything worthwhile takes time, commitment, and consistent effort to achieve.

[permalink](#)

↑ [-] [Goupidan](#) 3 points 4 years ago

↓ http://www.ted.com/talks/brene_brown_on_vulnerability.html

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.html

Watch all three of them.

[permalink](#)

↑ [-] [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!

[permalink](#)

↑ [-] [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.

[permalink](#) [parent](#)

↑ [-] [futrtek](#) 1 point 4 years ago

↓ definitely. i guess we should get to work trying huh?

[permalink](#) [parent](#)

↑ [-] [darthluke](#) 1 point 4 years ago

↓ Yeah...definitely should get to work...all it takes is starting the process and it won't seem so hard.

[permalink](#) [parent](#)

↑ [-] [futrtek](#) 1 point 4 years ago

↓ but first, i need to get to staff sargeant II in BC2... ;) maybe i'll do a letter campaign, send letters all over the state. lol

[permalink](#) [parent](#)

↑ [-] [\[deleted\]](#) 3 points 4 years ago

↓ Here's my advice: go to Americorps.gov and look at the listings for jobs - there are opportunities all across the country. Many of them will pay for your relocation and give you a housing and/or food stipend. The NCCC program (18-24 year olds only) is a great choice. Take a job in a place you're interested in living in. You will meet great people, become more motivated, and be alone no longer.

[permalink](#)

↑ [-] [\[deleted\]](#) 2 points 4 years ago

↓ Here's my advice: go to Americorps.gov and look at the listings for jobs - there are opportunities all across the country. Many of them will pay for your relocation and give you a housing and/or food stipend. The NCCC program (18-24 year olds only) is a great choice. Take a job in a place you're interested in living in. You will meet great people, become more motivated, and be alone no longer.

[permalink](#)

↑ [-] [jsfly](#) 2 points 4 years ago

↓ Read this [book](#)

[permalink](#)

↑ [-] [redditia](#) 2 points 4 years ago

↓ One thing to think about is this: the nicest car in the world isn't going to move out of the driveway without proper fuel. Neither are you.

Also, we've all gotten so uptight about developing skin cancer that we've taken to never going outdoors unless we're bundled up like Eskimos, and we're not getting

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

▼ Climbing mountains around the world really allowed me to explore a part of myself I had never experienced before. Everything about the journey is mind-expanding, from couch to summit.

[permalink](#) [parent](#)

↑ [-] [nerdnosyd](#) 0 points 4 years ago

↓ Tell me this, Wizard; how does one get motivated enough to start on a get motivated routine? Betcha can't answer that one!

[permalink](#)

↑ [-] [\[deleted\]](#) 1 point 4 years ago

↓ And here I was all stoked and ready to tackle this list until I read the latter part of step #7....

[permalink](#)

↑ [-] [\[deleted\]](#) 0 points 4 years ago

↓ If all else fails, join the military. They'll set you straight.

[permalink](#)

↑ [-] [dreamleaking](#) 2 points 4 years ago

↓ [/r/getmotivated](#)

[permalink](#)

↑ [-] [\[deleted\]](#) 20 points 4 years ago*

↓ I just wish people would stop with the "there are people going through worse" crap. It doesn't help.

How about you stop underestimating this sort of problem? Maybe through your life you interacted with a lot of people and those skills came up naturally to you so maybe you can not understand how big of a challenge it is for people who have to start from scratch, people without friends, people with a huge lack of social skills.

I'm sure you have your own problems too and you wouldn't like having people telling you how small they are and to just stop being a little bitch about them.

[permalink](#)

↑ [-] [Daisho](#) 1 point 4 years ago

↓ Very true. Everyone recognizes that a shift in perspective can help if you feel overwhelmed by your problems.

It's just that most people go about it the wrong way. Making someone feel guilty about being better off than others does not help. On the other hand, practicing gratefulness for what you have has been proven to help. Positive psychology studies have shown that practicing gratefulness leads to greater happiness.

[permalink](#) [parent](#)

↑ [-] [matheron](#) 2 points 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 cliché. 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 consistent, a little progress everyday! 4. Don't be afraid to ask others about nutrition and health and don't be embarrassed 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 woman 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](#)

↑ [-] [wefarrell](#) 0 points 4 years ago

↓ STOP LOOKING AT REDDIT ALL DAY!

[permalink](#)

↑ [-] [andd81](#) 0 points 4 years ago

↓ 6x a day? That can be a challenging goal by itself.

