

Scene Insights Report

Scene dir: exports/███████████████ | docs=71834 | top_k=30 | examples_per_keyword=10 | model=gpt-5.1

Generated at: 2026-02-11T18:07:52

Contents

- cognition
- feeling
- behavior
- action
- solution_principle

cognition

Total keyword hits (denominator): 330694

Rank	Keyword	Count	Percent
1	job expectations	34832	10.53%
2	long term vs short term	16335	4.94%
3	time of day effects	14911	4.51%
4	family responsibility beliefs	14876	4.50%
5	possible explanation	14020	4.24%
6	low energy explanation	12110	3.66%
7	fair or unfair	12052	3.64%
8	identity as parent	11679	3.53%
9	mental health framing	11305	3.42%
10	online consensus	10800	3.27%
11	relationship norms	10439	3.16%
12	issue or problem	9951	3.01%
13	fact vs opinion	9178	2.78%
14	issue with money	8899	2.69%
15	better over time	8345	2.52%
16	company responsibility	7981	2.41%
17	worldview	5982	1.81%
18	cause is caffeine	5901	1.78%
19	point of view	5764	1.74%
20	political framing	5531	1.67%
21	meaning of actions	5449	1.65%
22	health as issue	5353	1.62%
23	experience as evidence	5287	1.60%
24	brain fog concept	5146	1.56%
25	stress as cause	4359	1.32%
26	hope for change	4332	1.31%
27	fatigue as symptom	4299	1.30%
28	support expectations	4258	1.29%
29	based on experience	4049	1.22%
30	mental load	4026	1.22%

job expectations

Count: 34832 | Percent: 10.53%

Variants: job, work, working, works

Note: Beliefs about what is required or reasonable at work.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\\n\\nI'll give a background for anyone interested and a TLDR at the

bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=98261) Roommate crashed my car while borrowing it to go to work then refuses to pay anything unless I let her continue to drive it in the future nan

https://www.reddit.com/r/mildlyinfuriating/comments/109zx0j/roommate_crashed_my_car_while_borrowing_it_to_go/

3. (post, votes=84904) My dad lost his job during covid. He drove school bus to make ends meet. He recently got his old job back and stopped driving. A boy from his bus stopped by his house the other day just to "talk birds". They connected on his bus route talking about birds. nan

https://www.reddit.com/r/MadeMeSmile/comments/qegutz/my_dad_lost_his_job_during_covid_he_drove_school/

4. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

5. (post, votes=72578) In 2019, Microsoft Japan ran its "Work-Life Choice Challenge Summer 2019", introducing a four-day workweek by closing offices every Friday and granting employees special paid leave-without reducing pay. Productivity increased by approximately 39.9%-40% compared to 2018. nan

https://www.reddit.com/r/Damnthatsinteresting/comments/lmlvibu/in_2019_microsoft_japan_ran_its_worklife_choice/

6. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.\n\nI'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switted_up/

7. (post, votes=57726) A single night of sleep loss impairs working memory in women, but not men. In contrast to males who were unaffected, females not only had impaired working memory, but they were also unaware of it. Sleep-deprived young women are at particular risk for overestimating their working memory performance. nan

https://www.reddit.com/r/science/comments/7v6cso/a_single_night_of_sleep_loss_impairs_working/

8. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

https://www.reddit.com/r/WFH/comments/1oitis5/after_4_years_of_wfh_i_understand_why_boomers/

9. (post, votes=56057) October.10.2025 — Chicago: Immigration agents crashed into a U.S. citizen on her way to work, then dragged her out and arrested her (Article Inside) nan

https://www.reddit.com/r/illinois/comments/1onlahh/october102025_chicago_immigration_agents_crashed/

10. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

long term vs short term

Count: 16335 | Percent: 4.94%

Variants: long term, short term, years, months

Note: Thinking in terms of time horizons and lasting consequences.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\n\nI'll give a background for anyone interested and a TLDR at the bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

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4. (post, votes=61980) Meet the crew that will go back to the moon after 50 years for NASA's Artemis II mission nan

https://www.reddit.com/r/pics/comments/12ap493/meet_the_crew_that_will_go_back_to_the_moon_after/

5. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

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6. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!!\n\nAnd I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73q116/stop_spending_money_on_food_buy_a_crockpot/

7. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

8. (comment, votes=43222) Well in my real life case study, the dad said, "the chicken is dry, isn't it?" about the mom's very dry chicken, and I said, "I like dry chicken." Somehow finding a way to insult both of them. First girlfriend, many years ago

https://www.reddit.com/r/AskReddit/comments/ewk992/you_are_meeting_your_new_boyfriendgirlfriends_fg2tv0/

9. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

10. (post, votes=41895) People who have night owl chronotype don't fall asleep early enough to get the recommended 7+ hours of sleep. Long term sleep deprivation is linked to poorer overall health and cognitive performance. Night 'owls' may be twice as likely as morning 'larks' to underperform at work. nan

https://www.reddit.com/r/science/comments/lrcf1z/people_who_have_night_owl_chronotype_dont_fall/

time of day effects

Count: 14911 | Percent: 4.51%

Variants: morning, afternoon, night, late, early

Note: Belief that symptoms or productivity depend on time of day.

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10. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

family responsibility beliefs

Count: 14876 | Percent: 4.50%

Variants: family, parents, children, kids

Note: Norms and expectations around family roles and duties.

1. (post, votes=119625) TIL when Mr Rogers heard his limo driver was going to be waiting outside while Rogers was in a meeting, he asked the driver to come in. On the way back they passed the driver's home and Rogers asked if they could stop and meet his family. Rogers kept in touch with the driver for the rest of his life nan

https://www.reddit.com/r/todayilearned/comments/a4zk9s/til_when_mr Rogers_heard_his_limo_driver_was/

2. (post, votes=86766) In 1999, a Londoner, helped an international student, by giving him free accomodation. The student eventually brought the Londoner back to China to take care of him after graduation. In 1999, an international student from China, SongYang, got lost in London. Hans, an old Londoner decided to help SongYang. He also invited him to his house.
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https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

4. (post, votes=72164) By age 3, kids prefer nature's fractal patterns, despite the fact that most are raised in manmade structures with Euclidean geometry, suggesting that this may be something innate, and may explain how viewing nature's fractals reduces stress and refreshes mental fatigue. nan

https://www.reddit.com/r/science/comments/kckcnt/by_age_3_kids_prefer_natures_fractal_patterns/

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caffeine a...

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7. (post, votes=51273) You are meeting your new boyfriend/girlfriends parents at their house for dinner for the first time. Your new bf/gf leaves to go to the bathroom. What do you say to their parents to create a maximum level of awkwardness for the rest of the evening before they come back from bathroom? nan

https://www.reddit.com/r/AskReddit/comments/ewk992/you_are_meeting_your_new_boyfriendgirlfriends/

8. (post, votes=47046) LPT When your kids move out, tell them, if they meet any hardship, they are welcome to come back at any time. It's like a invisible security net that makes them feel more secure, knowing you have their back if something goes wrong. nan

https://www.reddit.com/r/LifeProTips/comments/vh46jk/lpt_when_your_kids_move_out_tell_them_if_they/

9. (post, votes=45020) Chesapeake Public Schools will allow an After School Satan Club, and parents are losing their shit. Local law professor claps back: "If the school is going to allow one religious club to meet, all other clubs have the right to meet regardless of ideology." nan

https://www.reddit.com/r/atheism/comments/zcbass/chesapeake_public_schools_will_allow_an_after/

10. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

possible explanation

Count: 14020 | Percent: 4.24%

Variants: possible, likely, probably, maybe

Note: Tentative hypotheses or probabilistic reasoning about causes.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\n\nI'll give a background for anyone interested and a TLDR at the bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

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8. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

9. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

10. (post, votes=25665) The EU's Digital Services Act, due to become law in 2024, will likely become the global gold standard that American tech firms will be forced to adapt to. It will place substantial content moderation requirements on tech firms, including limiting false information, hate speech, and extremism. nan

https://www.reddit.com/r/Futurology/comments/yfpvoe/the_eus_digital_services_act_due_to_become_law_in/

low energy explanation

Count: 12110 | Percent: 3.66%

Variants: low, low energy, energy

Note: Framing problems as due to insufficient energy or stamina.

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5. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&&dskeywordid=92700057937791656&lid=_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

6. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

7. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

8. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.\n\nLast night I had to help bring her laundry to her apartment because she couldn't do it herself.\n\n-I knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.\n\n-I called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

9. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

10. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

fair or unfair

Count: 12052 | Percent: 3.64%

Variants: wrong, right, isn t right, unfair

Note: Moral or fairness evaluations of events or treatment.

1. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

https://www.reddit.com/r/WFH/comments/1oitis5/after_4_years_of_wfh_i_understand_why_boomers/

2. (post, votes=47046) LPT When your kids move out, tell them, if they meet any hardship, they are welcome to come back at any time. It's like a invisible security net that makes them feel more secure, knowing you have their back if something goes wrong. nan

https://www.reddit.com/r/LifeProTips/comments/vh46jk/lpt_when_your_kids_move_out_tell_them_if_they/

3. (post, votes=45020) Chesapeake Public Schools will allow an After School Satan Club, and parents are losing their shit. Local law professor claps back: "If the school is going to allow one religious club to meet, all other clubs have the right to meet regardless of ideology." nan

https://www.reddit.com/r/atheism/comments/zcbass/chesapeake_public_schools_will_allow_an_after/

4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t/

5. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

6. (post, votes=36226) AITA for refusing to pay back my cousin after my baby ruined her blouse? Hi all. \n\nI gave birth four weeks ago, and we decided to have a "baby ceremony", where everyone gets to meet our lovely daughter Charlotte. \n\nMy cousin Alice and her parents were among the guests. The first thing I'll say about her is that she has expensive taste. She's the sor...

https://www.reddit.com/r/AmItheAsshole/comments/cw43oc/aita_for_refusing_to_pay_back_my_cousin_after_my/

7. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&&dskeywordid=92700057937791656&lid=92700057937791656&ds=_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

8. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_af/

9. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event" took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

10. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

identity as parent

Count: 11679 | Percent: 3.53%

Variants: mom, mother, dad, father, parent

Note: Cognitive framing of self primarily through parenting role.

1. (post, votes=121427) Since everyone is posting their mom's in bikinis for some reason, here's my mom coming to see me during her lunch break for my kindergarten graduation in 1988. nan

https://www.reddit.com/r/OldSchoolCool/comments/lkmnlcb/since_everyone_is_posting_their_moms_in_bikinis/

2. (post, votes=84904) My dad lost his job during covid. He drove school bus to make ends meet. He recently got his old job back and stopped driving. A boy from his bus stopped by his house the other day just to "talk birds". They connected on his bus route talking about birds. nan

https://www.reddit.com/r/MadeMeSmile/comments/qegutz/my_dad_lost_his_job_during_covid_he_drove_school/

3. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

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4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

5. (comment, votes=43222) Well in my real life case study, the dad said, "the chicken is dry, isn't it?" about the mom's very dry chicken, and I said, "I like dry chicken." Somehow finding a way to insult both of them. First girlfriend, many years ago

https://www.reddit.com/r/AskReddit/comments/ewk992/you_are_meeting_your_new_boyfriendgirlfriends_fg2tv0/

6. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

7. (post, votes=40750) LPT: When buying a car at a dealership and they leave you alone to talk about it, check their desk phone speaker light. If it is on, they are most definitely listening to your conversation from the back office. \n\nIt happened to us when I bought my first used car at a VW dealership. We were discussing the sale price and he left us to "talk about it" whil...

https://www.reddit.com/r/LifeProTips/comments/b0q8za/lpt_when_buying_a_car_at_a_dealership_and_they/

8. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl:=1098&mrkgen:=&mrkgbflag:=&mrkgcat:=&acctid:=21700000001526007&&dskeywrdid:=92700057937791656&lid:=92700057937791656&ds:_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

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https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

10. (post, votes=29272) In the Truman Show (1998), Truman spy ring actually comes from his father. He caught it just before his father "drowned" and has worn it since that trauma. He gives it back to him when they meet again. This is why they struggle to find Truman when he escapes at the end of the movie. nan

https://www.reddit.com/r/MovieDetails/comments/g3wqkm/in_the_truman_show_1998_truman_spy_ring_actually/

mental health framing

Count: 11305 | Percent: 3.42%

Variants: adhd, mental health, brain, mind

Note: Attributing behavior or struggles to mental health or neurotype.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\n\nI'll give a background for anyone interested and a TLDR at the bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

3. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnl/spoilers_epilogue_after_the_wheel/

4. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

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5. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

6. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=2170000001526007&&dskeywordid=92700057937791656&lid=92700057937791656&ds=_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

7. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

8. (post, votes=26674) AITA for telling my sister she was out of her mind when she said she wanted to take back my child whom I adopted from her? My (36) sister N (29) got pregnant at 18. I am infertile and knew I couldn't have kids so when N said she was giving her baby for adoption, I decided to be her mom. N went no contact 5 months after giving birth. For a bit of background...

https://www.reddit.com/r/AmItheAsshole/comments/opctna/aita_for_telling_my_sister_she_was_out_of_her/

9. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

10. (post, votes=23409) Banning lead in gasoline worked. Analysis of 100 years of hair samples shows lead levels were ~100x higher before environmental regulations. Removing lead from fuel and paint dramatically reduced human exposure, protecting brain development and public health. nan

https://www.reddit.com/r/science/comments/1qu8k6t/banning_lead_in_gasoline_worked_analysis_of_100/

online consensus

Count: 10800 | Percent: 3.27%

Variants: reddit, comments, comment section

Note: Using online community opinion as a guide or evidence.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.\n\nI'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switted_up/

3. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**\n\nAnd I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73q116/stop_spending_money_on_food_buy_a_crockpot/

4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

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6. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energ_y_crashes/

7. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n\nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveill ance/

8. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion...

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangio ne/

9. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n***** UPDATE September 25 *****\n\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

10. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipp ed_the_wrong/

relationship norms

Count: 10439 | Percent: 3.16%

Variants: relationship, husband, wife, partner

Note: Beliefs about how partners should act or support each other.

