

[Motivation](#)

[Depression](#)

[Fitness](#)

[Hygiene](#)

[Fashion](#)

[Food](#)

[Socialising](#)

[How to talk to people](#)

[Introducing yourself to the world](#)

[Holding a conversation](#)

[Stories](#)

[Practice](#)

[Productivity](#)

[Employment](#)

[Resume](#)

[Work experience](#)

[Interviews](#)

[Education](#)

[Training](#)

[Other issues](#)

[Internet Addiction](#)

[Fear](#)

[Sleep cycle](#)

[Doc Discussion](#)

This guide is intended to help those that wish to join contemporary society. If you feel you are happy in your current position, or you feel you don't want to; you don't have to.

You'll want a book you can write in and a pen (You can use digital, but It would be better if you could physically write stuff down)and list everything you dislike about your current self and situation. That list is now your quest log. You need to find a solution to each of them. This is where the guide comes in. This guide has a solution for the most common issues, and can help you to fix your problems. If your problem isn't listed here, or if you find that you need some more help, consult the Almighty [Google](#). Make a list of everything wrong in your life, and everything you want, in the front page of your new book. Be specific, don't just write "My life sucks" say, "I don't have a qt trap to cuddle with." Make an exhaustive list, cover every little thing that is wrong from smell of the crusty sock under your bed to the fact that you have a panic attack at the mere thought of talking to a member of the opposite sex. Every single day, pick one 'quest' to try and progress through (You can try more if you have time), just one. Focus on getting much of it done as possible for the day. Then move on to the next item.

Use the book to keep track of your progress. Write in it every day, what you've done to try and solve one of your problems. This bit is extremely important, it will let you see your progress and can help with motivation.

Now this is a collaborative guide, so if you find some resources that weren't listed here, or if you have a problem and found guides to help you for it, please link the resources in the guide, in the right place (new section if it is a new problem). Don't worry about formatting too much if you don't know how, someone else will fix it. Now, let us help each other.

Reading List, in order:

[Learned Optimism; by Martin Seligman](#)

Man's Search for Meaning; by Victor Frankl

How to Stop Worrying and Start Living; by Dale Carnegie

The Power of Now; by Eckhart Tolle

The Power of Habit; by Charles Duhigg

The Seven Habits of Highly Effective People; by Stephen Covey

How to Win Friends and Influence People; by Dale Carnegie

Models; by Mark Manson

The Book of Pook; by Pook

In case of vandalism

If someone 'accidentally' defaces the guide beyond fixing, the guide maintains a list of every change made. You can access this list by signing in and clicking the writing on the menu bar, "Last edit was made by..." or "Saved to drive". From there select the point at which you want to restore.

Definitions

NEET: *A NEET or neet is a person who is "Not in Education, Employment, or Training".*

Shut-in: *A person who is either unwilling or unable to leave his/her home, often due to disability, or a mental disease such as agoraphobia.*

Hikikomori (hikki): *People who refuse to leave their house and, thus, isolate themselves from society in their homes for a period exceeding six months.*

Motivation

Do not pray for easy lives. Pray to be stronger men.

Optimism and Pessimism

At the base of any choice you can make in life lie the words “Yes (I can)” and “No (I cannot).” As dim as he may be, [Kramer puts it rather well](#). The likelihood of an individual to choose one over the other in any given situation is where he lies on a spectrum of Optimism and Pessimism. This spectrum is a core part of one's inner belief system, a system that influences the nervous system that in turn influences the physical body systems. This spectrum is directly linked to one's motivation; optimism energizes the individual to take action while the opposite, pessimism, demoralizes the mind and body to inaction in order to conserve effort and energy it believes would be wasted. Optimism and pessimism are forces that build upon each other, spiralling upward and downward respectively; toward happiness or toward depression.

Pessimism does not have to be a permanent, self-limiting, belief system. Dr. Martin Seligman spent decades studying this and determined that, like breaking bad habits and forming good ones, through much effort and perseverance it is possible to learn optimism.

[Seligman's Learned Optimism .pdf download](#)

This text is highly recommended reading material, but not all of it is required. The first quarter of the text is used to define optimism and pessimism, laboratory learned helplessness and its real-world counterpart depression and how they affect the mind and body. The next half discusses various examples across disciplines where optimistic and pessimistic beliefs alter performance and results. The final quarter discusses how to change from pessimism to optimism. Though it may appear underwhelming, that is because there does not exist a panacea for this state; it was a long process to dig the hole and it will require a long process of consistent and persistent work to climb out.

Achievement Board - Helps track progress. You'll need an image editor (such as Photoshop or [GIMP](#), or even MS Paint works, so long as you can write/type something in.)

