

Forum: [Hack Forums](#)

Thread: [You're f**ked](#)

RUS7Y - October 24, 2020, 4:23 pm

If you are not enjoying life! You're Fked in one way or the other

Fix everything that's stopping you from getting better

Stop eating carbs if you don't go to the gym

Stop chilling with girls you're not fking

Fix your environment

Fix your nutrition

Eat more meat

SIM-3343347 - October 24, 2020, 4:25 pm

This thread will give me a boost for the next 8 hours...

RUS7Y - October 24, 2020, 4:26 pm

(Oct 24, 2020 04:25 PM)Ivan+ Wrote: [\[CITE\]](#) This thread will give me a boost for the next 8 hours...
Better than your Redbull

- No insulin spike
- No downer

Pink Floyd - October 24, 2020, 4:31 pm

Maybe I am just broke to enjoy all this things in life.

SIM-3343347 - October 24, 2020, 4:32 pm

At this point of COVID sh*** I can't enjoy much, I sure did before... now everything turned worse...

Effexion - October 24, 2020, 4:33 pm

What if I really like my carbs?

RUS7Y - October 24, 2020, 4:35 pm

(Oct 24, 2020 04:33 PM)Effexion Wrote: [\[CITE\]](#) What if I really like my carbs?
Gateway to diseases

Plus unless you try zero carb, you won't know what's zero brain fog looks like

(Oct 24, 2020 04:31 PM)Pink Floyd Wrote: [\[CITE\]](#) Maybe I am just broke to enjoy all this things in life.
Enjoy what?

(Oct 24, 2020 04:32 PM)Ivan+ Wrote: [\[CITE\]](#) At this point of COVID sh*** I can't enjoy much, I sure did before... now everything turned worse...

That's victim blaming. Corona did something to you. The fuck is corona?

Prawnster - October 24, 2020, 4:46 pm

(Oct 24, 2020 04:23 PM)TheyCallMeRusty Wrote: [\[CITE\]](#) If you are not enjoying life! You're Fked in one way or the other

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Yeah mostly agree, I cut down on carbs (not completely cut out tho) over the past few weeks cuz I ain't go gym (do ride a few miles on bike each day but not the same exactly) and been feeling much less sluggish than normal lmao

Blogger - October 24, 2020, 4:51 pm

Having only male friends seems pretty gay.

RUS7Y - October 24, 2020, 4:51 pm

(Oct 24, 2020 04:46 PM)Mazl Wrote: [\[CITE\]](#) Yeah mostly agree, I cut down on carbs (not completely cut out tho) over the past few weeks cuz I ain't go gym (do ride a few miles on bike each day but not the same exactly) and been feeling much less sluggish than normal lmao

Carbs do that

Even though there's no study to prove that, we've insulin spike & mood correlation

(Oct 24, 2020 04:51 PM)Blogger Wrote: [\[CITE\]](#) Having only male friends seems pretty gay.

What's the point chilling with a girl you're not f**king?

Cammy - October 24, 2020, 4:56 pm

(Oct 24, 2020 04:51 PM)TheyCallMeRusty Wrote: [\[CITE\]](#) What's the point chilling with a girl you're not f**king?

Coomer mentality lmao

I know plenty of fun women to hang out with but don't feel compelled to have sex with

RUS7Y - October 24, 2020, 5:03 pm

(Oct 24, 2020 04:56 PM)Cammy Wrote: [\[CITE\]](#) Coomer mentality lmao

I know plenty of fun women to hang out with but don't feel compelled to have sex with

I don't think women are fun unless you have your d**k in their mouth

rSM- - October 24, 2020, 5:13 pm

(Oct 24, 2020 05:03 PM)TheyCallMeRusty Wrote: [\[CITE\]](#) I don't think women are fun unless you have your d**k in their mouth

Too bad no women have ever had your dick in their mouth ?

RUS7Y - October 24, 2020, 5:22 pm

(Oct 24, 2020 05:13 PM)rSM- Wrote: [\[CITE\]](#) Too bad no women have ever had your dick in their mouth ?

Umm okay! if you want to think that way, Sure!

rSM- - October 24, 2020, 5:23 pm

(Oct 24, 2020 05:22 PM)TheyCallMeRusty Wrote: [\[CITE\]](#) Umm okay! if you want to think that way, Sure!

The 8k posts and open dispute against you kind of validate it already

RUS7Y - October 24, 2020, 6:28 pm

(Oct 24, 2020 05:23 PM)rSM- Wrote: [\[CITE\]](#) The 8k posts and open dispute against you kind of validate it already

Funny when you comment with -111 Popularity

Forensic - October 24, 2020, 6:29 pm

No carb november coming up

UsernameByte - October 24, 2020, 6:31 pm

Catch diseases...

Sounds great guy

A + - October 24, 2020, 6:55 pm

Did you just finish watching the UFC or something?

Yanix - October 24, 2020, 7:07 pm

Carbs are always on our table daily and I love to eat meat as always :D

Spiritual - October 25, 2020, 12:38 am

(Oct 24, 2020 04:23 PM)TheyCallMeRusty Wrote: [\[CITE\]](#) If you are not enjoying life! You're Fked in one way or the other

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I'm beating off to this thank you

Rsynced - October 25, 2020, 1:52 am

Good advice for sure! ?

Thanks for the insight.

?

Fortunate - October 25, 2020, 2:07 am

(Oct 24, 2020 04:23 PM)TheyCallMeRusty Wrote: [\[CITE\]](#) Eat more meat

I completely agree with everything other than "eat more meat"

I am no vegetarian but what does this have to do with anything, rather eat more vegetable based products.

Effexion - October 25, 2020, 3:53 am

(Oct 24, 2020 04:35 PM)TheyCallMeRusty Wrote: [\[CITE\]](#) Plus unless you try zero carb, you won't know what's zero brain fog looks like

I've never heard of food causing brain fog. I've always put that down to the copious amounts of weed I smoke, to go with my carbs.

Ivex - October 25, 2020, 4:23 am

Also don't get caught up in self-improvement. You end up unsatisfied with how you are and have unrealistic expectations of yourself. I agree to have good habits and not to waste your time but don't demand perfection from yourself.

We can all have a few bad habits in moderation.

That being said, since I started regularly working out (weights, body weight exercises and cardio), working on a side hustle (now a business), reflecting on past relationships and where I went wrong and how I can be better, removed almost all the girls from my Snapchat (yup, even the ones that do send nudes or that I have shagged) and truly planning for my future and investing/saving, I feel a lot better about my future. I did other things related to making my life more minimalistic too (sold my PS4, threw out useless shit I was hoarding, deleted some social media apps, cancelled Netflix, etc).

The biggest thing is since I built up these good habits is I have a lot less death anxiety which was keeping me up most nights. Now I feel like I'm doing something with my life.

However, after so many self-development books and hearing the lives of people like David Goggins I felt like any of my achievements weren't shit. I felt like I had to do so much more and I burned myself out a few times. Now I'm trying to find balance.

So don't let anyone tell you your life is shit and you need to do more if you enjoy it. Just do the necessary improvements for you personally.

LoremIpsum - October 25, 2020, 4:27 am

I do enjoy to chill with females from time to time.

I don't think you can claim that anybody is "f*cked" if they aren't doing something 'important' in your eyes.

Mr. Atlas - October 25, 2020, 6:09 am

(Oct 24, 2020 04:23 PM)TheyCallMeRusty Wrote: [\[CITE\]](#) If you are not enjoying life! You're Fked in one way or the other

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no longer eat meat?

okok boy