1. (post, votes=31395) In 'All's Fair' (2025), Allura Grant is a high-earning elite powerhouse lawyer, a partner in a boutique law firm, and is walking around the office with her thong sticking out. This is a subtle allusion that her character is portrayed by Kim Kardashian. nan

https://www.reddit.com/r/shittymoviedetails/comments/lov8ldj/in_all_s_fair_2025_allura_grant_is_a_highearning/

2. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_af ter/

3. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

4. (post, votes=26674) AITA for telling my sister she was out of her mind when she said she wanted to take back my child whom I adopted from her? My (36) sister N (29) got pregnant at 18. I am infertile and knew I couldn't have kids so when N said she was giving her baby for adoption, I decided to be her mom. N went no contact 5 months after giving birth. For a bit of background...

https://www.reddit.com/r/AmItheAsshole/comments/opctna/aita_for_telling_my_sister_she_was_out_of_her/

5. (post, votes=23640) AITA for demanding my husband to pay me the \$1000 dollars he spent behind my back? My husband (33) and I (31) used to have a 2 income home but in 2020 we've lost our home and one of our incomes (his). We moved into a smaller apartment, had to sell many things and give up most of our "costly" habits.\n\nMy husband has an expensive habit of going to the spa...

https://www.reddit.com/r/AmItheAsshole/comments/u3f6ka/aita_for_demanding_my_husband_to_pay_me_the_1000/

6. (post, votes=23318) My wife and I adopted a former feral who "chose people" instead of going back to her cat gang. Meet Trish the people-liker! nan

https://www.reddit.com/r/cats/comments/shhnhm/my_wife_and_i_adopted_a_former_feral_who_chose/

7. (post, votes=22171) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? I am not OP, this is a repost, original was by [u/businessbitch](<https://www.reddit.com/user/businessbitch/>) on [**r/AmItheAsshole**](<https://www.reddit.com/r/AmItheAsshole/>). This is a new post and all updates are in the edits by OOP\n\nLink to Original Post...

https://www.reddit.com/r/BestofRedditUpdates/comments/tqancy/aita_for_replying_to_a_coworkers_inappropriate/

8. (post, votes=22112) My wife was kicked out of a coffee shop and not allowed to sit with me We walked in, ordered a coffee & cake on our joint bank account. We sat at a tiny table for 2. The café was completely empty. No other customers, dozens of seats.\n\nAs soon as staff realised she wasn't eating or drinking, they told her she must wait outside while I had my coffee alone...

https://www.reddit.com/r/Life/comments/1nln7qa/my_wife_was_kicked_out_of_a_coffee_shop_and_not/

9. (post, votes=20701) My (25M) family cut contact with me 5 years ago after a fight with my younger brother. Now, they want me to come back but I'm having doubts about it **I am NOT OP. Original post by u/throwra271215 in r/relationship_advice**\ntrigger warnings: >!assault, racism!<\n\n---\n\n[**My (25M) family cut contact with me 5 years ago after a fight with my...]

https://www.reddit.com/r/BestofRedditUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

10. (post, votes=20449) I went to a Texas ER yesterday. It was bad. tl;dr - Title\n\nYesterday I went to a Dallas, TX ER. About ten minutes after I woke up that morning I collapsed as sudden, sharp, pain started spreading from my lower left abdomen. It was *excruciating*. I have a very high pain tolerance, and I couldn't speak, or stand up, or walk. All I could do was writhe and...

https://www.reddit.com/r/TwoXChromosomes/comments/114k74f/i_went_to_a_texas_er_yesterday_it_was_bad/

issue or problem

Count: 9951 | Percent: 3.01%

Variants: issue, issues, problem, problems

Note: Labeling something as a difficulty that needs addressing.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\n\nI'll give a background for anyone interested and a TLDR at the bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

3. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n\nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

4. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

5. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

6. (post, votes=28196) AITA for kicking my BF and his daughter out because of how his daughter acts when she's on her period? My BF of 2 years has an 11yo daughter that just started her first ever menstrual cycle 3 days ago. He has full custody of her and they started making transitions to move in with me and my 8yo son about 2 weeks ago. Up until this point, everything was goi...

https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

7. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.\n\nLast night I had to help bring her laundry to her apartment because she couldn't do it herself.\n\nI knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.\n\nI called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

8. (post, votes=24973) "You can't just throw out a stranded pregnant mother and her toddler at 3am in the cold!" Oh yes I fucking can! Buckle up everyone for this bumpy ride\n\nOkay so I was chilling in my living room around 3am playing some video games. My parents are out of town visiting some friends and I decided to stay home, house to myself and all. So here I am, in nothin...

https://www.reddit.com/r/entitledparents/comments/awa12t/you_cant_just_throw_out_a_stranded_pregnant/

9. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file appearantly does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

10. (post, votes=23640) AITA for demanding my husband to pay me the \$1000 dollars he spent behind my back? My husband (33) and I (31) used to have a 2 income home but in 2020 we've lost our home and one of our incomes (his). We moved into a smaller apartment, had to sell many things and give up most of our "costly" habits.\n\nMy husband has an expensive habit of going to the spa...

https://www.reddit.com/r/AmItheAsshole/comments/u3f6ka/aita_for_demanding_my_husband_to_pay_me_the_1000/

fact vs opinion

Count: 9178 | Percent: 2.78%

Variants: fact, in fact, actually

Note: Distinguishing objective facts from subjective views.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=72164) By age 3, kids prefer nature's fractal patterns, despite the fact that most are raised in manmade structures with Euclidean geometry, suggesting that this may be something innate, and may explain how viewing nature's fractals reduces stress and refreshes mental fatigue. nan

https://www.reddit.com/r/science/comments/kckcnt/by_age_3_kids_prefer_natures_fractal_patterns/

3. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

5. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

6. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&&dskeywordid=92700057937791656&ds=_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

7. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

8. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion...

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

9. (post, votes=29272) In the Truman Show (1998), Truman spy ring actually comes from his father. He caught it just before his father "drowned" and has worn it since that trauma. He gives it back to him when they meet again. This is why they struggle to find Truman when he escapes at the end of the movie. nan

https://www.reddit.com/r/MovieDetails/comments/g3wqkm/in_the_truman_show_1998_truman_spy_ring_actually/

10. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

issue with money

Count: 8899 | Percent: 2.69%

Variants: money, paid, pay, payment

Note: Thinking about financial constraints, obligations, or fairness.

1. (post, votes=98261) Roommate crashed my car while borrowing it to go to work then refuses to pay anything unless I let her continue to drive it in the future nan

https://www.reddit.com/r/mildlyinfuriating/comments/109zx0j/roommate_crashed_my_car_while_borrowing_it_to_go/

2. (post, votes=86766) In 1999, a Londoner, helped an international student, by giving him free accomodation. The student eventually brought the Londoner back to China to take care of him after graduation. In 1999, an international student from China, SongYang, got lost in London. Hans, an old Londoner decided to help SongYang. He also invited him to his house.\n\nTo SongYang ...

https://www.reddit.com/r/MadeMeSmile/comments/1j6rad9/in_1999_a_londoner_helped_an_international/

3. (post, votes=73307) Not to mention charging you for telling you that you don't have money. nan

https://www.reddit.com/r/clevercomebacks/comments/1dmgk7t/not_to_mention_charging_you_for_telling_you_that/

4. (post, votes=72578) In 2019, Microsoft Japan ran its "Work-Life Choice Challenge Summer 2019", introducing a four-day workweek by closing offices every Friday and granting employees special paid leave-without reducing pay. Productivity increased by approximately 39.9%-40% compared to 2018. nan

https://www.reddit.com/r/Damnthatsoninteresting/comments/lmlvibu/in_2019_microsoft_japan_ran_its_worklife_choice/

5. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**\n\nAnd I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73ql16/stop_spending_money_on_food_buy_a_crockpot/

6. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

7. (post, votes=36226) AITA for refusing to pay back my cousin after my baby ruined her blouse? Hi all. I gave birth four weeks ago, and we decided to have a "baby ceremony", where everyone gets to meet our lovely daughter Charlotte. My cousin Alice and her parents were among the guests. The first thing I'll say about her is that she has expensive taste. She's the sor...

https://www.reddit.com/r/AmItheAsshole/comments/cw43oc/aita_for_refusing_to_pay_back_my_cousin_after_my/

8. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

9. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl;=1098&mrkgen;=&mrkgbflag;=&mrkgcat;=&acctid;=21700000001526007&&dskeywordid;=92700057937791656&lid;=92700057937791656&ds;_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

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https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

better over time

Count: 8345 | Percent: 2.52%

Variants: better, getting better

Note: Perception that a situation or symptom is improving.

1. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

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https://www.reddit.com/r/personalfinance/comments/73ql16/stop_spending_money_on_food_buy_a_crockpot/

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656&lid:=92700057937791656&ds;_s_kwgid=587000064...

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

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https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

6. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

7. (post, votes=23980) TIFU by detoxing myself and it nearly cost me my life Obligatory this happened 2 weeks ago\n\nI had been dieseling through a handle of cheap vodka every other day for over a year. I've never been much of a drinker, but several traumatic events had transpired in a very short amount of time, so I began drinking more to help me cope. I would neve...

https://www.reddit.com/r/tifu/comments/b5zkli/tifu_by_detoxing_myself_and_it_nearly_cost_me_my/

8. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file appearantly does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

9. (post, votes=23113) For those of you missing the "good 'ol days" on WSB... I've been around WSB now for about 5 years, mostly as a lurker. I eventually created a reddit account but even then took a while to actually join the sub rather than just lurk. So I was here for a good number of the "fun" moments of the last few years. The box spreads that "literally can't go tits up"...

https://www.reddit.com/r/wallstreetbets/comments/l8lgjt/for_those_of_you_missing_the_good_old_days_on_wsb/

10. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

company responsibility

Count: 7981 | Percent: 2.41%

Variants: company, office, team

Note: Beliefs about organizational duties and culture.

1. (post, votes=64065) UnitedHealth hired a defamation law firm to go after social media posts criticizing the company nan

https://www.reddit.com/r/technology/comments/lin3bwj/unitedhealth_hired_a_defamation_law_firm_to_go/

2. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.\n\nI'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switched_up/

3. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

https://www.reddit.com/r/WFH/comments/1oitis5/after_4_years_of_wfh_i_understand_why_boomers/

4. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,....

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

5. (post, votes=40750) LPT: When buying a car at a dealership and they leave you alone to talk about it, check their desk phone speaker light. If it is on, they are most definitely listening to your conversation from the back office. \n\nIt happened to us when I bought my first used car at a VW dealership. We were discussing the sale price and he left us to "talk about it" whil...

https://www.reddit.com/r/LifeProTips/comments/b0q8za/lpt_when_buying_a_car_at_a_dealership_and_they/

6. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n \nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

7. (post, votes=31395) In 'All's Fair' (2025), Allura Grant is a high-earning elite powerhouse lawyer, a partner in a boutique law firm, and is walking around the office with her thong sticking out. This is a subtle allusion that her character is portrayed by Kim Kardashian. nan

https://www.reddit.com/r/shittymoviedetails/comments/1ov8ldj/in_all_s_fair_2025_allura_grant_is_a_highearning/

8. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event" took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

9. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

10. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/1iuuftzr/white_house_spineless_cowards/

worldview

Count: 5982 | Percent: 1.81%

Variants: world, the world, society

Note: Broad beliefs about how the world or society works.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=68109) My friend's breeder that she got her dog from has regular reunions for all the pups to meet back up - we need more positivity like this in the world nan

https://www.reddit.com/r/aww/comments/7b2123/my_friends_breeder_that_she_got_her_dog_from_has/

3. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,....

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

4. (post, votes=33341) Trump never made it to the G7 climate meeting, and world leaders say they are giving up on bringing the US back into the Paris accords nan

https://www.reddit.com/r/worldnews/comments/cw4ko2/trump_never_made_it_to_the_g7_climate_meeting_and/

5. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

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https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

7. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n***** UPDATE September 25 *****\n\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

8. (post, votes=23113) For those of you missing the "good 'ol days" on WSB... I've been around WSB now for about 5 years, mostly as a lurker. I eventually created a reddit account but even then took a while to actually join the sub rather than just lurk. So I was here for a good number of the "fun" moments of the last few years. The box spreads that "literally can't go tits up"...

https://www.reddit.com/r/wallstreetbets/comments/l8lgjt/for_those_of_you_missing_the_good_ol_days_on_wsb/

9. (post, votes=20020) I didn't get a job because I was a bully in high school **Reminder : I am not the OP.**\n\n[Original](<https://www.askamanager.org/2017/04/i-didnt-get-a-job-because-i-was-a-bully-in-high-school.html>)\n\n**Alison's advice has been cut out. Click on the link to read it.**\n\nI've been trying to break into a niche industry (30-40 jobs in a city with a populat...

https://www.reddit.com/r/BestofRedditUpdates/comments/t1ys1m/i_didnt_get_a_job_because_i_was_a_bully_in_high/

10. (post, votes=19235) AITA for refusing to let my parents move in and reminding them that they backed the wrong horse? My (37m) family comes from and is a long line of doctors, being a doctor is the only acceptable profession in their eyes and anything aside from that is met with literal abandonment.\n\nWhich is what happened to me when I turned 17 and told my family I was NOT...

https://www.reddit.com/r/AmItheAsshole/comments/r41k04/aita_for_refusing_to_let_my_parents_move_in_and/

cause is caffeine

Count: 5901 | Percent: 1.78%

Variants: caffeine, coffee

Note: Belief that caffeine intake explains feelings or performance.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

https://www.reddit.com/r/WFH/comments/1oit5/after_4_years_of_wfh_i_understand_why_boomers/

3. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

5. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event" took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

6. (post, votes=24973) "You can't just throw out a stranded pregnant mother and her toddler at 3am in the cold!" Oh yes I fucking can! Buckle up everyone for this bumpy ride\n\nOkay so I was chilling in my living room around 3am playing some video games. My parents are out of town visiting some friends and I decided to stay home, house to myself and all. So here I am, in nothin...

https://www.reddit.com/r/entitledparents/comments/awa12t/you_cant_just_throw_out_a_stranded_pregnant/

7. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

8. (post, votes=23980) TIFU by detoxing myself and it nearly cost me my life Obligatory this happened 2 weeks ago\n\nI had been dieseling through a handle of cheap vodka every other day for over a year. I've never been much of a drinker, but several traumatic events had transpired in a very short amount of time, so I began drinking more to help me cope. I would neve...

https://www.reddit.com/r/tifu/comments/b5zkli/tifu_by_detoxing_myself_and_it_nearly_cost_me_my/

9. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:
Hey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

10. (post, votes=22145) I just lead some guy out of my apartment by knifepoint and now I might be single as a result. Got suckered into hosting one of my bf's friends for a day or so while they're in town on business.
It seemed to go well, until it didn't.
I have an early morning, so I suggested instead of going out and getting drunk, that we have some Baileys and coffee an...

https://www.reddit.com/r/TwoXChromosomes/comments/b2ev6o/i_just_lead_some_guy_out_of_my_apartment_by/

point of view

Count: 5764 | Percent: 1.74%

Variants: point, point is, from my point

Note: Stating or defending a particular perspective or argument.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.
EDIT
Wow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.
I'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switted_up/

3. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**
And I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73q116/stop_spending_money_on_food_buy_a_crockpot/

4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.
This is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

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5. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnl/spoilers_epilogue_after_the_wheel/

6. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,
The Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

7. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

8. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/lugi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

9. (post, votes=28196) AITA for kicking my BF and his daughter out because of how his daughter acts when she's on her period? My BF of 2 years has an 11yo daughter that just started her first ever menstrual cycle 3 days ago. He has full custody of her and they started making transitions to move in with me and my 8yo son about 2 weeks ago. Up until this point, everything was goi...

https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

10. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.\n\n-Last night I had to help bring her laundry to her apartment because she couldn't do it herself.\n\n-I knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.\n\n-I called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

political framing

Count: 5531 | Percent: 1.67%

Variants: trump, state, market

Note: Interpreting issues through a political or economic lens.

1. (post, votes=51188) Blackwater founder held secret Seychelles meeting to establish Trump-Putin back channel nan

https://www.reddit.com/r/worldnews/comments/639fjl/blackwater_founder_held_secret_seychelles_meeting/

2. (post, votes=45492) For those thinking Virginia State Police hanging out might be a deterrent to the craziness, think again. This is what went on while they worked this afternoon's crash. nan

https://www.reddit.com/r/IdiotsInCars/comments/tci5dj/for_those_thinking_virginia_state_police_hanging/

3. (post, votes=40963) Apparently we also didn't need to wait the housing market to crash- all we needed to do is 'work for it!' nan

https://www.reddit.com/r/antiwork/comments/121otun/apparently_we_also_didnt_need_to_wait_the_housing/

4. (post, votes=40862) Law Firms That Caved to Trump Suddenly Lose a Lot of Big Business Remember all those law firms that struck a deal with Trump? Some major companies are ditching them.

https://www.reddit.com/r/law/comments/111tuv9/law_firms_that_caved_to_trump_suddenly_lose_a_lot/

5. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

6. (post, votes=36064) Major Companies Abandon Law Firms That Signed Deals with Trump: Report nan

https://www.reddit.com/r/politics/comments/111gs66/major_companies_abandon_law_firms_that_signed/

7. (post, votes=33341) Trump never made it to the G7 climate meeting, and world leaders say they are giving up on bringing the US back into the Paris accords nan

https://www.reddit.com/r/worldnews/comments/cw4ko2/trump_never_made_it_to_the_g7_climate_meeting_and/

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https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

9. (post, votes=23307) [ESPN] Curry's second wind comes from his ability to lower his heart rate during short breaks, even in the middle of games. In workouts, his trainer places sandbag weights below his ribcage in order to overload, and train, his diaphragm. He can coax his heart rate below 80 in one 90 second timeout. Super interesting article on Steph's conditioning: [https:...](https://...)

https://www.reddit.com/r/nba/comments/l2d14c/espn_currys_second_wind_comes_from_his_ability_to/

10. (post, votes=23113) For those of you missing the "good 'ol days" on WSB... I've been around WSB now for about 5 years, mostly as a lurker. I eventually created a reddit account but even then took a while to actually join the sub rather than just lurk. So I was here for a good number of the "fun" moments of the last few years. The box spreads that "literally can't go tits up"...

https://www.reddit.com/r/wallstreetbets/comments/l8lggt/for_those_of_you_missing_the_good_oldays_on_wsb/

meaning of actions

Count: 5449 | Percent: 1.65%

Variants: mean, means, what it means

Note: Interpreting the significance or intent behind behavior.