[Cracked's 6 Harsh truths that will make you a better person](#)

Also, make a playlist of music that gets you excited or pumped up and play it when you're doing work or something.

[Rocky OST's Eye of the Tiger](#)

[Anamanaguchi's Endless Fantasy](#)

[Slime Girl's Vacation Wasteland](#)

[The Flaming Lip's Yoshimi Battles The Pink Robots](#)

Depression

Hard Mode.

I advise any persons suffering from any type/variety/flavor of depression to seek help from a mental health professional in group or individual therapy. Often times, poor mental health can cause one to be partially or completely unaware of their own condition. Leave the diagnosis up to a licensed therapist or psychiatrist. Never start or stop taking a prescription medication without the instruction of a licensed MD/Psychiatrist. Suddenly stopping a medication can cause irreversible side effects, including death.

Medication is often necessary and can be beneficial. However, every medication has side effects, some of which can be seizures, stroke, suicidality, and death. Sometimes the benefit outweighs the risk. That is up to you and your doctor to decide. I recommend that everyone get a second or third medical opinion before starting a psychiatric drug, as well as read up on the side effects and long term effects. In general, it is unwise to take any drug that's been on the market for less than ten years. Drugs are sometimes dangerous when first entering the market and are later recalled. It is important that consumers understand- these drugs are not a cure-all and generally target symptoms, not the underlying causes, of the conditions they treat.

There are many things you can do to fight depression without taking medication. Having a balanced diet, getting enough protein and vegetables, appropriate sodium intake, good hydration, enough sleep, a regular sleep schedule, and exercising an hour a day can do wonders for depression. I also recommend you do extensive research on vitamins and supplements. If you have any longstanding symptoms, write them down and ask a

doctor about them. You can request tests for vitamin levels, diabetes, thyroid conditions, etc. if you suspect you have one. Do not expect your doctor to sniff out every medical problem you have, many are paid by the hour and would rather not do the extra work if you seem O.K. Your health is your responsibility.

Positive social experiences like having a friend to spend time and share your thoughts with can help depression immensely. Humans are social creatures, we are designed to be with others. If making friends is very hard, you can try joining a club or team in your area. It gives you a reason to be in the same room as people, making it much easier to approach someone and start a conversation.

One method that's clinically proven to have some efficacy on depression is a goal-based, positive action approach. The idea is that when depressed, people often have feelings of worthlessness and little hope for the future. To combat this train of thought, you can make a list of just one thing to do per day. It should be a small to medium, easily accomplished goal. Doing one thing each day can help you feel accomplished. This is a great stepping stone for procrastinators or anyone who just doesn't want to get out of bed.

An active pet can be a good way to get yourself moving and doing. Dogs need food, water, and walks. Having a little furry friend who relies on you for everything will force you to do a couple tasks each day. Their positive attitude is also contagious.

If you search around online, you can also find self-help sites (like 1 on 1 therapy with yourself).

From *The Power of Habit*:

Take, for instance, studies from the past decade examining the impacts of exercise on daily routines. When people start habitually exercising, even as infrequently as once a week, they start changing other, unrelated patterns in their lives, often unknowingly. Typically, people who exercise start eating better and becoming more productive at work. They smoke less and show more patience with colleagues and family. They use their credit cards less frequently and say they feel less stressed. It's not completely clear why. But for many people, exercise is a keystone habit that triggers widespread change. "Exercise spills over," said James Prochaska, a University of Rhode Island

researcher. "There's something about it that makes other good habits easier."

Studies have documented that families who habitually eat dinner together seem to raise children with better homework skills, higher grades, greater emotional control, and more confidence. Making your bed every morning is correlated with better productivity, a greater sense of well-being, and stronger skills at sticking with a budget. It's not that a family meal or a tidy bed causes better grades or less frivolous spending. But somehow those initial shifts start chain reactions that help other good habits take hold.

"Small wins do not combine in a neat, linear, serial form, with each step being a demonstrable step closer to some predetermined goal," wrote Karl Weick, a prominent organizational psychologist. "More common is the circumstance where small wins are scattered ... like miniature experiments that test implicit theories about resistance and opportunity and uncover both resources and barriers that were invisible before the situation was stirred up."

...

Which is precisely what happened with Michael Phelps. When Bob Bowman started working with Phelps and his mother on the keystone habits of visualization and relaxation, neither Bowman nor Phelps had any idea what they were doing. "We'd experiment, try different things until we found stuff that worked," Bowman told me. "Eventually we figured out it was best to concentrate on these tiny moments of success and build them into mental triggers. We worked them into a routine. There's a series of things we do before every race that are designed to give Michael a sense of building victory.

