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Thread: [The True Secret to Being a Man.](#)

LSD - March 5, 2023, 3:24 pm

"Why can't I be disciplined"

"I know I need to stop being lazy but I can't"

"I have zero motivation"

"People don't respect me"

Stop Masturbating.

Stop Watching Porn.

Commit yourself to being a better man, little by little every day.

Some of you won't care. Some of you won't listen. Some of you won't do it.

But my words will fall on ears that will take this message and allow it to ignite the kindling that's inside you.

You know who you are. You have the capabilities to be a man. Retain your life force. Your Seed is your life force.

When you stop wasting it on your hand, or inside your [BRAND NAME REMOVED] dates, you will experience what only few men ever experience.

REAL Drive. REAL motivation. It comes from within. Your sexual energy is more powerful than any drug, supplement, or other external motivator.

Ask yourself, from a young age, have you ever gone more than a few months without masturbating?

A little bit about my backstory: when I was 18 I tried it. I had never been laid.

I went for a little over 200 days before I lost my V card. She came to me. She did all the work. But that's beside my point. The point here is that I went from never stepping foot in a gym to squatting 315 pounds. I went out and joined two sports teams that year. I finished my school year with a near perfect GPA, after having a 2.0 average my first 3 years of high school.

I firmly believe this positive change in momentum was because I stopped watching porn and masturbating.

Of course that's not ALL of it. The action needs to be taken after to achieve great results, but I believe retaining gets the ball rolling.

Currently I'm in my mid 20's. I fell off after all of that because I slowly convinced myself it was all placebo, because I listened to the doubters and started masturbating and watching porn again. Slowly overtime I lost all of my drive, I kept asking myself why I felt so weak, and why I didn't feel like a man anymore. Got depressed, started smoking weed. I spent years depressed and forcing myself to wake up to get to work just so I can have a bed to sleep in, so I could keep my job.

All this to say I'm on day 29. Farthest I've made it since then, and I slowly feel the fire building again, I feel the energy and aggression waiting to be used to benefit myself in life. Try it, or don't. Just offering my story and experience in hopes I can help someone like me.

Disclaimer: of course if you love where you're at in life and don't see the need for change, this probably won't apply to you.