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shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion/)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

5. (post, votes=22363) WHY YOU DEFINITELY SHOULD NOT UNDER ANY CIRCUMSTANCE FALL FOR ALL THE SILVER SCAMS!!! CAREFUL, YOU ARE BEING PLAYED BY THE MOST POWERFUL ELITE ON THE PLANET!!! # THIS IS A META THREAD IN WHICH I'M JUST DOING 2 THINGS: RANTING AND LINKING TO OTHER DD THREADS THAT PREDATE GME MOONING BY MONTHS, THUS CALLING BULLSHIT ON THE 6 MILLION NEW DEGENERATES THAT "HA...

https://www.reddit.com/r/wallstreetbets/comments/laccqy/why_you_definitely_should_not_under_any/

6. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

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https://www.reddit.com/r/TwoXChromosomes/comments/b2ev6o/i_just_lead_some_guy_out_of_my_apartment_by/

8. (post, votes=20701) My (25M) family cut contact with me 5 years ago after a fight with my younger brother. Now, they want me to come back but I'm having doubts about it **I am NOT OP. Original post by u/throwra271215 in r/relationship_advice**\n\ntrigger warnings: >!assault, racism!<\n\n---\n\n\n\n[**My (25M) family cut contact with me 5 years ago after a fight with my...

https://www.reddit.com/r/BestofRedditUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

9. (post, votes=20442) Boss says my chemo treatment 'isn't as bad as all that'. I put the evidence in her hand. A few years ago I needed a course of chemotherapy and was warned to expect all the usual side effects: nausea, fatigue, aches and pains, and - of course - hair loss. Well after the first couple of rounds I was feeling fairly good, not too nauseous (which had, weirdly,...

https://www.reddit.com/r/traumatizeThemBack/comments/lgcx76z/boss_says_my_chemo_treatment_isnt_as_bad_as_all/

10. (post, votes=20346) AITA for getting my job back to get out of taking care of my husband's autistic niece? Originally posted on r/AmITheAsshole by [u/basicallyalazyass](<https://www.reddit.com/user/basicallyalazyass/>) , who gave permission to poste the update here, since AITA mods removed it there. (I'm a first time poster here, hope I'm doing this right)\n\n[Original](<https://www.reddit.com/r/AmITheAsshole/comments/10346/post/>)

https://www.reddit.com/r/BestofRedditUpdates/comments/sp6e6b/aita_for_getting_my_job_back_to_get_out_of_taking/

health as issue

Count: 5353 | Percent: 1.62%

Variants: health, health issue, health problems

Note: Attributing difficulties to physical or mental health factors.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\\n\\nI'll give a background for anyone interested and a TLDR at the bottom\\n\\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=86766) In 1999, a Londoner, helped an international student, by giving him free accomodation. The student eventually brought the Londoner back to China to take care of him after graduation. In 1999, an international student from China, SongYang, got lost in London. Hans, an old Londoner decided to help SongYang. He also invited him to his house.
\n\nTo SongYang ...

https://www.reddit.com/r/MadeMeSmile/comments/1j6rad9/in_1999_a_londoner_helped_an_international/

3. (post, votes=41895) People who have night owl chronotype don't fall asleep early enough to get the recommended 7+ hours of sleep. Long term sleep deprivation is linked to poorer overall health and cognitive performance. Night 'owls' may be twice as likely as morning 'larks' to underperform at work. nan

https://www.reddit.com/r/science/comments/lrcf1z/people_who_have_night_owl_chronotype_dont_fall/

4. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

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https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

6. (post, votes=23409) Banning lead in gasoline worked. Analysis of 100 years of hair samples shows lead levels were ~100x higher before environmental regulations. Removing lead from fuel and paint dramatically reduced human exposure, protecting brain development and public health. nan

https://www.reddit.com/r/science/comments/1qu8k6t/banning_lead_in_gasoline_worked_analysis_of_100/

7. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

8. (post, votes=20020) I didn't get a job because I was a bully in high school **Reminder : I am not the OP.**\n\n[Original](<https://www.askamanager.org/2017/04/i-didnt-get-a-job-because-i-was-a-bully-in-high-school.html>)\n\n**Alison's advice has been cut out. Click on the link to read it.**\n\nI've been trying to break into a niche industry (30-40 jobs in a city with a populat...

https://www.reddit.com/r/BestofRedditorUpdates/comments/t1ys1m/i_didnt_get_a_job_because_i_was_a_bully_in_high/

9. (post, votes=19950) Neighbor kept reporting me to the HOA for petty things, opportunity knocked to pay her back and I took it. I found out today that my revenge was complete so I came here to share it.\n\nMy neighbor who we shall call Chirsty would report us to our HOA for literally everything she didn't like. Trash can still on the street at 5 PM on Trash day, reported. Kid...

https://www.reddit.com/r/ProRevenge/comments/72nb5n/neighbor_kept_reporting_me_to_the_hoa_for_petty/

10. (post, votes=19398) AITA for calling every morning? My son is a 20 month old toddler, my wife is a stay-at-home mom, I work six days a week and I'm usually gone for twelve hours a day.\n\nI always check in on my son remotely via our nursery cam app and he's always awake in the mornings around 8:00. He has a great sleep routine. Our "wind down" time starts at the same time ev...

https://www.reddit.com/r/AmItheAsshole/comments/z7xtan/aita_for_calling_every_morning/

experience as evidence

Count: 5287 | Percent: 1.60%

Variants: experience, experienced, my experience

Note: Using personal or others' experiences to support claims.

1. (post, votes=55704) Every software engineer has experience this. nan

https://www.reddit.com/r/mildlyinfuriating/comments/j1dc3q/every_software_engineer_has_experience_this/

2. (post, votes=46812) Me meeting pewds back in 2015 at his book signing, I was 11. The best part of this experience was that my moms best friend worked for the grove (shopping centre the event was held in) and i got special access to meet pewds before anyone else. Hope to see this on Iwiy to see if he remembers me ■ nan

https://www.reddit.com/r/PewdiepieSubmissions/comments/acd3pv/me_meeting_pewds_back_in_2015_at_his_book_signing/

3. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

4. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

5. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event" took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

6. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n***** UPDATE September 25 *****\n\nIt looks like the ...

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9. (post, votes=17834) Synopsis for 04-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\n■\n\n<https://preview.reddit.it/n6el37moxyu61.png?width=680&format=png&auto=webp&s=86407c5cd469250d43e53114db32b0f58408291>\n\n# Ok who pushed the entire market down a cliff? Bobby wa...

https://www.reddit.com/r/Superstonk/comments/mwrt08/synopsis_for_04232021_what_we_need_to_know_before/

10. (post, votes=17532) I volunteered to sit next to a dead man on a plane, and deeply regret it. The man in seat 43-A died halfway across the Atlantic. I was sitting near the front of the plane, just behind first class, and couldn't really see the commotion. But I could hear someone gasping and retching — loud at first, then quieter and quieter. A flight attendant got on the PA...

https://www.reddit.com/r/nosleep/comments/dnszoza/i_volunteered_to_sit_next_to_a_dead_man_on_a/

brain fog concept

Count: 5146 | Percent: 1.56%

Variants: brain, mental fatigue

Note: Understanding cognitive slowness or confusion as brain fog.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\\n\\nI'll give a background for anyone interested and a TLDR at the bottom\\n\\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=72164) By age 3, kids prefer nature's fractal patterns, despite the fact that most are raised in manmade structures with Euclidean geometry, suggesting that this may be something innate, and may explain how viewing nature's fractals reduces stress and refreshes mental fatigue. nan

https://www.reddit.com/r/science/comments/kckcnt/by_age_3_kids_prefer_natures_fractal_patterns/

3. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

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https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

6. (post, votes=23409) Banning lead in gasoline worked. Analysis of 100 years of hair samples shows lead levels were ~100x higher before environmental regulations. Removing lead from fuel and paint dramatically reduced human exposure, protecting brain development and public health. nan

https://www.reddit.com/r/science/comments/1qu8k6t/banning_lead_in_gasoline_worked_analysis_of_100/

7. (post, votes=22363) WHY YOU DEFINITELY SHOULD NOT UNDER ANY CIRCUMSTANCE FALL FOR ALL THE SILVER SCAMS!!! CAREFUL, YOU ARE BEING PLAYED BY THE MOST POWERFUL ELITE ON THE PLANET!!! # THIS IS A META THREAD IN WHICH I'M JUST DOING 2 THINGS: RANTING AND LINKING TO OTHER DD THREADS THAT PREDATE GME MOONING BY MONTHS, THUS CALLING BULLSHIT ON THE 6 MILLION NEW DEGENERATES THAT "HA...

https://www.reddit.com/r/wallstreetbets/comments/laccqy/why_you_definitely_should_not_under_any/

8. (post, votes=19709) AITA because I told my ex husband outside of our kids i don't care about his life and I don't owe his fiancé anything I'll fix the grammar later, fake names and throwaway\n\nSo my (36f) ex husband Tom (35m) left me for his "work wife" Tammy (25f) two years ago, I never liked her even before I found out about their relationship\n\nThe first time I met her...

https://www.reddit.com/r/AITAH/comments/1ahkvcd/aitah_because_i_told_my_ex_husband_outside_of_our/

9. (post, votes=19398) AITA for calling every morning? My son is a 20 month old toddler, my wife is a stay-at-home mom, I work six days a week and I'm usually gone for twelve hours a day.\n\nI always check in on my son remotely via our nursery cam app and he's always awake in the mornings around 8:00. He has a great sleep routine. Our "wind down" time starts at the same time ev...

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https://www.reddit.com/r/nosleep/comments/dnszoza/i_volunteered_to_sit_next_to_a_dead_man_on_a/

stress as cause

Count: 4359 | Percent: 1.32%

Variants: stress, stressed, stressful

Note: Seeing stress as a driver of behavior, conflict, or symptoms.

1. (post, votes=72164) By age 3, kids prefer nature's fractal patterns, despite the fact that most are raised in manmade structures with Euclidean geometry, suggesting that this may be something innate, and may explain how viewing nature's fractals reduces stress and refreshes mental fatigue. nan

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https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

4. (post, votes=23640) AITA for demanding my husband to pay me the \$1000 dollars he spent behind my back? My husband (33) and I (31) used to have a 2 income home but in 2020 we've lost our home and one of our incomes (his). We moved into a smaller apartment, had to sell many things and give up most of our "costly" habits.\n\nMy husband has an expensive habit of going to the spa...

https://www.reddit.com/r/AmItheAsshole/comments/u3f6ka/aita_for_demanding_my_husband_to_pay_me_the_1000/

5. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

6. (post, votes=17015) Entire class skips optional early start to lab, we were given an hour for lunch and we're going to take all of our time TLDR: surgeons wants us to come to a lab scheduled for 12 and hour early at 11. As a class, we decided to come at 12. Got reprimanded, then the dean backed us up.\n\n■■■\n\nI'm a second year veterinary student. This is the time

when...

https://www.reddit.com/r/MaliciousCompliance/comments/10zz3a1/entire_class_skips_optional_early_start_to_lab_we/

7. (post, votes=16482) Hell Hath No Fury Like Me Scorned (also posted on r/nuclearrevenge) Hell Hath No Fury Like Me Scorned
This story starts 31 years ago, but the revenge part was pure serendipity that began two years ago. I'm going to shorten some (most) parts because it's a crazy ride, but I'll be happy to answer any questions y'all have. I learned a fuckton on this jour...

https://www.reddit.com/r/ProRevenge/comments/qvov5v/hell_hath_no_fury_like_me_scorned_also_posted_on/

8. (post, votes=15823) OOP's boyfriend who is supposedly well off gets her a \$150 engagement ring, and the reason why is shocking *I am NOT OP. Original post by u/bowdownpls in r/AmItheAsshole*
This had been posted here 1 YEAR AGO by u/APassionatePoet. Here's the

[LINK](https://www.reddit.com/r/BestofRedditUpdates/comments/jif6lg/op_is_given_a_cheap_engagement_ring_and_w...)

https://www.reddit.com/r/BestofRedditUpdates/comments/wu3av4/oops_boyfriend_who_is_supposedly_well_off_gets/

9. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.
TLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

10. (post, votes=15735) AITA for still going to the Dr. Appointment my husband cancelled behind my back just so I could host dinner for his friends? Excuse my bad english...
This might sound petty but hear me out please... I want to say that I'm a very generous host, I do most of the hosting as part of my stay-at-home-mom duty. DH works a very stressful and demanding job an...

https://www.reddit.com/r/AmItheAsshole/comments/rzpwwr/aita_for_still_going_to_the_dr_appointment_my/

hope for change

Count: 4332 | Percent: 1.31%

Variants: hope, hopefully

Note: Expectations or optimism about future improvement.

1. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.
I'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switted_up/

2. (post, votes=46812) Me meeting pewds back in 2015 at his book signing, I was 11. The best part of this experience was that my moms best friend worked for the grove (shopping centre the event was held in) and i got special access to meet pewds before anyone else. Hope to see this on Iwiy to see if he remembers me ■ nan

https://www.reddit.com/r/PewdiepieSubmissions/comments/acd3pv/me_meeting_pewds_back_in_2015_at_his_book_signing/

3. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.
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6. (post, votes=23113) For those of you missing the "good 'ol days" on WSB... I've been around WSB now for about 5 years, mostly as a lurker. I eventually created a reddit account but even then took a while to actually join the sub rather than just lurk. So I was here for a good number of the "fun" moments of the last few years. The box spreads that "literally can't go tits up"...

https://www.reddit.com/r/wallstreetbets/comments/l8lggt/for_those_of_you_missing_the_good_ol_days_on_wsb/

7. (post, votes=22112) My wife was kicked out of a coffee shop and not allowed to sit with me We walked in, ordered a coffee & cake on our joint bank account. We sat at a tiny table for 2. The café was completely empty. No other customers, dozens of seats.\n\nAs soon as staff realised she wasn't eating or drinking, they told her she must wait outside while I had my coffee alone...

https://www.reddit.com/r/Life/comments/1nln7qa/my_wife_was_kicked_out_of_a_coffee_shop_and_not/

8. (post, votes=20701) My (25M) family cut contact with me 5 years ago after a fight with my younger brother. Now, they want me to come back but I'm having doubts about it **I am NOT OP. Original post by u/throwra271215 in r/relationship_advice**\n\ntrigger warnings: >!assault, racism!<\n\n--\n\n[**My (25M) family cut contact with me 5 years ago after a fight with my...

https://www.reddit.com/r/BestofRedditorUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

9. (post, votes=20346) AITA for getting my job back to get out of taking care of my husband's autistic niece? Originally posted on r/AmITheAsshole by [u/basicallyalazyass](<https://www.reddit.com/user/basicallyalazyass/>) , who gave permission to poste the update here, since AITA mods removed it there. (I'm a first time poster here, hope I'm doing this right)\n\n[Original](https://www.reddit.com/r/AmITheAsshole/comments/1nln7qa/my_wife_was_kicked_out_of_a_coffee_shop_and_not/)

https://www.reddit.com/r/BestofRedditorUpdates/comments/sp6e6b/aita_for_getting_my_job_back_to_get_out_of_taking/

10. (post, votes=20020) I didn't get a job because I was a bully in high school **Reminder : I am not the OP.**\n\n[Original](<https://www.askamanager.org/2017/04/i-didnt-get-a-job-because-i-was-a-bully-in-high-school.html>)\n\n**Alison's advice has been cut out. Click on the link to read it.**\n\nI've been trying to break into a niche industry (30-40 jobs in a city with a populat...

https://www.reddit.com/r/BestofRedditorUpdates/comments/t1ys1m/i_didnt_get_a_job_because_i_was_a_bully_in_high/

fatigue as symptom

Count: 4299 | Percent: 1.30%

Variants: fatigue, tiredness

Note: Seeing tiredness as a primary symptom needing explanation.