"If you were to ask Michael what's going on in his head before competition, he would say he's not really thinking about anything. He's just following the program. But that's not right. It's more like his habits have taken over. When the race arrives, he's more than halfway through his plan and he's been victorious at every step. All the stretches went like he planned. The warm-up laps were just like he visualized. His headphones are playing exactly what he expected. The actual race is just another step in a pattern that started earlier that day and has been nothing but victories. Winning is a natural extension."

...

"Today I about touched bottom, and perceive plainly that I must face the choice with open eyes," James wrote in his diary in 1870, when he was twenty-eight years old. "Shall I frankly throw the moral business overboard, as one unsuited to my innate aptitudes?"

Is suicide, in other words, a better choice?

Two months later, James made a decision. Before doing anything rash, he would conduct a yearlong experiment. He would spend twelve months believing that he had control over himself and his destiny, that he could become better, that he had the free will to change. There was no proof that it was true. But he would free himself to believe, all evidence to the contrary, that change was possible. "I think that yesterday was a crisis in my life," he wrote in his diary. Regarding his ability to change, "I will assume for the present—until next year—that it is no illusion. My first act of free will shall be to believe in free will."

Over the next year, he practiced every day. In his diary, he wrote as if his control over himself and his choices was never in question. He got married. He started teaching at Harvard. He began spending time with Oliver Wendell Holmes, Jr., who would go on to become a Supreme Court justice, and Charles Sanders Peirce, a pioneer in the study of semiotics, in a discussion group they called the Metaphysical Club. Two years after writing his diary entry, James sent a letter to the philosopher Charles Renouvier, who had expounded at length on free will. "I must not lose this opportunity of telling you of the admiration and gratitude which have been excited in me by the reading of your *Essais*," James wrote. "Thanks to you I possess for the first time an intelligible and reasonable conception of freedom.... I can say that through that philosophy I am beginning to experience a rebirth of the moral life; and I can assure you, sir, that this is no small thing."

The will to believe is the most important ingredient in creating belief in change. And that one of the most important methods for creating that belief was habits. Habits, he noted, are what allow us to "do a thing with difficulty the first time, but soon do it more and more easily, and finally, with sufficient practice, do it semi-mechanically, or with hardly any consciousness at all."

From Victor Frankl's *Man's Search for Meaning*

"The existential vacuum, a state of inner emptiness wherein life feels without meaning is a widespread condition of the twentieth century. It may be the result of a twofold loss. The first dates back to the beginnings of man's history, man lost some of the basic animal instincts give him the security of knowing what we has to do. Second is the recent and rapid decay of traditions which tell man what he ought to do. Indeed

sometimes he does not even know what he wishes to do. Instead he either wishes to do what other people do (conformism) or he does what other people wish him to do (totalitarianism). A statistical survey recently revealed that among my European students, 25 percent showed a more-or-less marked degree of existential vacuum. Among my American students it was not 25 but 60 percent. The existential vacuum manifests itself mainly in a state of boredom."

Body

It's hard to be sad when you look this sexy..

Fitness

[/fit/s sticky](#) - You will not find a greater collection of fitness resources than this.

If you have money to join a gym, do it. Don't do random exercises you have seen elsewhere. There is plenty of experience accumulated as to what works and what doesn't.

Your time investment in this should be no more than 3-4 hours per week for the best returns. You should add to the time you need to spend on learning what to do and why. If you don't have a gym membership you could still do bodyweight routines, though results won't come as quickly and getting started is slightly more complex. Training to improve your body can have beneficial synergistic effects, such as psychological well-being, reduction in anxiety, learning side skills such as cooking and having better sleep cycle. You will notice positive changes in about a month, people near you in about two months, and the rest of the world in about three months.

Unfortunately it seems one cannot become *great* at BOTH strength training AND running, one will have to suffer in favor of the other and that will be a personal decision. Though do feel free to work on both, on alternating days.

Try to consume 0.5-1 grams of protein per pound of bodyweight daily.

Studies have found that for people new to exercising, doing so in the morning prior to breakfast is the easiest way to build the habit.

[All the .PDFs you could want](#)

If interested in strength training, Starting Strength is required material, it gives you a good run down on the basics of strength training.

Basic Fitness Routines:

Wake up and throw the covers off of yourself and scramble out of bed to shake off the drowsiness. Use the restroom and perhaps drink some water too.

Do this joint mobility routine every morning:

[Molding Mobility daily routine](#)

[Molding Mobility demonstration video](#)

Next drink some more water or a protein shake and perhaps take a short break (getting to the gym would suffice)

Do a warm-up routine to get your body ready for exertion:

[Molding Mobility exercise warm-up routine demonstration video](#)

Additionally one may warm-up by walking briskly or doing some jumping jacks etc; don't tire yourself out but bring the body temperature up!