[permalink](#)

↑ [-] [thefugue](#) 2 points 4 years ago

↓ Tear up this list of complaints. Start a list of things you want done over the next five years. Make it detailed. Start with the easy items- they make the hard ones seem easier to deal with.

[permalink](#)

↑ [-] [turinpt](#) 1 point 4 years ago

↓ [HERE HAVE SOME MOTIVATION](#)

[permalink](#)

↑ [-] [matheron](#) 1 point 4 years ago

↓ REJECT HORDE MORALITY.

[permalink](#) [parent](#)

↑ [-] [yachtmaster](#) 1 point 4 years ago

↓ Thank you for writing this.

[permalink](#)

↑ [-] [SupperTime](#) 1 point 4 years ago

↓ "Saved" so I can plan to not read it later.

[permalink](#)

↑ [-] [\[deleted\]](#) 0 points 4 years ago

↓ Helps me to put on James Brown and clean the house.

[permalink](#)

↑ [-] **Badjo** 0 points 4 years ago

↓ | 6. Your goal at this point is to get off

YEAHHHHH!

[permalink](#)

↑ [-] **UnlikelyHat** 1 point 4 years ago

↓ I don't really have any advice but do you want to play some video games together?

[permalink](#)

↑ [-] **experts_never_lie** 5 points 4 years ago

↓ An awful lot of people "live at home" ...

[permalink](#)

↑ [-] **fe3o4** 1 point 4 years ago

↓ Delete your history, and start a new search.

[permalink](#)

↑ [-] **saintazzy** 2 points 4 years ago

↓ I read this post and, well, it pretty much described everything about me (besides the college dropout part).

Applying this to life immediately.

[permalink](#)

↑ [-] **radioactive21** 6 points 4 years ago

↓ You are not alone, actually I have friends of with various versions to your story.

- The "Live at home. College **graduate**. Forever alone. Depressed. Self-conscious. Low self-esteem. How do I get motivated?"
- The "Live at home. College **Phd (that's right a doctorate)**. Forever alone. Depressed. Self-conscious. Low self-esteem. How do I get motivated?"
- The "Own a home. **multiple Masters degrees. VERY high paying job**. Forever alone. Depressed. Self-conscious. Low self-esteem. How do I get motivated?"

What do they all have in common? "Forever alone. Depressed. Self-conscious. Low self-esteem. How do I get motivated?"

They all weren't doing what wanted or loved. Yes this is vague and pretty open ended, but seriously find what you truly like to do. I find that people tend to allow social pressure to dictate what is good for them instead of looking in the mirror and deciding for themselves.

You are already at the bottom in your mind, it doesnt hurt to actually go out and do what you like. It could be drawing portraits of under water basket weavers by a pool. Anything. Find something even remotely interesting and go for it.

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 doesnt 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 side-work 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 self-esteem. 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 vitamins. 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 from 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 roommates, 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

volunteer your skills out somehow?

[permalink](#)

↑ [-] [colusito](#) 12 points 4 years ago

↓ Extroverts giving orders to introverts.

[permalink](#)

↑ [-] [Rare_Earth_Elephants](#) -2 points 4 years ago

↓ Can't polish a turd...

[permalink](#) [parent](#)

↑ [-] [colusito](#) 1 point 4 years ago

↓ I never heard that expression, what do you mean?

[permalink](#) [parent](#)

↑ [-] [ConsideredAllThings](#) 2 points 4 years ago

↓ Eat meat.

[permalink](#)

↑ [-] [idunnobutmaybe](#) 5 points 4 years ago

↓ "Whenever I'm sad, I just stop being sad and be awesome instead. True story."

[permalink](#)

↑ [-] [Jonithus](#) 4 points 4 years ago

↓ My advice: Figure out what you have a passion for, and find a way to get paid doing it. Sometimes I'm lazy, and I do things that are bad for me (I smoke a lot of pot), but the day I realized I could get paid to make sound effects for video games was a day I will never forget. 2 months ago I lived with my parents in michigan (i'm 23). Then one phone call, nay it was one FACEBOOK message, one contract, and one 2500 mile drive later, I'm working at microsoft games.

This is a great country with so much to offer those who are willing to seek it out. Don't pass up your life on the couch.

I hope you have that day sometime soon in your life!

[permalink](#)

↑ [-] [musitard](#) 1 point 4 years ago

↓ Well, now you've left me wanting more. How did you get into this sound effects business?

[permalink](#) [parent](#)

↑ [-] [illmatix](#) 2 points 4 years ago

↓ Don't be such a pussy. Man up and take charge of your own life. Find something your passionate about and follow it. Dress yourself. Make your own plans. Travel. Talk to

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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