1. (post, votes=72164) By age 3, kids prefer nature's fractal patterns, despite the fact that most are raised in manmade structures with Euclidean geometry, suggesting that this may be something innate, and may explain how viewing nature's fractals reduces stress and refreshes mental fatigue. nan

https://www.reddit.com/r/science/comments/kckcnt/by_age_3_kids_prefer_natures_fractal_patterns/

2. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

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https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

4. (post, votes=20442) Boss says my chemo treatment 'isn't as bad as all that'. I put the evidence in her hand. A few years ago I needed a course of chemotherapy and was warned to expect all the usual side effects: nausea, fatigue, aches and pains, and - of course - hair loss. Well after the first couple of rounds I was feeling fairly good, not too nauseous (which had, weirdly,...

https://www.reddit.com/r/traumatizeThemBack/comments/1gcx76z/boss_says_my_chemo_treatment_isnt_as_bad_as_all/

5. (post, votes=19398) AITA for calling every morning? My son is a 20 month old toddler, my wife is a stay-at-home mom, I work six days a week and I'm usually gone for twelve hours a day.\n\nI always check in on my son remotely via our nursery cam app and he's always awake in the mornings around 8:00. He has a great sleep routine. Our "wind down" time starts at the same time ev...

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https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

7. (post, votes=14363) The previous tenant of my new flat left a survival guide. Some people are too good for this world. Last time: https://www.reddit.com/r/nosleep/comments/ckw07c/the_previous_tenant_of_my_new_flat_left_a/?utm_source=hare&utm_medium=ios_app\n\nsat silent for a moment in shock that my plan had even worked. It seemed almost too simple, too easy. But here he ...

https://www.reddit.com/r/nosleep/comments/clvga9/the_previous_tenant_of_my_new_flat_left_a/

8. (post, votes=13778) I found the bunker of a prepper family who went missing three years ago Dr Daniel Vance was a smart man. Too smart for his own good, maybe. Forty years old, a lecturer in fluid dynamics with a mind made of shapes and numbers. No one knows why but one day, on a whim, he crunched the numbers on the apocalypse and came to a troubling conclusion. He didn't sh...

https://www.reddit.com/r/nosleep/comments/11txaos/i_found_the_bunker_of_a_prepper_family_who_went/

9. (post, votes=13144) It's not franchise fatigue for crazy players like myself with 100+ days of game time. The problem has become the boring loot, the over-the-top restrictions on armor, and Eververse hoarding every interesting non-weapon item in the game. I stopped playing last week. Call it a break, I don't have much plans to log in until I hear otherwise. Man, have I stuck...

https://www.reddit.com/r/DestinyTheGame/comments/ejo4i3/its_not_franchise_fatigue_for_crazy_players_like/

10. (post, votes=13023) Clinton is getting arrogant, not planning to spend 1 dollar on TV ads in the remaining states. I'd hate to be cheesy, but slow and steady can win the race if we make Indiana a blowout victory— and it's an OPEN primary! How about 100,000 calls today? **EDIT:** Here's an idea, might be a little crazy: To every one of the 5,000+ people who upvoted this post,...

https://www.reddit.com/r/SandersForPresident/comments/4h4bfg/clinton_is_getting_arrogant_not_planning_to_spend/

support expectations

Count: 4258 | Percent: 1.29%

Variants: support, supportive

Note: Beliefs about how much help or backing one should receive.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

3. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n\nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

4. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

5. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

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https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

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https://www.reddit.com/r/BestofRedditorUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

8. (post, votes=20449) I went to a Texas ER yesterday. It was bad. tl;dr - Title\n\nYesterday I went to a Dallas, TX ER. About ten minutes after I woke up that morning I collapsed as sudden, sharp, pain started spreading from my lower left abdomen. It was *excruciating*. I have a very high pain tolerance, and I couldn't speak, or stand up, or walk. All I could do was writhe and...

https://www.reddit.com/r/TwoXChromosomes/comments/114k74f/i_went_to_a_texas_er_yesterday_it_was_bad/

9. (post, votes=18556) AITA for expecting my adult daughter to pay back what she owes me? My (48M) daughter (21F), Aria, abandoned us (her stepmother, younger half-sister and me) when she was 15 to go live with my enabling ex-wife, Sandra, and her husband.\n\nUntil then, we had 50/50 custody, but Sandra has always been less "strict" than me. She's always let Aria do what she wa...

https://www.reddit.com/r/AmItheAsshole/comments/silt4e/aita_for.expecting_my_adult_daughter_to_pay_back/

10. (post, votes=18021) AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? Hi Reddit. I'm F25 and I'm honestly at my breaking point with this one. I need outside perspective because my entire family is acting like I'm Hitler for standing my ground.\n\nSo, I (25F) am a student...

https://www.reddit.com/r/AmIOverreacting/comments/1jwo74t/aio_for_threatening_to_take_my_sister_to_court/

based on experience

Count: 4049 | Percent: 1.22%

Variants: based, based on, based on my experience

Note: Reasoning from prior personal or observed experiences.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

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https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

4. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

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6. (post, votes=17834) Synopsis for 04-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\n■\n\n<https://preview.reddit.it/n6el37moovyu61.png?width=680&format=png&auto=webp&s=86407c5dcd469250d43e53114db32b0f58408291>\n\n# Ok who pushed the entire market down a cliff? Bobby wa...

https://www.reddit.com/r/Superstonk/comments/mwrt08/synopsis_for_04232021_what_we_need_to_know_before/

7. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

8. (post, votes=15717) Renee Good's family has retained attorneys from Chicago-based law firm Romanucci & Blandin, which represented George Floyd's family following his death in May 2020 nan

https://www.reddit.com/r/Fauxmoi/comments/1qd386z/renee_goods_family_has_retained_attorneys_from/

9. (post, votes=15228) Bank of America is refusing to give back \$9,800 to my dad's account after someone fraudulently stole his funds. On the night of November 1st/early morning of November 2nd, someone made 8 separate withdrawals of \$600 each(Total \$4800) at ATM machines in Tarrytown, White Plains, and lower Manhattan from my dad's account and then phone transferred another \$5...

https://www.reddit.com/r/personalfinance/comments/5dnijg/bank_of_america_is_refusing_to_give_back_9800_to/

10. (post, votes=14387) OP wonders if she's the AH for laughing at her husband's suggestion of voiding the prenup that was his idea in the first place. ***I am NOT OP, this is a repost.***\n\n[Original: AITA for laughing in my husbands face??](https://www.reddit.com/r/AmltheAsshole/comments/rze4vu/aita_for_laughing_in_my_husbands_face/)\n\nSo I F(32) have been married to my husb...

https://www.reddit.com/r/BestofRedditUpdates/comments/s2zsdp/op_wonders_if_shes_the_ah_for_laughing_at_her/

mental load

Count: 4026 | Percent: 1.22%

Variants: mental, mental load, mental energy

Note: Understanding of cognitive burden or invisible planning work.

1. (post, votes=72164) By age 3, kids prefer nature's fractal patterns, despite the fact that most are raised in manmade structures with Euclidean geometry, suggesting that this may be something innate, and may explain how viewing nature's fractals reduces stress and refreshes mental fatigue. nan

https://www.reddit.com/r/science/comments/kckcnt/by_age_3_kids_prefer_natures_fractal_patterns/

2. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

3. (post, votes=30996) TIL Pixar had to complete the entire Toy Story 2 in 9 months to meet Disney's deadline. The production was so straining that in one instance, an animator had forgotten to drop his child off at daycare one morning and, in a mental haze, forgot the baby in the back seat of his car in the parking lot. nan

https://www.reddit.com/r/todayilearned/comments/1nhxsoy/til_pixar_had_to_complete_the_entire_toy_story_2/

4. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event.
My first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day).
Today, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

https://www.reddit.com/r/BestofRedditorUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

6. (post, votes=20020) I didn't get a job because I was a bully in high school **Reminder : I am not the OP.**\n\n[Original](<https://www.askamanager.org/2017/04/i-didnt-get-a-job-because-i-was-a-bully-in-high-school.html>)\n\n**Alison's advice has been cut out. Click on the link to read it.**\n\nI've been trying to break into a niche industry (30-40 jobs in a city with a populat...

https://www.reddit.com/r/BestofRedditUpdates/comments/t1ys1m/i_didnt_get_a_job_because_i_was_a_bully_in_high/

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https://www.reddit.com/r/Superstonk/comments/mwrt08/synopsis_for_04232021_what_we_need_to_know_before/

8. (post, votes=17015) Entire class skips optional early start to lab, we were given an hour for lunch and we're going to take all of our time TLDR: surgeons wants us to come to a lab scheduled for 12 and hour early at 11. As a class, we decided to come at 12. Got reprimanded, then the dean backed us up.\n\nI'm a second year veterinary student. This is the time when...

https://www.reddit.com/r/MaliciousCompliance/comments/10zz3a1/entire_class_skips_optional_early_start_to_lab_we/

9. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

10. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorothemIL. She then created a second account: u/Throwawaydisownedson. She posted in r/relationship_advice, r/AmItheAsshole and r/legaladvice. And her own page.\n\nhad changed letters to names in th...

https://www.reddit.com/r/BestofRedditUpdates/comments/13wsuoi/shes_back_my_f50_daughter_in_law_24f_gave_birth/

feeling

Total keyword hits (denominator): 93580

Rank	Keyword	Count	Percent
1	feel good	11795	12.60%
2	feel grateful	7364	7.87%
3	feel love	5309	5.67%
4	feel bad	5106	5.46%
5	feel full	4559	4.87%
6	feel fatigue	4538	4.85%
7	feel validated	4456	4.76%
8	feel physical discomfort	4249	4.54%
9	feel anxious	3804	4.06%
10	feel happy	3723	3.98%
11	feel awful	3312	3.54%
12	feel guilty	2735	2.92%
13	feel angry	2495	2.67%
14	feel lonely	2463	2.63%
15	feel scared	2277	2.43%
16	feel tired	2270	2.43%
17	feel overwhelmed	1909	2.04%
18	feel satisfied	1712	1.83%
19	feel secure	1711	1.83%
20	feel sad	1619	1.73%
21	feel hate	1418	1.52%
22	feel confused	1221	1.30%
23	feel relaxed	1202	1.28%
24	feel exhausted	1169	1.25%
25	feel focused	1148	1.23%
26	feel surprised	1050	1.12%
27	feel stressed	987	1.05%
28	feel mental fog	978	1.05%
29	feel nervous	916	0.98%
30	feel proud	862	0.92%

feel good

Count: 11795 | Percent: 12.60%

Variants: good, feels good, feeling good

Note: General positive emotional or physical state.

1. (post, votes=86766) In 1999, a Londoner, helped an international student, by giving him free accomodation. The student eventually brought the Londoner back to China to take care of him after graduation. In 1999, an international student from

China, SongYang, got lost in London. Hans, an old Londoner decided to help SongYang. He also invited him to his house.
\n\nTo SongYang ...

https://www.reddit.com/r/MadeMeSmile/comments/1j6rad9/in_1999_a_londoner_helped_an_international/

2. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

3. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**\n\nAnd I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73q116/stop_spending_money_on_food_buy_a_crockpot/

4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

5. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

6. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n\nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

7. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

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9. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

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https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

feel grateful

Count: 7364 | Percent: 7.87%

Variants: thank, thanks, thank you

Note: Appreciation or gratitude toward others.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

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2. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.\n\nI'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switched_up/

3. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

4. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

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8. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event"

took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

9. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

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https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

feel love

Count: 5309 | Percent: 5.67%

Variants: love, i love, loving

Note: Affection or strong positive emotional attachment.

1. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

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https://www.reddit.com/r/BestofRedditUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

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https://www.reddit.com/r/AmItheAsshole/comments/z7xtan/aita_for_calling_every_morning/

10. (post, votes=18556) AITA for expecting my adult daughter to pay back what she owes me? My (48M) daughter (21F), Aria, abandoned us (her stepmother, younger half-sister and me) when she was 15 to go live with my enabling ex-wife, Sandra, and her husband.\n\nUntil then, we had 50/50 custody, but Sandra has always been less "strict" than me. She's always let Aria do what she wa...

https://www.reddit.com/r/AmItheAsshole/comments/silt4e/aita_for.expecting_my_adult_daughter_to_pay_back/

feel bad

Count: 5106 | Percent: 5.46%

Variants: bad, feel bad, felt bad

Note: General negative emotional state or guilt.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

2. (post, votes=36226) AITA for refusing to pay back my cousin after my baby ruined her blouse? Hi all. \n\nI gave birth four weeks ago, and we decided to have a "baby ceremony", where everyone gets to meet our lovely daughter Charlotte. \n\nMy cousin Alice and her parents were among the guests. The first thing I'll say about her is that she has expensive taste. She's the sor...

https://www.reddit.com/r/AmItheAsshole/comments/cw43oc/aita_for.refusing_to_pay_back_my_cousin_after_my/

3. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n\nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

4. (post, votes=26674) AITA for telling my sister she was out of her mind when she said she wanted to take back my child whom I adopted from her? My (36) sister N (29) got pregnant at 18. I am infertile and knew I couldn't have kids so when N said she was giving her baby for adoption, I decided to be her mom. N went no contact 5 months after giving birth. For a bit of background...

https://www.reddit.com/r/AmItheAsshole/comments/opctna/aita_for_telling_my_sister_she_was_out_of_her/

5. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

6. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n\n***** UPDATE September 25 *****\n\nIt looks like the ...

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7. (post, votes=23980) TIFU by detoxing myself and it nearly cost me my life Obligatory this happened 2 weeks ago\n\n■\nI had been dieseling through a handle of cheap vodka every other day for over a year. I've never been much of a drinker, but several traumatic events had transpired in a very short amount of time, so I began drinking more to help me cope. I would neve...

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https://www.reddit.com/r/traumatizeThemBack/comments/1gcx76z/boss_says_my_chemo_treatment_isnt_as_bad_as_all/

feel full

Count: 4559 | Percent: 4.87%

Variants: full, stuffed

Note: Sensation of satiety after eating.

1. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**\n\nAnd I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73q116/stop_spending_money_on_food_buy_a_crockpot/

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5. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

6. (post, votes=28196) AITA for kicking my BF and his daughter out because of how his daughter acts when she's on her period? My BF of 2 years has an 11yo daughter that just started her first ever menstrual cycle 3 days ago. He has full custody of her and they started making transitions to move in with me and my 8yo son about 2 weeks ago. Up until this point, everything was goi...

https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

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9. (post, votes=23307) [ESPN] Curry's second wind comes from his ability to lower his heart rate during short breaks, even in the middle of games. In workouts, his trainer places sandbag weights below his ribcage in order to overload, and train, his diaphragm. He can coax his heart rate below 80 in one 90 second timeout. Super interesting article on Steph's conditioning: [https:...](https://...)

https://www.reddit.com/r/nba/comments/l2d14c/espn_currys_second_wind_comes_from_his_ability_to/

10. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

feel fatigue

Count: 4538 | Percent: 4.85%

Variants: fatigue, fatigued

Note: Ongoing or chronic tiredness beyond normal sleepiness.