For strength training you'll want to do a couple reduced weight sets of each exercise prior to your "work load" sets to prepare the muscles for the heavy exertion.

Running: [Couch To 5k](#)

For Strength Training, pick one of these three beginner routines and stick with it:
Faster and harder, focusing on pure strength gains:

[Starting Strength](#) (SS); See .PDF link above

[StrongLifts 5x5](#) (SL); the the StrongLift website contains a lot of useful information on form and methodology that can apply to the other routines

Slower, strength + hypertrophy:

Greyskull Linear Progressions (GSLP), a modified SS routine

[Phraktur's GSLP Variant](#)

If you cannot yet handle the empty bar barbell (45lb, I couldn't), use dumbbells to work up to it:

[The Dumbbell Stop-Gap Routine](#)

Finally perform some stretches as part of your cool down routine or later that day/evening.

[Starting Stretching daily routine](#)

[Starting Stretching demonstration video](#)

These can also be done before to exercising if your wait is lengthier, some argue that stretching has an adverse affect on the body's ability to exert if done immediately prior.

For body weight fitness, referring to the subleddit can be helpful:

[/r/bodyweightfitness wiki](#)

Hygiene

For the purpose of completeness, I am going to assume your name is Tomoko Kuroki.

Bathing:

It's important to bathe often. Often means no less than every other day, depending on your living climate and skin type. If it is warm where you live, it's good to bathe up to twice a day and always after swimming in a pool or the ocean. Always shower after exercise.

Every time you bathe, use soap to wash your underarms, genitals, butthole, and feet. Use a fresh washrag each time. You should do a whole-body scrub at least once a week. If you are asian or dark-skinned, you may need to wash your hair less often. Most white people need to wash their hair daily to keep it looking clean. If your hair gets very greasy-looking, try using shampoo (or alternatively baking soda) only, and no conditioner. It is OK to not wash your face with soap if you have dry/delicate skin and rinse it well while rubbing with hands.

If you get itchy or a rash when showering, your water could be too hot or you could be allergic to the dyes/perfume in soap. They sell dye and perfume free soap at most stores. Dr. Bronner's or Burts Bees soaps are a good option for sensitive skin.

If you get dry skin, use a lotion, moisturizer, or a smell-free oil like almond oil.

Body Odor:

You may need an Antiperspirant and a deodorant. If you sweat a lot and get smelly quick, you need an underarm stick with both antiperspirant and deodorant. Check the label, it should say "deodorant" or "antiperspirant and deodorant". Too much cologne or body spray will repel the ladies, use sparingly. Shaving your underarms can reduce body odor for men and women, as smell clings to hair. Guys: it's totally normal and OK to shave your underarms.

Sweat:

If you get sweaty feet or buttcheeks (Medically referred to as Swampicus Assitus), you can use Goldbond powder, baby powder, or cornstarch to keep things from sticking together.

Nails:

Cut them regularly with nail clippers straight across, leaving a small bit of 'white' nail still on. Biting can throw off the angle of growth and cause it to grow into the skin and become ingrown, a painful state that may require surgery to correct.

Acne:

If you wash your face often with soap and have persistent acne, try not washing your face with soap and only rinsing with warm water and a clean washcloth. You can also use baking soda as a soap substitute. Acne can be caused by soaps with alcohol that dry the skin, leading to increased oil production and pores clogging. Be sure to change your sheets and pillowcases once every week or two. Try changing your diet. Reducing sugars and processed foods sometimes helps. If none of this works or your acne is very severe, see a dermatologist.

Dental:

Brush gently for about 2 minutes twice a day, morning after breakfast and as a part of your end-of-day routine, or 30 min after each meal.

Brushing immediately after a meal can strip enamel and damage teeth permanently, causing sensitivity that can become very painful. Floss or use a water pick to remove plaque that the brush cannot reach between the teeth. Brush the top of your tongue. Mouthwash is optional. See a dentist twice a year for cleaning.

Whitening toothpaste and mouthwash does not hurt but is generally considered snake-oil; the best but most costly method is to pay ~\$200 for bleaching from dentist, but be aware that it is not permanent.

Fashion

[/fa/'s sticky](#) - From our very own fashion board.

Dressing well can make you feel more confident and will positively affect how you're perceived as a person. It's important to also draw confidence from inside, do not forget that it is okay to have your own style! Remember that the /fa/ggots (just like the members of every 4Chan board) can be very hateful, condescending, and narrow-minded about fashion. If you feel good in it, wear it!

If you're uncertain on the subject of clothing here's a bit of a run-down:

There's no need to buy multiple of the same item (I think I had 10 pairs of blue denim pants in high school, an absurd amount), generally clothes that aren't smelly/visibly-dirtied can be worn a few times before needing to be washed, just let

them air out first. If you get something (food, blood, etc) on an article, you'll want to wash it as soon as possible to avoid/minimize staining. Try rubbing liquid clothes or dish soap into the spot to loosen it up prior to throwing it into the washer.

