Twitter Thread by E-go Driven



E-go Driven
@EgoDriv

How to instantly stop being depressed.

If you're currently depressed and you're seeing this tweet,

THIS is your lucky day.

-Thread-

If you are already following me you probably have already read the thread below,

If not, start there and come back here.

https://t.co/uETecKGAmS

> How to bury your old self.
>
> Actionable strategy to become the person you want to be.
>
> -Thread- pic.twitter.com/IYJAjTRS2i
>
> — E-go Driven (@EgoDriv) January 3, 2021

The ONE thing you need to do is let go.

Except letting go is never easy.

In order to do it, there is no choice but to face everything.

My favorite method is pen and paper.

Write down EXACTLY what is making you feel depressed.

Visualize your demons.

Once you write down everything, it is time to think about a very simple question

What can I do about each of these stuff that is bothering me?

If you can do something about it, put a check.

If you can't do anything, leave it blank. We'll get back to this.

Now for all the stuff you can fix,

Define exactly what you should do to get it done.

Explicitly write what you need to do to stop worrying about this and that.

Fix a deadline.

You now have goals.

Achieve them.

For the things you have no control over,

Ask yourself:

Is this temporary or will I never be able to fix it?

If it's temporary, work on being ready as soon as you can act.

Long term goals.

If it's not temporary, then cross that line and never think about it again.

It takes WILL to truly cross things out of your mind.

If you've reached this far in the thread then it is clear that you are determined to do what it takes.

Get a pen. Get a paper.

Do as I say.

I've been exactly where you are.

It's now time to build your new routine.

You know what you need to do but you need to build discipline.

My friend @Caesar_VICI can definitely help with that.

Start taking care of your body and you will instantly feel satisfaction.

Make yourself feel better.
Dont wait.

Food.

If you're depressed you're having a weird relationship with food right now.

Pen. Paper.

Get rid of what harms you.

Make your new menu.

Take care of yourself.

Here is a bonus:

Include selfish routines in your daily life.

Go for a walk.
Get yourself a beer when you're back home.
Smoke a cigarette or better (only if you already do)

Again, MAKE YOURSELF FEEL BETTER.

The little things in life are the best ones.

Here is another (dumb) bonus:

Drink coffee.

Energize yourself to be able to get shit done.

Force start your brain and fuel it to never stop working.

Last bonus:

Get @DejaRu22's Terminate.

It will help you.

This is a shameless affiliate plug and I don't care what you want to think.

https://t.co/QSNZ5cKHRG