1. (post, votes=72164) By age 3, kids prefer nature's fractal patterns, despite the fact that most are raised in manmade structures with Euclidean geometry, suggesting that this may be something innate, and may explain how viewing nature's fractals reduces stress and refreshes mental fatigue. nan

https://www.reddit.com/r/science/comments/kckcnt/by_age_3_kids_prefer_natures_fractal_patterns/

2. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

3. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

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https://www.reddit.com/r/AmItheAsshole/comments/z7xtan/aita_for_calling_every_morning/

7. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

8. (post, votes=14363) The previous tenant of my new flat left a survival guide. Some people are too good for this world. Last time: [https://www.reddit.com/r/nosleep/comments/ckw07c/the_previous_tenant_of_my_new_flat_left_a/?utm_source=sshare&utm_medium=ios_app](https://www.reddit.com/r/nosleep/comments/ckw07c/the_previous_tenant_of_my_new_flat_left_a/?utm_source=share&utm_medium=ios_app)\n\nsat silent for a moment in shock that my plan had even worked. It seemed almost too simple, too easy. But here he ...

https://www.reddit.com/r/nosleep/comments/clvg9/the_previous_tenant_of_my_new_flat_left_a/

9. (post, votes=13778) I found the bunker of a prepper family who went missing three years ago Dr Daniel Vance was a smart man. Too smart for his own good, maybe. Forty years old, a lecturer in fluid dynamics with a mind made of shapes and numbers. No one knows why but one day, on a whim, he crunched the numbers on the apocalypse and came to a troubling conclusion. He didn't sh...

https://www.reddit.com/r/nosleep/comments/l1txaos/i_found_the_bunker_of_a_prepper_family_who_went/

10. (post, votes=13144) It's not franchise fatigue for crazy players like myself with 100+ days of game time. The problem has become the boring loot, the over-the-top restrictions on armor, and Eververse hoarding every interesting non-weapon item in the game. I stopped playing last week. Call it a break, I don't have much plans to log in until I hear otherwise. Man, have I stuck...

https://www.reddit.com/r/DestinyTheGame/comments/ejo4i3/its_not_franchise_fatigue_for_crazy_players_like/

feel validated

Count: 4456 | Percent: 4.76%

Variants: validated, seen, heard

Note: Feeling understood and accepted by others.

1. (post, votes=119625) TIL when Mr Rogers heard his limo driver was going to be waiting outside while Rogers was in a meeting, he asked the driver to come in. On the way back they passed the driver's home and Rogers asked if they could stop and meet his family. Rogers kept in touch with the driver for the rest of his life nan

https://www.reddit.com/r/todayilearned/comments/a4zk9s/til_when_mr_rogers_heard_his_limo_driver_was/

2. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

3. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

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6. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&&dskeywordid=92700057937791656&lid=92700057937791656&ds=_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

7. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

8. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event" took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

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https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

feel physical discomfort

Count: 4249 | Percent: 4.54%

Variants: pain, hurt, uncomfortable

Note: Bodily sensations of pain or unease.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\\n\\nI'll give a background for anyone interested and a TLDR at the bottom\\n\\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=45758) TIL that when cars were new, hitting a pedestrian was a serious matter called a *motor killing*. As it happened more as there were more cars and more crashes, Car Manufacturers hired public relations spin doctors to invent the word Jaywalker to shift fault to pedestrians for getting hurt and dying. nan

https://www.reddit.com/r/todayilearned/comments/1knsdgv/til_that_when_cars_were_new_hitting_a_pedestrian/

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feel anxious

Count: 3804 | Percent: 4.06%

Variants: anxious, anxiety, worried

Note: Nervousness or worry about situations or outcomes.

1. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.
Fuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.
Fuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

2. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**
If you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&dskeywordid=92700057937791656&lid=92700057937791656&s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

3. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.
Last night I had to help bring her laundry to her apartment because she couldn't do it herself.
I knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.
I called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

4. (post, votes=17532) I volunteered to sit next to a dead man on a plane, and deeply regret it. The man in seat 43-A died halfway across the Atlantic. I was sitting near the front of the plane, just behind first class, and couldn't really see the commotion. But I could hear someone gasping and retching — loud at first, then quieter and quieter. A flight attendant got

on the PA...

https://www.reddit.com/r/nosleep/comments/dnsoza/i_volunteered_to_sit_next_to_a_dead_man_on_a/

5. (post, votes=17015) Entire class skips optional early start to lab, we were given an hour for lunch and we're going to take all of our time TLDR: surgeons wants us to come to a lab scheduled for 12 and hour early at 11. As a class, we decided to come at 12. Got reprimanded, then the dean backed us up.\n\n■\nI'm a second year veterinary student. This is the time when...

https://www.reddit.com/r/MaliciousCompliance/comments/10zz3a1/entire_class_skips_optional_early_start_to_lab_we/

6. (post, votes=16482) Hell Hath No Fury Like Me Scorned (also posted on r/nuclearrevenge) Hell Hath No Fury Like Me Scorned\n\nThis story starts 31 years ago, but the revenge part was pure serendipity that began two years ago. I'm going to shorten some (most) parts because it's a crazy ride, but I'll be happy to answer any questions y'all have. I learned a fuckton on this jour...

https://www.reddit.com/r/ProRevenge/comments/qvov5v/hell_hath_no_fury_like_me_scorned_also_posted_on/

7. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

8. (post, votes=15029) Found out my friends introduced me to my girlfriend as joke, they've all slept with her before. I'm incredibly shocked and don't know what to do I asked an admin if I can post this one up again (thank you, admin!!!) as many didn't get around to reading it, my messages kept asking about the situation - so here you go! This is a tough one, and it's quite lo...

https://www.reddit.com/r/TrueOffMyChest/comments/wl4cmk/found_out_my_friends_introduced_me_to_my/

9. (post, votes=12280) I was Scott from Scott's Cheap Flights. Now I'm Scott from Going. I'm a professional cheap flight expert here to help your 2023 travel plans. I have a weird and wonderful job: I find cheap flights to help people travel more.\n\nIt all began on Reddit [8 years ago](https://www.reddit.com/r/IAmA/comments/2zp7j/i_flew_from_nyc_to_milan_for_65_now_i_help_peo...)

https://www.reddit.com/r/IAmA/comments/109z6gb/i_was_scott_from_scotts Cheap_flights_now_im/

10. (post, votes=11811) Dad sent me [15f] to boarding school at a young age. Now he's upset that I don't like to spend more time with his family during the summers. Threatening not to send me back to my school this fall. I want to go back **I am not The OOP, OOP is u/notthatinto**\n\nDad sent me [15f] to boarding school at a young age. Now he's upset that I don't like to spend...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1n39x8x/dad_sent_me_15f_to_boarding_school_at_a_young_age/

feel happy

Count: 3723 | Percent: 3.98%

Variants: happy, glad

Note: Positive mood, contentment, or relief.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

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us when I bought my first used car at a VW dealership. We were discussing the sale price and he left us to "talk about it" whil...

https://www.reddit.com/r/LifeProTips/comments/b0q8za/lpt_when_buying_a_car_at_a_dealership_and_they/

3. (post, votes=36226) AITA for refusing to pay back my cousin after my baby ruined her blouse? Hi all. \n\nI gave birth four weeks ago, and we decided to have a "baby ceremony", where everyone gets to meet our lovely daughter Charlotte. \n\nMy cousin Alice and her parents were among the guests. The first thing I'll say about her is that she has expensive taste. She's the sor...

https://www.reddit.com/r/AmItheAsshole/comments/cw43oc/aita_for_refusing_to_pay_back_my_cousin_after_my/

4. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

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https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

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https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

7. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\nFor those of you still waiting for an email, it looks like another batch is going out today. \n***** UPDATE September 25 *****\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

8. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

9. (post, votes=22171) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? I am not OP, this is a repost, original was by [u/businessbitch](<https://www.reddit.com/user/businessbitch/>) on [**r/AmItheAsshole**](<https://www.reddit.com/r/AmItheAsshole/>). This is a new post and all updates are in the edits by OOP\n\nLink to Original Pos...

https://www.reddit.com/r/BestofRedditUpdates/comments/tqancy/aita_for_replying_to_a_coworkers_inappropriate/

10. (post, votes=22145) I just lead some guy out of my apartment by knifepoint and now I might be single as a result. Got suckered into hosting one of my bf's friends for a day or so while they're in town on business.\n\nIt seemed to go well, until it didn't.\n\nI have an early morning, so I suggested instead of going out and getting drunk, that we have some Baileys and coffee an...

https://www.reddit.com/r/TwoXChromosomes/comments/b2ev6o/i_just_lead_some_guy_out_of_my_apartment_by/

feel awful

Count: 3312 | Percent: 3.54%

Variants: shit, shitty, feel like shit

Note: Very negative emotional or physical state.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\n\nI'll give a background for anyone interested and a TLDR at the bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

3. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**\n\nAnd I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73q116/stop_spending_money_on_food_buy_a_crockpot/

4. (post, votes=45020) Chesapeake Public Schools will allow an After School Satan Club, and parents are losing their shit. Local law professor claps back: "If the school is going to allow one religious club to meet, all other clubs have the right to meet regardless of ideology." nan

https://www.reddit.com/r/atheism/comments/zcbass/chesapeake_public_schools_will_allow_an_after/

5. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

6. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

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https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

9. (post, votes=24973) "You can't just throw out a stranded pregnant mother and her toddler at 3am in the cold!" Oh yes I fucking can! Buckle up everyone for this bumpy ride\n\nOkay so I was chilling in my living room around 3am playing some video games. My parents are out of town visiting some friends and I decided to stay home, house to myself and all. So here I am, in nothin...

https://www.reddit.com/r/entitledparents/comments/awa12t/you_cant_just_throw_out_a_stranded_pregnant/

10. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

feel guilty

Count: 2735 | Percent: 2.92%

Variants: guilty, feel guilty, sorry

Note: Regret or self blame about actions or inaction.

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https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_afte/

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https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

4. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/l1uftzr/white_house_spineless_cowards/

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https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

7. (post, votes=22363) WHY YOU DEFINITELY SHOULD NOT UNDER ANY CIRCUMSTANCE FALL FOR ALL THE SILVER SCAMS!!! CAREFUL, YOU ARE BEING PLAYED BY THE MOST POWERFUL ELITE ON THE PLANET!!! # THIS IS A META THREAD IN WHICH I'M JUST DOING 2 THINGS: RANTING AND LINKING TO OTHER DD THREADS THAT PREDATE GME MOONING BY MONTHS, THUS CALLING BULLSHIT ON THE 6 MILLION NEW DEGENERATES THAT "HA...

https://www.reddit.com/r/wallstreetbets/comments/laccqy/why_you_definitely_should_not_under_any/

8. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

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https://www.reddit.com/r/BestofRedditUpdates/comments/tqancy/aita_for_replying_to_a_coworkers_inappropriate/

10. (post, votes=18021) AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? Hi Reddit. I'm F25 and I'm honestly at my breaking point with this one. I need outside perspective because my entire family is acting like I'm Hitler for standing my ground.\n\nSo, I (25F) am a student...

https://www.reddit.com/r/AmIOverreacting/comments/1jwo74t/aio_for_threatening_to_take_my_sister_to_court/

feel angry

Count: 2495 | Percent: 2.67%

Variants: fuck, fucking pissed, angry

Note: Irritation, rage, or frustration directed at someone or something.

1. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.\n\nI'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switted_up/

2. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

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https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

4. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

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https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

10. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

feel lonely

Count: 2463 | Percent: 2.63%

Variants: lonely, alone

Note: Sense of social isolation or lack of connection.

1. (post, votes=86766) In 1999, a Londoner, helped an international student, by giving him free accomodation. The student eventually brought the Londoner back to China to take care of him after graduation. In 1999, an international student from China, SongYang, got lost in London. Hans, an old Londoner decided to help SongYang. He also invited him to his house. \n\nTo SongYang ...

https://www.reddit.com/r/MadeMeSmile/comments/1j6rad9/in_1999_a_londoner_helped_an_international/

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https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

3. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in

313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

4. (post, votes=40750) LPT: When buying a car at a dealership and they leave you alone to talk about it, check their desk phone speaker light. If it is on, they are most definitely listening to your conversation from the back office. \n\nIt happened to us when I bought my first used car at a VW dealership. We were discussing the sale price and he left us to "talk about it" while...

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https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

7. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.\n\n-Last night I had to help bring her laundry to her apartment because she couldn't do it herself.\n\n-I knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.\n\n-I called 911 to ask for...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

8. (post, votes=22112) My wife was kicked out of a coffee shop and not allowed to sit with me We walked in, ordered a coffee & cake on our joint bank account. We sat at a tiny table for 2. The café was completely empty. No other customers, dozens of seats.\n\nAs soon as staff realised she wasn't eating or drinking, they told her she must wait outside while I had my coffee alone...

https://www.reddit.com/r/Life/comments/1nln7qa/my_wife_was_kicked_out_of_a_coffee_shop_and_not/

9. (post, votes=20346) AITA for getting my job back to get out of taking care of my husband's autistic niece? Originally posted on r/AmIATheAsshole by [u/basicallyalazyass](<https://www.reddit.com/user/basicallyalazyass/>) , who gave permission to post the update here, since AITA mods removed it there. (I'm a first time poster here, hope I'm doing this right)\n\n[Original](https://www.reddit.com/r/BestofRedditorUpdates/comments/sp6e6b/aita_for_getting_my_job_back_to_get_out_of_taking/)

10. (post, votes=18021) AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? Hi Reddit. I'm F25 and I'm honestly at my breaking point with this one. I need outside perspective because my entire family is acting like I'm Hitler for standing my ground.\n\nSo, I (25F) am a student...

https://www.reddit.com/r/AmIOverreacting/comments/1jwo74t/aio_for_threatening_to_take_my_sister_to_court/

feel scared

Count: 2277 | Percent: 2.43%

Variants: scared, afraid, fear

Note: Fearful anticipation of harm or negative outcomes.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one

because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

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https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

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https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

4. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

5. (post, votes=17532) I volunteered to sit next to a dead man on a plane, and deeply regret it. The man in seat 43-A died halfway across the Atlantic. I was sitting near the front of the plane, just behind first class, and couldn't really see the commotion. But I could hear someone gasping and retching — loud at first, then quieter and quieter. A flight attendant got on the PA...

https://www.reddit.com/r/nosleep/comments/dnszoza/i_volunteered_to_sit_next_to_a_dead_man_on_a/

6. (post, votes=16982) Because You Are My Baby My mother had the most beautiful teeth.\n\nHer teeth are my first memory. I remember them: long and white and bared in a ferocious grin, shining under the full moon as she told me a story. Not a fairy tale or picture book, but *my* the story. The story of how I'd come to her...or rather, how she'd come to me.\n\nWhen I was very smal...

https://www.reddit.com/r/nosleep/comments/ai4ld3/because_you_are_my_baby/

7. (post, votes=16482) Hell Hath No Fury Like Me Scorned (also posted on r/nuclearrevenge) Hell Hath No Fury Like Me Scorned\n\nThis story starts 31 years ago, but the revenge part was pure serendipity that began two years ago. I'm going to shorten some (most) parts because it's a crazy ride, but I'll be happy to answer any questions y'all have. I learned a fuckton on this jour...

https://www.reddit.com/r/ProRevenge/comments/qvov5v/hell_hath_no_fury_like_me_scorned_also_posted_on/

8. (post, votes=15979) The previous tenant of my new flat left a survival guide. Last night my survival was threatened. How it began \nhttps://www.reddit.com/r/nosleep/comments/ci94do/the_previous_tenant_of_my_new_flat_left_a/?utm_source=share&utm_medium=ios_app\n And what happened next\nhttps://www.reddit.com/r/nosleep/comments/cinu8u/the_previous_tenant_of_my_new_flat_left_a...

https://www.reddit.com/r/nosleep/comments/cjintp/the_previous_tenant_of_my_new_flat_left_a/

9. (post, votes=15123) The real DD on SLV, the worlds biggest short squeeze is possible and we can make history Update 2/19: finally managed to get an update post through moderation- much better than this original! [https://www.reddit.com/r/wallstreetbets/comments/lnezeho/the_short_squeeze_is_glaringly_obvious_to/?utm_source=share&utm_medium=web2x&context=3](<http://>)

https://www.reddit.com/r/wallstreetbets/comments/l6novm/the_real_dd_on_slv_the_worlds_biggest_short/