Correct fit is the major make or break, you'll need to do some research (/fa/ sticky, /r/MaleFashionAdvice & /r/FemaleFashionAdvice side-bars and search function) and determine what works for your body. Wait to buy clothes until after you've gained or lost a desired amount of weight.

[Avoid obnoxious branding](#) and *really* bright colors.

Beyond that it's simple color coordination; 'neutral' colors are safest.

A Basic Men's Wardrobe:

Shirts:

[Buttoned Shirts:](#)

For these focus on shirts with collars that button down.

These are an underutilized secret weapon, the colors recommended below will go with just about anything for just about any occasion you're likely to come across.

Always button them up, though tucking is a personal/formality decision. If you tuck, wear a belt (brown leather in most cases).

Never button the absolute top button.

In casual situations don't be afraid to show some skin by undoing a button or two.

Get a couple of undershirts to protect the shirts from sweat; current consensus says to not let undershirts (like underwear) show, so go with deep v-neck cuts.

Avoid all designs/patterns until you're more experienced, solid colors are safe and powerful.

Avoid short sleeves.

Learn how to cuff, iron, and fold for best results. (youtube + trial-and-error)

Light/pastel blue

Light/pastel pink

Light/pastel yellow

White

(I personally have difficulty with white clothes that aren't sneakers due to my pale skin, but it can look really good on darker skins!)

T-Shirts:

generally any that you like, though I personally try to keep graphics toned down and avoid text.

Example: [anime shirt A](#) versus [anime shirt B](#)

Polos:

treat them like t-shirts, do not use undershirts; current consensus says to leave the buttons undone and show some skin.

Solid colors are safer.

Avoid long sleeves.

(I only own one polo, in solid navy, and I enjoy it; probably won't purchase any others except a clone to replace this when it dies)

If you own any '[hoodies](#),' reserve them for beating use only and/or ditch them in favor of sweaters or hoodless/pocketless sweatshirts

Pants/shorts:

Avoid cargo, general consensus says that they've been taken over by apocalypse preppers and rednecks and thus ought to be avoided.

Avoid bagginess, get cuts that 'taper' and follow your body. For most, go with slim-straight instead of straight, avoid boot-cuts. If you're lean enough and it's a casual situation, try slim.

Avoid pleats.

The big three colors are:

Navy (dark denim or chino)

Tan/khaki (chino)

Olive (chino)

An additional color to consider is burgundy/maroon (chino), though it is less versatile (works well with white button-down)

For shorts the inseam should be at most 9" , 7" is perfect (in my opinion); 5" can work well if you are physically fit and confident.

Sock color should generally match the pant's color or be a slightly darker tone. In most cases with pants you want to avoid showing skin, but if you're wearing shorts or feeling particularly summery and casual with the pants, show as much skin as possible while still being comfortable for your feet. Brown leather belts are the most versatile, get one.

Shoes:

Avoid [gaudy over-designed 'hybrid,' autism](#), and [running/hiking shoes](#)/boots.

White sneakers are a casual staple, but the 'silhouette' is important. Look for slim and minimal, something along the lines of the [Common Projects Achilles Low](#).
[White Sneaker Round-Up](#)

Brown leather is classic, brown leather is versatile. Brogues, bucks, chukkas, "boat shoes"/loafers, full-grain leather boots; it will come down to personal taste and desired formality, pick one or two, can't really go wrong.

Continue to use running shoes and hiking boots for exercising/hiking/running and beating.

[Light blue buttoned shirt + navy pants + white sneakers](#)

[MFA Uniform Cheatsheet](#)

Food

Your diet plays a very large role in your mood (and your fitness). A good diet can do wonders for your lifestyle. In general, try to eat fruits and veggies, get 50 to 100 grams of protein every day (depending on your size) from meat, dairy or eggs, and try to limit processed foods, as they're not the best nutritionally.

If you're a vegan or vegetarian, make sure you get enough protein from natural sources or shakes. Keep in mind that not all "protein" listed on labels is the type of protein that your body needs for muscles. Many vegetables have "incomplete proteins" or proteins lacking certain amino acids that make them useful to your body. If you have too few complete proteins, you can get very sick.

/fit/'s sticky has diet info

[Cooking for engineers](#)

[/ck/'s verticals](#) - A collection of recipes.

Socialising

There are no strangers here; only friends you haven't yet met.

The main issue people have with socialising is fear, mainly because it's something they've never done before and it makes them anxious.

[How I got over social anxiety - Worth the watch](#)

How to talk to people

There is one thing that should always be in your head when attempting to talk to someone new.