10. (post, votes=15029) Found out my friends introduced me to my girlfriend as joke, they've all slept with her before. I'm incredibly shocked and don't know what to do I asked an admin if I can post this one up again (thank you, admin!!!) as many didn't get around to reading it, my messages kept asking about the situation - so here you go! This is a tough one, and it's quite lo...

https://www.reddit.com/r/TrueOffMyChest/comments/wl4cmk/found_out_my_friends_introduced_me_to_my/

feel tired

Count: 2270 | Percent: 2.43%

Variants: tired, so tired, feeling tired

Note: Subjective sense of exhaustion or low physical energy.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

2. (post, votes=19398) AITA for calling every morning? My son is a 20 month old toddler, my wife is a stay-at-home mom, I work six days a week and I'm usually gone for twelve hours a day.\n\nI always check in on my son remotely via our nursery cam app and he's always awake in the mornings around 8:00. He has a great sleep routine. Our "wind down" time starts at the same time ev...

https://www.reddit.com/r/AmItheAsshole/comments/z7xtan/aita_for_calling_every_morning/

3. (post, votes=17834) Synopsis for 04-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\nhttps://preview.reddit.it/n6el37moyvu61.png?width=680&format=png&auto=webp&s=86407c5dc469250d43e53114db32b0f58408291\n\n# Ok who pushed the entire market down a cliff? Bobby wa...

https://www.reddit.com/r/Superstonk/comments/mwrt08/synopsis_for_04232021_what_we_need_to_know_before/

4. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

5. (post, votes=15545) AITAH For Telling My Husband That I See Him As A Liability and Not A Partner? Sorry for the long post, it's 2am and I'm crying and tired and worn out. If I'm rambling, it's because I've held this in for so long not wanting to burden friends or family with my marital troubles.\n\n34F have been with my husband (37M, we'll call him Nathan) for 8 years. Eve...

https://www.reddit.com/r/AITAH/comments/1eavw3v/aitah_for_telling_my_husband_that_i_see_him_as_a/

6. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorothemIL. She then created a second account: u/Throwawaydisownedson. She posted in r/relationship_advice, r/AmItheAsshole and r/legaladvice. And her own page.\n\nhad changed letters to names in th...

https://www.reddit.com/r/BestofRedditorUpdates/comments/13wsuoi/shes_back_my_f50_daughter_in_law_24f_gave_birth/

7. (post, votes=13778) I found the bunker of a prepper family who went missing three years ago Dr Daniel Vance was a smart man. Too smart for his own good, maybe. Forty years old, a lecturer in fluid dynamics with a mind made of shapes and numbers. No one knows why but one day, on a whim, he crunched the numbers on the apocalypse and came to a troubling conclusion. He didn't sh...

https://www.reddit.com/r/nosleep/comments/11txaos/i_found_the_bunker_of_a_prepper_family_who_went/

8. (post, votes=13367) Jason Kidd canceled Christmas, worked Larry Sanders to the point of convulsions In a new biography of Giannis Antetokounmpo a number of claims are reported regarding Jason Kidd. This is from tweets by @FakeTJHawke, linked where applicable.\n\nhttps://twitter.com/FakeTJHawke/status/1424849460543295499\n\nBut the Bucks were struggling, dropping a game to ...

https://www.reddit.com/r/nba/comments/p2ikl8/jason_kidd_canceled_christmas_worked_larry/

9. (post, votes=12165) AITA for answering “sure!” when asked if I want lunch? EDIT:\n\nI want to say thank you to all of you who have reached out. Many of the comments here have been supportive and I’ve had quite a number of messages offering support and experience and I’ve actually been rather overwhelmed.\n\nI know my partner is... not the best. I’ve been thinking, maybe if ...

https://www.reddit.com/r/AmItheAsshole/comments/gkpzrv/aita_for_answering_sure_when_asked_if_i_want_lunch/

10. (post, votes=11809) Wake me with your alarm? Guess my day starts now, too. I (28F) live with my boyfriend (29M) and one roommate (35M) in a house that I own. They both work at the same company, so their workday starts at 6AM. I WFH so I sleep/get up pretty much whenever I want. It’s worth noting that I am a very light sleeper, and my boyfriend is a fairly heavy sleeper that ...

https://www.reddit.com/r/pettyrevenge/comments/17c8c3h/wake_me_with_your_alarm_guess_my_day_starts_now/

feel overwhelmed

Count: 1909 | Percent: 2.04%

Variants: overwhelmed, too much, can t handle

Note: Feeling unable to cope with demands or emotions.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don’t particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=40225) MAGA’s Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

3. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

4. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.\n\nLast night I had to help bring her laundry to her apartment because she couldn’t do it herself.\n\nI knocked on her door multiple times and called out her name. I couldn’t hear anything except the alarm clock.\n\nI called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

5. (post, votes=23980) TIFU by detoxing myself and it nearly cost me my life Obligatory this happened 2 weeks ago\n\nI had been dieseling through a handle of cheap vodka every other day for over a year. I’ve never been much of a drinker, but several traumatic events had transpired in a very short amount of time, so I began drinking more to help me cope. I would neve...

https://www.reddit.com/r/tifu/comments/b5zkli/tifu_by_detoxing_myself_and_it_nearly_cost_me_my/

6. (post, votes=23882) Hey CD Projekt Red, I think you shipped the wrong config on PC. Here’s a guide that shows you how to “unlock” Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file appearantly does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

7. (post, votes=20020) I didn't get a job because I was a bully in high school **Reminder : I am not the OP.**\n\n[Original](<https://www.askamanager.org/2017/04/i-didnt-get-a-job-because-i-was-a-bully-in-high-school.html>)\n\n**Alison's advice has been cut out. Click on the link to read it.**\n\nI've been trying to break into a niche industry (30-40 jobs in a city with a populat...)

https://www.reddit.com/r/BestofRedditUpdates/comments/t1ys1m/i_didnt_get_a_job_because_i_was_a_bully_in_high/

8. (post, votes=19398) AITA for calling every morning? My son is a 20 month old toddler, my wife is a stay-at-home mom, I work six days a week and I'm usually gone for twelve hours a day.\n\nI always check in on my son remotely via our nursery cam app and he's always awake in the mornings around 8:00. He has a great sleep routine. Our "wind down" time starts at the same time ev...

https://www.reddit.com/r/AmItheAsshole/comments/z7xtan/aita_for_calling_every_morning/

9. (post, votes=16621) My[38m] wife [24f] of 3 years, took my daughter[14f] to visit her parents in Russia. Wife doesn't want to come back Like above. Sorry for ranting and any grammar errors I've been sitting in an airport for over almost 9 hours and making a lot of calls and had a bit to drink. Also this is a throwaway so I don't completely dox myself. \n\nMy wife went to vis...

https://www.reddit.com/r/relationship_advice/comments/bn1zq2/my38m_wife_24f_of_3_years_took_my_daughter14f_to/

10. (post, votes=15123) The real DD on SLV, the worlds biggest short squeeze is possible and we can make history Update 2/19: finally managed to get an update post through moderation- much better than this original! [https://www.reddit.com/r/wallstreetbets/comments/lnzeho/the_silver_short_squeeze_is_glaringly_obvious_to/?utm_source=share&utm_medium=web2x&context=3](http...)

https://www.reddit.com/r/wallstreetbets/comments/16novm/the_real_dd_on_slv_the_worlds_biggest_short/

feel satisfied

Count: 1712 | Percent: 1.83%

Variants: satisfied, content

Note: Feeling that needs or expectations are met.

1. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion...]

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

2. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

3. (post, votes=25665) The EU's Digital Services Act, due to become law in 2024, will likely become the global gold standard that American tech firms will be forced to adapt to. It will place substantial content moderation requirements on tech firms, including limiting false information, hate speech, and extremism. nan

https://www.reddit.com/r/Futurology/comments/yfpvoe/the_eus_digital_services_act_due_to_become_law_in/

4. (post, votes=22171) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? I am not OP, this is a repost, original was by [u/businessbitch](<https://www.reddit.com/user/businessbitch/>) on [**r/AmItheAsshole**](<https://www.reddit.com/r/AmItheAsshole/>)**. ** This is a new post and all updates are in the edits by OOP\n\nLink to Original Pos...

https://www.reddit.com/r/BestofRedditUpdates/comments/tqancy/aita_for_relying_to_a_coworkers_inappropriate/

5. (post, votes=20073) META: AskHistorians is shifting to Bluesky as our primary platform for off-Reddit outreach As those who've followed us *especially* closely may know, AskHistorians has had quite a varied social media presence over the years. The goal of engaging with other social media platforms beyond Reddit has always been twofold. First, to widen our audience and promo...

https://www.reddit.com/r/AskHistorians/comments/lgu5aqi/meta_askhistorians_is_shifting_to_bluessky_as_our/

6. (post, votes=18848) AITA for refusing to pay alimony to my cheating ex-wife I met my wife in my early 30s. She was in her mid 20s at the time. I was already well established and had made a significant amount of money working as a quant and investing my savings diligently. She on the other hand had never gone to college and was content working for basically minimum wage. \n\n...

https://www.reddit.com/r/AmItheAsshole/comments/blpyy3/aita_for_refusing_to_pay_alimony_to_my_cheating/

7. (post, votes=15041) Glacier Capital Exists - And It's Much Spicier Than You Thought **(Skip to !!!!!! - This was the initial part of my investigation. Skip to that bit. Promise.)**\n\nIn the linked in profile, they are advertising for one position in China with email domains for glacierchina.com\n\nRunning the advertisement through Google Translat...

https://www.reddit.com/r/Superstonk/comments/nf2q78/glacier_capital_exists_and_its_much_spicer_than/

8. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorotheMIL. She then created a second account: u/Throwawaydisownedson. She posted in r/relationship_advice, r/AmItheAsshole and r/legaladvice. And her own page.\n\nhad changed letters to names in th...

https://www.reddit.com/r/BestofRedditUpdates/comments/13wsuoi/shes_back_my_f50_daughter_in_law_24f_gave_birth/

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https://www.reddit.com/r/nba/comments/p2ikl8/jason_kidd_canceled_christmas_worked_larry/

10. (post, votes=13023) Clinton is getting arrogant, not planning to spend 1 dollar on TV ads in the remaining states. I'd hate to be cheesy, but slow and steady can win the race if we make Indiana a blowout victory— and it's an OPEN primary! How about 100,000 calls today? **EDIT:** Here's an idea, might be a little crazy: To every one of the 5,000+ people who upvoted this post,...

https://www.reddit.com/r/SandersForPresident/comments/4h4bfg/clinton_is_getting_arrogant_no_t_planning_to_spend/

feel secure

Count: 1711 | Percent: 1.83%

Variants: secure, safe

Note: Feeling protected and not threatened.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=47046) LPT When your kids move out, tell them, if they meet any hardship, they are welcome to come back at any time. It's like a invisible security net that makes them feel more secure, knowing you have their back if something goes wrong. nan

https://www.reddit.com/r/LifeProTips/comments/vh46jk/lpt_when_your_kids_move_out_tell_them_if_they/

3. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

4. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

5. (post, votes=22145) I just lead some guy out of my apartment by knifepoint and now I might be single as a result. Got suckered into hosting one of my bf's friends for a day or so while they're in town on business.\n\nIt seemed to go well, until it didn't.\n\nI have an early morning, so I suggested instead of going out and getting drunk, that we have some Baileys and coffee an...

https://www.reddit.com/r/TwoXChromosomes/comments/b2ev6o/i_just_lead_some_guy_out_of_my_apartment_by/

6. (post, votes=20449) I went to a Texas ER yesterday. It was bad. tl;dr - Title\n\nYesterday I went to a Dallas, TX ER. About ten minutes after I woke up that morning I collapsed as sudden, sharp, pain started spreading from my lower left abdomen. It was *excruciating*. I have a very high pain tolerance, and I couldn't speak, or stand up, or walk. All I could do was writhe and...

https://www.reddit.com/r/TwoXChromosomes/comments/114k74f/i_went_to_a_texas_er_yesterday_it_was_bad/

7. (post, votes=17834) Synopsis for 04-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\nhttps://preview.reddit.it/n6el37moyu61.png?width=680&format=png&auto=webp&s=86407c5dcd469250d43e53114db32b0f58408291\n\n# Ok who pushed the entire market down a cliff? Bobby wa...

https://www.reddit.com/r/Superstonk/comments/mwrt08/synopsis_for_04232021_what_we_need_to_know_before/

8. (post, votes=17532) I volunteered to sit next to a dead man on a plane, and deeply regret it. The man in seat 43-A died halfway across the Atlantic. I was sitting near the front of the plane, just behind first class, and couldn't really see the commotion. But I could hear someone gasping and retching — loud at first, then quieter and quieter. A flight attendant got on the PA...

https://www.reddit.com/r/nosleep/comments/dnszoza/i_volunteered_to_sit_next_to_a_dead_man_on_a/

9. (post, votes=15979) The previous tenant of my new flat left a survival guide. Last night my survival was threatened. How it began \nhttps://www.reddit.com/r/nosleep/comments/ci94do/the_previous_tenant_of_my_new_flat_left_a/?utm_source=share&utm_medium=ios_app\nAnd what happened next\nhttps://www.reddit.com/r/nosleep/comments/cinu8u/the_previous_tenant_of_my_new_flat_left_a...

https://www.reddit.com/r/nosleep/comments/cjintp/the_previous_tenant_of_my_new_flat_left_a/

10. (post, votes=15228) Bank of America is refusing to give back \$9,800 to my dad's account after someone fraudulently stole his funds. On the night of November 1st/early morning of November 2nd, someone made 8 separate withdrawals of \$600 each(Total \$4800) at ATM machines in Tarrytown, White Plains, and lower Manhattan from my dad's account and then phone transferred another \$5...

https://www.reddit.com/r/personalfinance/comments/5dnijg/bank_of_america_is_refusing_to_give_back_9800_to/

feel sad

Count: 1619 | Percent: 1.73%

Variants: sad, upset

Note: Low mood, disappointment, or emotional pain.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

2. (post, votes=36226) AITA for refusing to pay back my cousin after my baby ruined her blouse? Hi all. \n\nI gave birth four weeks ago, and we decided to have a "baby ceremony", where everyone gets to meet our lovely daughter Charlotte. \n\nMy cousin Alice and her parents were among the guests. The first thing I'll say about her is that she has expensive taste. She's the sor...

https://www.reddit.com/r/AmItheAsshole/comments/cw43oc/aita_for_refusing_to_pay_back_my_cousin_after_my/

3. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

4. (post, votes=23640) AITA for demanding my husband to pay me the \$1000 dollars he spent behind my back? My husband (33) and I (31) used to have a 2 income home but in 2020 we've lost our home and one of our incomes (his). We moved into a smaller apartment, had to sell many things and give up most of our "costly" habits.\n\nMy husband has an expensive habit of going to the spa...

https://www.reddit.com/r/AmItheAsshole/comments/u3f6ka/aita_for_demanding_my_husband_to_pay_me_the_1000/

5. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

6. (post, votes=20701) My (25M) family cut contact with me 5 years ago after a fight with my younger brother. Now, they want me to come back but I'm having doubts about it **I am NOT OP. Original post by u/throwra271215 in r/relationship_advice**\n\ntrigger warnings: >!assault, racism!<\n\n---\n\n[**My (25M) family cut contact with me 5 years ago after a fight with my...

https://www.reddit.com/r/BestofRedditUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

7. (post, votes=20442) Boss says my chemo treatment 'isn't as bad as all that'. I put the evidence in her hand. A few years ago I needed a course of chemotherapy and was warned to expect all the usual side effects: nausea, fatigue, aches and pains, and - of course - hair loss. Well after the first couple of rounds I was feeling fairly good, not too nauseous (which had, weirdly,...

https://www.reddit.com/r/traumatizeThemBack/comments/1gcx76z/boss_says_my_chemo_treatment_isnt_as_bad_as_all/