No one cares. This means that, no one cares about any mistake you may make. To prove this, when was the last time you saw someone who embarrassed themselves in public and you thought day and night about how they are a failure to humanity? .es they personally make. Just like you are when you attempt to talk to people, you're not thinking about the other person fucking up, you're mainly worrying about yourself. Every time you get nervous, just run that phrase through your head, no one cares.

Introducing yourself to the world

Meeting people at work or an educational facility.

1. Walk up to the person
2. Say, "Hi, I'm Anon. I'm new here."/"Hi, I'm Anon. I work in operations."/Insert introduction here.
3. Walk up to target. Stretch out hand for a handshake (Handshakes are great for any situation. Unless they don't have hands, in which case you high-five the stumps on their arms.)
4. Proceed to conversation.

Meeting strangers when they are staying still or taking a leisurely stroll (i.e. they are not trying to get somewhere).

2. Say, "Hi, I'm Anon. Are you local?" and Stretch out hand for a handshake
3. Wait for his/her response
4. "Oh, I just moved here and I'm getting to know the area"/"Oh, cool, I just live over in Faggot Street"/"Oh, where do you live, then. That's pretty far/close. What brings you here?"
5. Proceed to conversation

Meeting strangers when they are on the move.

Well, you can, but it's a bit tougher if they have some place to be. You can try this if you feel like a challenge.

Holding a conversation

You need to hold the conversation. Just ask questions. Don't worry about it looking creepy that will only happen when you start asking for his blood type and the name of his firstborn. Obviously listen in and maybe share some stories of your own (If you don't have any, just comment on theirs), and be sure to make eye contact (Do not give a death glare. Do not forget to blink. Have friendly facial expressions and at least a small smile.) One of you needs to be talking at any given point, that means if the other person isn't speaking, you're going to be the one to speak (Doesn't matter if you're better at listening, listening to silence is pretty boring).

A good metaphor for conversations and keeping them going is to see each subject as a tiny fishhook that you can grab onto to continue the conversation. Anything that you can relate to or want to know more about: ask!

It's more important to be interested than to be interesting. People like talking about themselves, so it's always a safe option. Try to keep questions threaded together though, as disjoint/unrelated questions might sound like an interrogation.

It may also be helpful to know that a lot of normal people do not know about otaku topics, like video games or anime. Unless the topic is brought up, you are at a video games or anime event, or you notice something on their person that indicates that they enjoy these topics (ie anime wallet, keychain, t-shirt, etc), it may be better not to bring them up until you get to know the person better, and they get to know you. Source: awkward personal experiences...

Ask questions that give more than yes/no answers.

Some all-purpose questions:

What do you do for a living?

Where are you from?

Do you watch/read many books/movies? Oh, I love that one.

Obviously, lead on from the questions. For example,

"What do you do?"

"I'm a Hair Simulation Supervisor."

"Oh, sorry, I have no idea what that is."

“Oh, you know the hair in animated films? Well, they’re really hard to render and so they need specialists like me to do it.”

“That’s so cool. What kind of films have you done?”

And so on.

Stories

Funny stories are always a great conversation topic. Try to think back to moments that was not an ordinary day, or moments here you have made a fool of yourself. Re-tell it. Granted you do need to be able to laugh at yourself to be able to tell these stories in a humorous way. This is where practice comes in. Try telling a story to someone (family, friends, IRC). Realise that every mistake and success you have ever done is a story. The only things you can’t make into a story are the times when you did absolutely nothing (even that can be made into a funny story with enough skill).

This does require some experience. So, every time you’re afraid to do something because you think it will end up to be embarrassing, it could potentially hurt you, etc. Remember. So long as you are still alive, it can be used as a story. Hell, failure stories are almost always funnier than success stories.

Practice

Your family is probably going to be your most useful resource when it comes to practicing conversation. So talk about your day, or what you’re doing or interested in, or even ask about their lives. It will feel weird at first, especially if you don’t talk much currently, but it’s pretty difficult to embarrass yourself in front of your family.

#NEETsmalltalk - Channel on Rizon to practise holding a conversation.

Productivity

Amateurs sit and wait for inspiration, the rest of us just get up and go to work.

Humans are very bad at making decisions about what we might like to do without having experienced it. In general, it is a bad idea to invest thousands into a project that you're not sure you'll complete or benefit from. College is a financial investment and should be treated with reverence as a serious decision requiring careful planning. It is a good idea to get some job experience before committing 100% to an industry. Want to be a pharmacist? Try being a pharm tech first. Tour a hospital for a day or intern in an emergency room as an assistant. It's also good to consider that a big part of liking something is being good at it. If you're good at something, you're much more likely to enjoy and take pride in doing it. It takes a lot of hard work to get good at something, so if you can stick a programme of study out and master it, it's likely that you'll feel accomplished, confident, and in-charge while doing work related to the subject.