8. (post, votes=19709) AITAH because I told my ex husband outside of our kids i don't care about his life and I don't owe his fiancé anything I'll fix the grammar later, fake names and throwaway\n\nSo my (36f) ex husband Tom (35m) left me for his "work wife" Tammy (25f) two years ago, I never liked her even before I found out about their relationship\n\nThe first time I met her...

https://www.reddit.com/r/AITAH/comments/1ahkvcd/aitah_because_i_told_my_ex_husband_outside_of_our/

9. (post, votes=18556) AITA for expecting my adult daughter to pay back what she owes me? My (48M) daughter (21F), Aria, abandoned us (her stepmother, younger half-sister and me) when she was 15 to go live with my enabling ex-wife, Sandra, and her husband.\n\nUntil then, we had 50/50 custody, but Sandra has always been less "strict" than me. She's always let Aria do what she wa...

https://www.reddit.com/r/AmItheAsshole/comments/silt4e/aita_for_expecting_my_adult_daughter_to_pay_back/

10. (post, votes=17268) Boys, my cancer just won't give up and I'm fading here a bit. Let me live vicariously through you. My people,\n\nIt's been a minute since I've checked in and I still get messages from you asking if I'm alive. What a community. Some of you may [remember me](https://www.reddit.com/r/golf/comments/umkqpz/boys_the_cancer_is_back_help_me_plan_a_killer_no/) as...

https://www.reddit.com/r/golf/comments/xvh17r/boys_my_cancer_just_wont_give_up_and_im_fading/

feel hate

Count: 1418 | Percent: 1.52%

Variants: hate, i hate, hating

Note: Strong dislike, resentment, or anger.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

2. (post, votes=25665) The EU's Digital Services Act, due to become law in 2024, will likely become the global gold standard that American tech firms will be forced to adapt to. It will place substantial content moderation requirements on tech firms, including limiting false information, hate speech, and extremism. nan

https://www.reddit.com/r/Futurology/comments/yfpvoe/the_eus_digital_services_act_due_to_become_law_in/

3. (post, votes=20442) Boss says my chemo treatment 'isn't as bad as all that'. I put the evidence in her hand. A few years ago I needed a course of chemotherapy and was warned to expect all the usual side effects: nausea, fatigue, aches and pains, and - of course - hair loss. Well after the first couple of rounds I was feeling fairly good, not too nauseous (which had, weirdly,...

https://www.reddit.com/r/traumatizeThemBack/comments/lgcx76z/boss_says_my_chemo_treatment_isnt_as_bad_as_all/

4. (post, votes=19235) AITA for refusing to let my parents move in and reminding them that they backed the wrong horse? My (37m) family comes from and is a long line of doctors, being a doctor is the only acceptable profession in their eyes and anything aside from that is met with literal abandonment.\n\nWhich is what happened to me when I turned 17 and told my family I was NOT...

https://www.reddit.com/r/AmItheAsshole/comments/r4lk04/aita_for_refusing_to_let_my_parents_move_in_and/

5. (post, votes=17043) Synopsis for 03-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\nhttps://preview.reddit.it/rvtny6j0zqo61.png?width=680&format=png&auto=webp&s=57a396e2f72a98520047be26dde3cbcc62e925e9\n\nNone of this is financial advice.\n\n# WardenElite getti...

https://www.reddit.com/r/GME/comments/mbbjni/synopsis_for_03232021_what_we_need_to_know_before/

6. (post, votes=15029) Found out my friends introduced me to my girlfriend as joke, they've all slept with her before. I'm incredibly shocked and don't know what to do I asked an admin if I can post this one up again (thank you, admin!!!) as many didn't get around to reading it, my messages kept asking about the situation - so here you go! This is a tough one, and it's quite lo...

https://www.reddit.com/r/TrueOffMyChest/comments/wl4cmk/found_out_my_friends_introduced_me_to_my/

7. (post, votes=13144) It's not franchise fatigue for crazy players like myself with 100+ days of game time. The problem has become the boring loot, the over-the-top restrictions on armor, and Eververse hoarding every interesting non-weapon item in the game. I stopped playing last week. Call it a break, I don't have much plans to log in until I hear otherwise. Man, have I stuck...

https://www.reddit.com/r/DestinyTheGame/comments/ejo4i3/its_not_franchise_fatigue_for_crazy_players_like/

8. (post, votes=13023) Clinton is getting arrogant, not planning to spend 1 dollar on TV ads in the remaining states. I'd hate to be cheesy, but slow and steady can win the race if we make Indiana a blowout victory—and it's an OPEN primary! How about 100,000 calls today? **EDIT:** Here's an idea, might be a little crazy: To every one of the 5,000+ people who upvoted this post,...

https://www.reddit.com/r/SandersForPresident/comments/4h4bfg/clinton_is_getting_arrogant_no_t_planning_to_spend/

9. (post, votes=12280) I was Scott from Scott's Cheap Flights. Now I'm Scott from Going. I'm a professional cheap flight expert here to help your 2023 travel plans. I have a weird and wonderful job: I find cheap flights to help people travel more.\n\nIt all began on Reddit [8 years ago](https://www.reddit.com/r/IAmA/comments/2zpz7j/i_flew_from_nyc_to_milan_for_65_now_i_help_peo...)

https://www.reddit.com/r/IAmA/comments/109z6gb/i_was_scott_from_scotts Cheap_flights_now_im/

10. (post, votes=11237) In light of the controversy surrounding The Fabulous Moolah and her life, I decided to find everything I could on the subject and typed up this 6,000 word super post listing every terrible thing that Moolah has ever done with videos, interviews, quotes, and different sources to back everything up. In the previous days following the WWE announcing a battle...

https://www.reddit.com/r/SquaredCircle/comments/84b2fe/in_light_of_the_controversy_surrounding_the/

feel confused

Count: 1221 | Percent: 1.30%

Variants: confused, don't understand, no idea

Note: Uncertainty or lack of clarity about what is happening.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

2. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

3. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslis...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

4. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

5. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two

hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

6. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n\n***** UPDATE September 25 *****\n\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

7. (post, votes=23980) TIFU by detoxing myself and it nearly cost me my life Obligatory this happened 2 weeks ago\n■\nI had been dieseling through a handle of cheap vodka every other day for over a year. I've never been much of a drinker, but several traumatic events had transpired in a very short amount of time, so I began drinking more to help me cope. I would neve...

https://www.reddit.com/r/tifu/comments/b5zkli/tifu_by_detoxing_myself_and_it_nearly_cost_me_my/

8. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

9. (post, votes=22112) My wife was kicked out of a coffee shop and not allowed to sit with me We walked in, ordered a coffee & cake on our joint bank account. We sat at a tiny table for 2. The café was completely empty. No other customers, dozens of seats.\n\nAs soon as staff realised she wasn't eating or drinking, they told her she must wait outside while I had my coffee alone...

https://www.reddit.com/r/Life/comments/1nln7qa/my_wife_was_kicked_out_of_a_coffee_shop_and_not/

10. (post, votes=16621) My[38m] wife [24f] of 3 years, took my daughter[14f] to visit her parents in Russia. Wife doesn't want to come back Like above. Sorry for ranting and any grammar errors I've been sitting in an airport for over almost 9 hours and making a lot of calls and had a bit to drink. Also this is a throwaway so I don't completely dox myself. \n\nMy wife went to vis...

https://www.reddit.com/r/relationship_advice/comments/bn1zq2/my38m_wife_24f_of_3_years_took_my_daughter14f_to/

feel relaxed

Count: 1202 | Percent: 1.28%

Variants: relaxed, calm

Note: Low arousal, peaceful emotional state.

1. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

2. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

3. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=2170000001526007&&dskeywordid=92700057937791656&lid=92700057937791656&ds=_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

4. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event" took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

5. (post, votes=20449) I went to a Texas ER yesterday. It was bad. tl;dr - Title\n\nYesterday I went to a Dallas, TX ER. About ten minutes after I woke up that morning I collapsed as sudden, sharp, pain started spreading from my lower left abdomen. It was *excruciating*. I have a very high pain tolerance, and I couldn't speak, or stand up, or walk. All I could do was writhe and...

https://www.reddit.com/r/TwoXChromosomes/comments/114k74f/i_went_to_a_texas_er_yesterday_it_was_bad/

6. (post, votes=20442) Boss says my chemo treatment 'isn't as bad as all that'. I put the evidence in her hand. A few years ago I needed a course of chemotherapy and was warned to expect all the usual side effects: nausea, fatigue, aches and pains, and - of course - hair loss. Well after the first couple of rounds I was feeling fairly good, not too nauseous (which had, weirdly,...

https://www.reddit.com/r/traumatizeThemBack/comments/1gcx76z/boss_says_my_chemo_treatment_isnt_as_bad_as_all/

7. (post, votes=18021) AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? Hi Reddit. I'm F25 and I'm honestly at my breaking point with this one. I need outside perspective because my entire family is acting like I'm Hitler for standing my ground.\n\nSo, I (25F) am a student...

https://www.reddit.com/r/AmIOverreacting/comments/1jwo74t/aio_for_threatening_to_take_my_sister_to_court/

8. (post, votes=17834) Synopsis for 04-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\nhttps://preview.reddit.it/n6el37moyvu61.png?width=680&format=png&auto=webp&s=86407c5dcd469250d43e53114db32b0f58408291\n\n# Ok who pushed the entire market down a cliff? Bobby wa...

https://www.reddit.com/r/Superstonk/comments/mwrt08/synopsis_for_04232021_what_we_need_to_know_before/

9. (post, votes=17532) I volunteered to sit next to a dead man on a plane, and deeply regret it. The man in seat 43-A died halfway across the Atlantic. I was sitting near the front of the plane, just behind first class, and couldn't really see the commotion. But I could hear someone gasping and retching — loud at first, then quieter and quieter. A flight attendant got on the PA...

https://www.reddit.com/r/nosleep/comments/dnszoza/i_volunteered_to_sit_next_to_a_dead_man_on_a/

10. (post, votes=15029) Found out my friends introduced me to my girlfriend as joke, they've all slept with her before. I'm incredibly shocked and don't know what to do I asked an admin if I can post this one up again (thank you, admin!!!) as many didn't get around to reading it, my messages kept asking about the situation - so here you go! This is a tough one, and it's quite lo...

https://www.reddit.com/r/TrueOffMyChest/comments/wl4cmk/found_out_my_friends_introduced_me_to_my/

feel exhausted

Count: 1169 | Percent: 1.25%

Variants: exhausted, drained

Note: Extreme tiredness, both physical and mental.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one

because I want...

https://www.reddit.com/r/ProRevenge/comments/f94q9/keep_screwing_over_your_group_members_t_his/

2. (post, votes=15979) The previous tenant of my new flat left a survival guide. Last night my survival was threatened. How it began \nhttps://www.reddit.com/r/nosleep/comments/ci94do/the_previous_tenant_of_my_new_flat_left_a/?utm_source=share&utm_medium=ios_app\n And what happened next\nhttps://www.reddit.com/r/nosleep/comments/cinu8u/the_previous_tenant_of_my_new_flat_left_a...

https://www.reddit.com/r/nosleep/comments/cjintp/the_previous_tenant_of_my_new_flat_left_a/

3. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorothemIL. She then created a second account: u/Throwawaydisownnedson. She posted in r/relationship_advice, r/AmItheAsshole and r/legaladvice. And her own page.\n\n had changed letters to names in th...

https://www.reddit.com/r/BestofRedditUpdates/comments/13wsuoi/shes_back_my_f50_daughter_i_n_law_24f_gave_birth/

4. (post, votes=14363) The previous tenant of my new flat left a survival guide. Some people are too good for this world. Last time: https://www.reddit.com/r/nosleep/comments/ckw07c/the_previous_tenant_of_my_new_flat_left_a/?utm_source=share&utm_medium=ios_app\n sat silent for a moment in shock that my plan had even worked. It seemed almost too simple, too easy. But here he ...

https://www.reddit.com/r/nosleep/comments/clvga9/the_previous_tenant_of_my_new_flat_left_a/

5. (post, votes=12302) SEC documents show that FTDs are nearly never delivered. In 2008 only 0.12% of FTDs were bought back in..A system where all DTCC participants agree to not buy each other in...the DTCC claims to be powerless. Blackhole at 192 million FTDs min. **Original Flair: DD** Serious Documents **FYI** u/jsmar18 **banned me 20 days ago for nothing and has yet to lift...

https://www.reddit.com/r/Superstonk/comments/qc4lmk/sec_documents_show_that_ftds_are_nearly_never/

6. (post, votes=12253) Hyperinflation is Coming- The Dollar Endgame: PART 5.1- "Enter the Dragon" (SECOND HALF OF FINALE) # ([Hey everyone, this is the SECOND half of the Finale, you can find the first half here](https://www.reddit.com/r/Superstonk/comments/z8wus9/hyperinflation_is_coming_the_dollar_endgame_part/))\n#\n#\n# The Dollar Endgame\n#\n**True monetary collapses are ...

https://www.reddit.com/r/Superstonk/comments/z8wx9i/hyperinflation_is_coming_the_dollar_endgame_part/

7. (post, votes=12093) Drive Safe My ex always hated our dog, but he probably would've taken her too if she weren't so ugly.\n\nlf Loulou were one of those cute mini golden doodles or corgis, or even one of those goofy-looking dogs that are charming in their ugliness — think Danny DeVito or Steve Buscemi, only in dog version — then I have no doubt he would've claimed ownership ...

https://www.reddit.com/r/nosleep/comments/opg16b/drive_safe/

8. (post, votes=12068) As an America of Asian descent I am experiencing a crazy amount of racism in Japan They assume I'm Chinese and don't know Japanese so they talk a crazy amount of shit next to me pretty much everywhere I go\n\nTokyo Station\n\nHe has the stink of a foreigner/Chinese (two teen girls said this three times as I passed by them looking for someone)\n\nOn a Trai...

https://www.reddit.com/r/self/comments/1diaccv/as_an_america_of_asian_descent_i_am_experiencing/

9. (post, votes=10715) I [M26] recently found out my "Step-Father" [M48] who just married my mother 2 years ago is currently having a sexual relationship with my wife of 4 years [F28] behind my back and has been since late summer or maybe even before that. What am I supposed to do? Should I tell my mother? I'm sorry if this is a little much. I've been sitting in my car for a fe...

https://www.reddit.com/r/relationship_advice/comments/a553f2/i_m26_recently_found_out_my_stepfather_m48_who/

10. (post, votes=10524) Theresa This is not my story; it is my daughter's. Her name was Theresa. She died two weeks ago, a suicide by overdose. She called me just prior to the act, informing me of her intentions and the reasons behind them. I of course pled with her, begging her through tears not to go through with what she had planned. But she was resolute in her decision, and ...

<https://www.reddit.com/r/nosleep/comments/otzjtz/theresa/>

feel focused

Count: 1148 | Percent: 1.23%

Variants: focused, in the zone

Note: Sense of concentration and mental clarity.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\n\nI'll give a background for anyone interested and a TLDR at the bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

3. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

4. (post, votes=13778) I found the bunker of a prepper family who went missing three years ago Dr Daniel Vance was a smart man. Too smart for his own good, maybe. Forty years old, a lecturer in fluid dynamics with a mind made of shapes and numbers. No one knows why but one day, on a whim, he crunched the numbers on the apocalypse and came to a troubling conclusion. He didn't sh...

https://www.reddit.com/r/nosleep/comments/11txaos/i_found_the_bunker_of_a_prepper_family_who_went/

5. (post, votes=13150) Lead Software Engineer Tim Ford confirms Symmetra will become a Defense hero with her rework In [an interview posted earlier today with InvenGlobal](<https://www.invenglobal.com/articles/4865/interview-with-overwatch-dev-tim-ford-regarding-symmetra-turning-into-a-defense-hero-and-the-channel-system>):\n\n***Hanzo and Symmetra will soon get remakes. As for...

https://www.reddit.com/r/Overwatch/comments/8dntyx/lead_software_engineer_tim_ford_confirms_symmetra/

6. (post, votes=12093) Drive Safe My ex always hated our dog, but he probably would've taken her too if she weren't so ugly.\n\nIf Loulou were one of those cute mini golden doodles or corgis, or even one of those goofy-looking dogs that are charming in their ugliness — think Danny DeVito or Steve Buscemi, only in dog version — then I have no doubt he would've claimed ownership ...

https://www.reddit.com/r/nosleep/comments/opg16b/drive_safe/

7. (post, votes=10524) Theresa This is not my story; it is my daughter's. Her name was Theresa. She died two weeks ago, a suicide by overdose. She called me just prior to the act, informing me of her intentions and the reasons behind them. I of course pled with her, begging her through tears not to go through with what she had planned. But she was resolute in her decision, and ...