If you don't know what you want to do, or don't care, but you do know that you want to make money, here is a guide:

<http://www.forbes.com/sites/susanadams/2013/09/20/the-college-degrees-with-the-highest-starting-salaries/>

Employment

Resume

There are plenty of other resources on the Internet that offer CV and resume writing tips, make sure to look through several of them. In general it's good to avoid using big words to describe things like retail, painting, landscaping, and cooking. If you're not extremely comfortable with descriptors, avoid them entirely and use plain English. It comes off as very stupid if you use huge words in a grammatically awkward way. Keep your resume entirely work-related, do not try to be overly unique or "show your personality". That's what cover letters and interviews are for.

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<https://owl.english.purdue.edu/owl/resource/641/01/>

Work experience

The main problem many people have is the lack of work experience. In the ideal world, you should have signed up for plenty of extra-curricular activities back in school. However, the chances are, as you are reading this guide, it's a bit late for that. Now, the

first thing to do, is to apply for entry level jobs. If you fail to get anywhere, then you should try volunteering. It is unpaid, but you're not there for the pay. You're there for the references they will provide to further your career. Plus, it helps you socialize and interact better with others. For example, if you like working with puppies, volunteer at an animal shelter. You'll get to take care of cute dogs and you'll probably have to talk to people, so you can practice your people interaction skills as well.

Dealing with coworkers

At the end of the day, "it's work". If you are US based, there is a stigma you can carry without burden in most professional environments: there is an emotional cutoff where one's associates can carry no personal weight after the jobs are done. Sometimes, it is OK to feed off of this, and just focus on one's performance instead of analyzing others or trying to compete.

If you want to make friends with a coworker, give a few weeks of interaction before delving into life stories or secrets. It is unspoken, but a good idea to hold your tongue in case this ends up affecting your professionalism. Being aware of gossip and "work drama" can be very helpful: by not feeding into excessive negativity, not pouring your heart out to those with a big mouth, and so forth. In my experience, going 3+ months without drama or awkwardness from a coworker is a good indication of possible friendship (and further bond when working together). Those in their early to late 20's, due to the demand of 40 hour work weeks, may find that coworkers are the only way to make new friends. If you work in a busy or culture driven environment, it is extremely important to choose who you associate with.

If you suspect someone is a drama llama (for lack of a better phrase), try not to associate with them. Be kind, but do not feed into their advances. This is where the "US culture" difference can come into play. "Well golly boss, they were just my coworker, nothing else. I couldn't imagine why they'd have bad things to say about me." It can be foolproof under some conditions. It can be beneficial in others i.e. ignoring drama, reporting ridiculous or childish behaviour anonymously, then excelling by being modest and competent instead of average and policy breaking.

I do not mean to imply that one should seek out opportunities to police their coworkers. If you have ego / control issues, try to be mindful of how much you are 'working the system'. I know this stuff can seem very logical or "game like" to certain individuals. Again, the culture comes into play: they're just co workers. So, please, determine what level of effort you're comfortable exerting towards / with / against them. My advice is to just lay low, be courteous, and do your job as best as you can.

TL; DR

- be conscious of who you associate with, and how much of a 'friend' you want to be towards someone you see on a daily basis
- do not be ashamed to report other people's absurd, dangerous, or abusive behaviour; the less monkeys you work with, the better, and often workplace HR makes it easy to submit anonymous comments
- if you are buddy-buddy with someone, still watch your tongue while on the clock to avoid accidental slips and judgement from other coworkers
- not everyone who smiles and speaks kindly to you is your friend. people can fake friendship, watch what you say
- do not bad-mouth anyone you work with, even if it is said in private

Interviews

Again, Google may be of more help than we can be.

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<https://www.google.com/search?q=job+interview>

Pro Tip: Invest in a suit. Dress one level higher than you will be dressed for on the job - wear a suit to a business casual place, or business casual to a casual place.

Check interview reviews on <http://glassdoor.com>, but with a grain of salt. You can use other people's opinion on potential jobs for a reference, but try not to predispose yourself if you read a particularly bad set of reviews. A job is a job that can lead to other jobs. The more you work, the more answers you'll have to bullshit questions in interviews such as "How would you deal with conflict with a coworker?".

Always play yourself up a smidge, because you are in fact on trial, there's no doubt about that. Don't fear the judgement, just be ready for questions. For example, if you put that you have a particular skill on your resume, be ready to expand upon it for at least 3 minutes or enough to capture someone's attention.

Remember, in interviews, they may use score-based metrics to decide if you get the job. So being pro at things like manners, hygiene, and punctuality do actually matter. Don't be discouraged by other people being interviewed; see it as a chance to view how someone else may deal with the situation *or* judge what kind of competition you're up

against, which should have impact on how aggressively you need to sell your “want” to be an employee for company X.

Other

Educate yourself on your rights as an employee. You can anonymously report employers for illegal, abusive, pay-related, or other crimes. For yourself and others, please do not tolerate this behavior from employers, as it only worsens the cycle when employees tolerate it.

Education

You should have a basic idea of what field you wish to get into (If you don't, see the guide in Pro Tip). Plan your education accordingly. You can go back into education at any level in most countries. Be sure to check government websites to find out how. Also should be noted, make sure that a particular degree will improve your chances in that field. For example, you may feel that a language degree is pretty good as it can be used in all fields, but it is far quicker and cheaper to self-study a language, become fluent, and pay for the proficiency tests after a year than to pay for university classes, and achieve beginner level proficiency after four years (I am not exaggerating on this one, university language courses are really slow, in order to accommodate everyone).

Training

When not in education or employment, you should be in training.

You can study some tangible skills to put down in your CV (Also certain skills can work as a conversation topic).

There is also another use for training, in that it will get you into a routine every day, and you will be doing something productive. This will help you break out of NEETdom and make you feel better.

[No Excuses](#) - Catalogue of learning resources

[Khan Academy](#) - This site offers classes on a wide variety of subjects. You should check it out for the basics of a subject, so it can help you get started. It doesn't help you with the more advanced topics.

[Coursera](#) - This site is the one you want for the complicated parts of a subject. The courses are more specialised so you will want to have an understanding of the subject before going on here as they are meant to be university level courses.

[SlideRule](#) - Course Search.

[/int/'s Language Guide](#)- This can direct you to the appropriate resources for learning a language. Multi-lingual employees are always in demand (PROTIP: Look at immigration data for your local area, and you can find a list of language speakers that are in demand by local firms).

[/a/'s Daily Japanese Thread Guide](#) - If you're looking to learn specifically Japanese, this is one of the most comprehensive guides available online.

[Online learning centres](#) - A bunch of different websites you can use, from that place we don't talk about.

[Cognitios](#) - A blank page that used to contain an aggregation of free online learning resources. It was one of, if not the most comprehensive on the web.

Other issues

The Internet always has a solution

Internet Addiction

[Leechblock](#) - OK, so there are probably quite a few people here who spend too much time on the Internet for their own good. If you are one of these people. I recommend severely limiting the amount of time you spend going on 4chan, and setting Leechblock to not let you on the Internet at all during the hours you need to sleep. Leechblock can't do everything for you though. There's always going to be some mindless garbage for Internet addicts to turn to no matter how many sites they block themselves away from. It's vital that you develop find more productive ways to use your time.self-control and OpenDNS - you can block whole subjects, meta tags and so forth with OpenDNS configuration. For example, if you are a hypochondriac, you may consider blocking medical websites to reduce the chance of self-diagnosing which often enables agoraphobic tendencies.

Fear

[How to stop being scared](#)

Sleep cycle

If your sleep schedule is sporadic and undisciplined, **this should be amongst the first or the first thing you fix**. A normalized, disciplined sleep schedule alone creates enough external order to feel in control of your life during waking hours.

<http://www.polyphasicociety.com/polyphasic-sleep/beginners/> Everything you need to know about sleeping schedules, optimized sleep, suboptimal sleep, deficiencies in diet that lower sleep quality, how to adapt, and so on is available here.

The site is down, but here is a backup of sorts:

<https://polyphasicocietyarchive.wordpress.com/polyphasic-sleep/beginners/>

Open your curtains when you sleep. Turn off external lights, as well (so no more naps in front of your monitor), because they distract your brain. Download the sleep cycle app from the app store/android market and use it. It will wake you up just at the right time that will make you feel refreshed and energized. It does so by using your phone's accelerometer. Or use <http://sleepyti.me/> to calculate what time you should wake up. <http://justgetflux.com> can also help regulate your melatonin levels by adjusting the color of your screen to more "natural" colors (increasing the chance of melatonin to arrive) as the sun goes down. If you have issues with internet addiction OR sleep cycle, this will dramatically help your retinas and sleep cycle.

Consider doing hobbies and activities outside of your bedroom. The more time you spend in the bedroom only sleeping, the more your brain will be able to recognize the environment as a comfortable place to fall asleep in. This can also mitigate staleness that occurs when one spends too much time in one place, and may reduce anxiety levels or general feelings of entrapment to one's sleeping environment.

Doc Discussion

For suggestions/link-dumps/general discussion regarding the Google doc. delete posts after it is sorted