<https://www.reddit.com/r/nosleep/comments/otzjtz/theresa/>

8. (post, votes=7118) I found out I had a child when CPS contacted me because her mother was losing custody. Now what? ***I am NOT OP, this is a repost. Original post:*** [I found out I had a child when CPS contacted me because her mother was losing custody. Now what?

(MD)](https://www.reddit.com/r/legaladvice/comments/dpt2ez/i_found_out_i_had_a_child_when_cps_contacted_me/) t...

https://www.reddit.com/r/BestofRedditorUpdates/comments/tynbre/i_found_out_i_had_a_child_when_cps_contacted_me/

9. (post, votes=7059) It's me. Viih_Sou Hello people of Reddit, this is going to be a long, comprehensive post so forgive me in advance but I think it's crucial I don't leave out any information so here goes:\n\nTo catch everyone up to speed, The other day I seem to have shaken up the chess world after defeating Daniel Naroditsky in a long blitz match on chess.com playing unde...

https://www.reddit.com/r/chess/comments/1claxsm/its_me_viih_sou/

10. (post, votes=7000) My name is Ricardo Rangel (Substation Design Engineer). I pioneered an algorithm to design 100% renewable power systems, and I am on a mission to lead the transition toward sustainable energy. AMA! My name is Ricardo Rangel. Over three years ago, I pioneered an algorithm to design Sustainable Energy Generation Systems (SEGSS) which are power systems suppo...

https://www.reddit.com/r/IAmA/comments/c14boe/my_name_is_ricardo_rangel_substation_design/

feel surprised

Count: 1050 | Percent: 1.12%

Variants: surprised, shocked

Note: Emotional reaction to unexpected events.

1. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

2. (post, votes=26674) AITA for telling my sister she was out of her mind when she said she wanted to take back my child whom I adopted from her? My (36) sister N (29) got pregnant at 18. I am infertile and knew I couldn't have kids so when N said she was giving her baby for adoption, I decided to be her mom. N went no contact 5 months after giving birth. For a bit of backgroun...

https://www.reddit.com/r/AmItheAsshole/comments/opctna/aita_for_telling_my_sister_she_was_out_of_her/

3. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

4. (post, votes=20701) My (25M) family cut contact with me 5 years ago after a fight with my younger brother. Now, they want me to come back but I'm having doubts about it **I am NOT OP. Original post by u/throwra271215 in r/relationship_advice**\n\ntrigger warnings: >!assault, racism!<\n\n---\n\n[**My (25M) family cut contact with me 5 years ago after a fight with my...

https://www.reddit.com/r/BestofRedditorUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

5. (post, votes=20442) Boss says my chemo treatment 'isn't as bad as all that'. I put the evidence in her hand. A few years ago I needed a course of chemotherapy and was warned to expect all the usual side effects: nausea, fatigue, aches and pains, and - of course - hair loss. Well after the first couple of rounds I was feeling fairly good, not too nauseous (which had, weirdly,...

https://www.reddit.com/r/traumatizeThemBack/comments/1gcx76z/boss_says_my_chemo_treatment_isnt_as_bad_as_all/

6. (post, votes=18418) AITA for siding with my boyfriend after he punished my son for asking for money to watch his stepsiblings? I f36 have been with my boyfriend m41 for 2 years. He has 3 kids (6,12,4) while I have a 16 year old son.\n\nThe other day my 12 yo stepson fell off the stairs and injured his ankle, his dad and I had to get him to the hospital and needed someone...

https://www.reddit.com/r/AmItheAsshole/comments/srjkgx/aita_for_siding_with_my_boyfriend_after_he/

7. (post, votes=16482) Hell Hath No Fury Like Me Scorned (also posted on r/nuclearrevenge) Hell Hath No Fury Like Me Scorned\n\nThis story starts 31 years ago, but the revenge part was pure serendipity that began two years ago. I'm going to shorten some (most) parts because it's a crazy ride, but I'll be happy to answer any questions y'all have. I learned a fuckton on this jour...

https://www.reddit.com/r/ProRevenge/comments/qvov5v/hell_hath_no_fury_like_me_scorned_also_posted_on/

8. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

9. (post, votes=15735) AITA for still going to the Dr. Appointment my husband cancelled behind my back just so I could host dinner for his friends? Excuse my bad english...\n\nThis might sound petty but hear me out please... I want to say that I'm a very generous host, I do most of the hosting as part of my stay-at-home-mom duty. DH works a very stressful and demanding job an...

https://www.reddit.com/r/AmItheAsshole/comments/rzpwr/aita_for_still_going_to_the_dr_appointment_my/

10. (post, votes=15029) Found out my friends introduced me to my girlfriend as joke, they've all slept with her before. I'm incredibly shocked and don't know what to do I asked an admin if I can post this one up again (thank you, admin!!!) as many didn't get around to reading it, my messages kept asking about the situation - so here you go! This is a tough one, and it's quite lo...

https://www.reddit.com/r/TrueOffMyChest/comments/w14cmk/found_out_my_friends_introduced_me_to_my/

feel stressed

Count: 987 | Percent: 1.05%

Variants: stressed, stressful, under stress

Note: Emotional strain or pressure from demands.

1. (post, votes=23640) AITA for demanding my husband to pay me the \$1000 dollars he spent behind my back? My husband (33) and I (31) used to have a 2 income home but in 2020 we've lost our home and one of our incomes (his). We moved into a smaller apartment, had to sell many things and give up most of our "costly" habits.\n\nMy husband has an expensive habit of going to the spa...

https://www.reddit.com/r/AmItheAsshole/comments/u3f6ka/aita_for_demanding_my_husband_to_pay_me_the_1000/

2. (post, votes=17015) Entire class skips optional early start to lab, we were given an hour for lunch and we're going to take all of our time TLDR: surgeons wants us to come to a lab scheduled for 12 and hour early at 11. As a class, we decided to come at 12. Got reprimanded, then the dean backed us up.\n\nI'm a second year veterinary student. This is the time when...

https://www.reddit.com/r/MaliciousCompliance/comments/10zz3a1/entire_class_skips_optional_early_start_to_lab_we/

3. (post, votes=15735) AITA for still going to the Dr. Appointment my husband cancelled behind my back just so I could host dinner for his friends? Excuse my bad english...\n\nThis might sound petty but hear me out please... I want to say that I'm a very generous host, I do most of the hosting as part of my stay-at-home-mom duty. DH works a very stressful and demanding job an...

https://www.reddit.com/r/AmItheAsshole/comments/rzpwr/aita_for_still_going_to_the_dr_appointment_my/

4. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorothemIL. She then created a second account: u/Throwawaydisownedson. She posted in r/relationship_advice, r/AmItheAsshole and r/legaladvice. And her own page.\n\nhad changed letters to names in th...

https://www.reddit.com/r/BestofRedditUpdates/comments/13wsuoi/shes_back_my_f50_daughter_in_law_24f_gave_birth/

5. (post, votes=13301) Bridezilla and her extended family destroy 70 hotel rooms Who else loves Bridezilla stories? Because boi do I have one! Buckle up because it's a long one; it includes drunken adults and minors, shoplifting, the end of at least two relationships, a very long visit from your friendly neighborhood police officers, a few evictions, and a shit ton of overtime ...

https://www.reddit.com/r/TalesFromTheFrontDesk/comments/ap7lw8/bridezilla_and_her_extended_family_destroy_70/

6. (post, votes=12093) Drive Safe My ex always hated our dog, but he probably would've taken her too if she weren't so ugly.\n\nIf Loulou were one of those cute mini golden doodles or corgis, or even one of those goofy-looking dogs that are charming in their ugliness — think Danny DeVito or Steve Buscemi, only in dog version — then I have no doubt he would've claimed ownership ...

https://www.reddit.com/r/nosleep/comments/opg16b/drive_safe/

7. (post, votes=11862) Somebody has been leaving notes around my house. They're starting to freak me out. They started innocently enough.\n\n*Don't forget your keys* read the first message, scrawled on a sticky note in loopy letters. It had been left on my fridge door.\n\nIt immediately grabbed my attention because at the time I lived alone, I had no memory of writing it, and ...

https://www.reddit.com/r/nosleep/comments/x65t81/somebody_has_been_leaving_notes_around_my_house/

8. (post, votes=11351) HOW TO BE HOT AND HEALTHY FOR THE SUMMER... from a personal trainer I feel like many of us are going through the spring blues and feeling stressed about summer so I wanted to create a big ass post about my top tips as a trainer because tbh, I see lots of sketchy and not great advice in this community. Take it or leave it but as we are all bitches with tas...

https://www.reddit.com/r/NYCbitcheswithtaste/comments/1buy3hu/how_to_be_hot_and_healthy_for_the_summer_from_a/

9. (post, votes=10732) [r/deadbedrooms] I'm severely panicking that I've ruined my life *I am not the OP. The OP is: u/cantdothis_anymore\n\nAcronyms: HL = high libido, LL = low libido\n[Original Post](https://www.reddit.com/r/DeadBedrooms/comments/7iik8k/im_severely_panicking_that_ive_ruined_my_life/?st=JB02OMJO&sh=d61bd781)\n\nLong time lurker on here. I \[HL 27 M] never...

https://www.reddit.com/r/BestofRedditUpdates/comments/twiijc/rdeadbedrooms_im_severely_panicating_that_ive/

10. (post, votes=10185) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\n**My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditUpdates/comments/1jr2xtt/my_wife_returned_from_a_work_retreat_with_a/

feel mental fog

Count: 978 | Percent: 1.05%

Variants: brain fog, foggy, can t focus

Note: Subjective cognitive cloudiness or difficulty thinking.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\n\nI'll give a background for anyone interested and a TLDR at the bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheese stick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

3. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

4. (post, votes=10263) Rocket League helped save my life Hello, my name is Zak and I'm an addict. I'm not really one for talking about myself or the "here's my story" kind of person, but today there is something inside me yelling at me to post this. Maybe someone really needs to see this and hopefully it will inspire them to make the leap themselves.\n\n5 years, nearly 2,000 da...

https://www.reddit.com/r/RocketLeague/comments/j6ynkl/rocket_league_helped_save_my_life/

5. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/ifsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

6. (post, votes=9352) 2020-2025 (Gained 5lb of muscle!) I've never posted on here but wanted to share my progress! In the first I weighed 129-130lbs but literally never worked out, barely got steps in (it was covid lol) and was drinking and binge eating during college. \n\nI got a breast reduction over a year ago and after that, I really hit the gym and my diet super hard. Now...

https://www.reddit.com/r/PetiteFitness/comments/1mq5oz8/20202025_gained_5lb_of_muscle/

7. (post, votes=9210) Karen Expects Total Stranger to Babysit Her Child, Even After Being Told NO *UPDATE at the bottom!*\n\nSooo this is a weird one. Not my story, but a friend who messaged me right after it happened to vent, cuz WTAFF??\n\nKaren = Entitled Mother\nSK = Sweet Kid\nF = My Friend\n\nSo Karen moved into the apartment next to F's a couple of weeks ago. Karen has s...

https://www.reddit.com/r/entitledparents/comments/kyoqay/karen_expects_total_stranger_to_babysit_her_child/

8. (post, votes=8987) Update: Husband demanded I change clothes multiple times for our date night, then stormed out when I refused after the third time Original post was here:\n\n[https://www.reddit.com/r/AITAH/comments/15ibg4o/aitah_for_not_wanting_to_change_my_clothes_...](https://www.reddit.com/r/AITAH/comments/15ibg4o/aitah_for_not_wanting_to_change_my_clothes_...)

https://www.reddit.com/r/AITAH/comments/15pjp58/update_husband_demanded_i_change_clothes_multiple/

9. (post, votes=8656) AITAH For blowing up on my husband because he keeps eating my emergency snacks after I've asked him not to? Today I (29 F) blew up on my husband (31 M) for eating my emergency snacks that I keep for hypoglycemia episodes. I am currently 19 weeks pregnant with my second baby. In my last pregnancy during the glucose test they do to see if you have gestation...

https://www.reddit.com/r/AITAH/comments/1ntwfia/aitah_for_blowing_up_on_my_husband_because_he/

10. (post, votes=8052) Breaking down Jaylen Brown's Concussion: His brain in crisis and the recovery Hey ya'll – my latest piece is taking a look at Jaylen Brown's concussion – specifically, what happens in the brain and his recovery. \n\nThis is the first piece from my blog and sports injury resource, theinjuryinsight.com. \n\nI started it due to the encouragement of many diff...

https://www.reddit.com/r/nba/comments/86c18e/breaking_down_jaylen_browns_concussion_his_brain/

feel nervous

Count: 916 | Percent: 0.98%

Variants: nervous, on edge

Note: Jittery anticipation, often before events or conversations.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t/

2. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

3. (post, votes=15029) Found out my friends introduced me to my girlfriend as joke, they've all slept with her before. I'm incredibly shocked and don't know what to do I asked an admin if I can post this one up again (thank you, admin!!!) as many didn't get around to reading it, my messages kept asking about the situation - so here you go! This is a tough one, and it's quite lo...

https://www.reddit.com/r/TrueOffMyChest/comments/wl4cmk/found_out_my_friends_introduced_me_to_my/

4. (post, votes=12093) Drive Safe My ex always hated our dog, but he probably would've taken her too if she weren't so ugly.\n\nIf Loulou were one of those cute mini golden doodles or corgis, or even one of those goofy-looking dogs that are charming in their ugliness — think Danny DeVito or Steve Buscemi, only in dog version — then I have no doubt he would've claimed ownership ...

https://www.reddit.com/r/nosleep/comments/opg16b/drive_safe/

5. (post, votes=8574) What will happen if I am honest with my pediatrician? Can they force me in a hospital? **I am NOT the Original Poster. That is** u/throwawayteen_06. She posted in r/AskDocs, r/UnsentLetters and r/LifeAdvice\n\nThanks to u/chromaticluxury for finding this and recommending it.\n\n**I have OOP's permission to share her posts.**\n\n# Do NOT comment on Origina...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1dqatkf/what_will_happen_if_i_am_honest_with_my/

6. (post, votes=7199) AITA for not letting my husband into the labour room & picking our child's name? + 11 months update **I am NOT OOP, OOP is** u/Illustrious-Book-613\n\nOriginally posted to r/AITAH**\n\n**AITA for not letting my husband into the labour room & picking our child's name? + 11 months update**\n\n**Thanks to u/soayherder & u/queenlegolas for suggesting this B...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1hrm7ui/aita_for_not_letting_my_husband_into_the_labour/

7. (post, votes=6526) I'm (28/m) starting to fall for my (24/f) 'wife' and am unsure how to proceed. **I am not The OOP, OOP is** u/spe8\n\n**I'm (28/m) starting to fall for my (24/f) 'wife' and am unsure how to proceed.**\n\n**TRIGGER WARNING:**\n>!Death of a spouse/mother in childbirth, mentions of past physical abuse, harassment, fears of stalking<\n\n[Original Post - re...]

https://www.reddit.com/r/BestofRedditorUpdates/comments/17r5ike/im_28m_starting_to_fall_for_my_24f_wife_and_am/

8. (post, votes=6359) My Patient Thinks He's Asleep One of my patients is convinced, *convinced* that he's asleep. \n\nI was one of the psychiatrists whose responsibility it was to diagnose him when he was admitted. The hospital in which I work is specifically designed for the more... *severe* patients. Patients that are, for whatever reason, more a danger to themselves or other...

https://www.reddit.com/r/nosleep/comments/7ixp9j/my_patient_thinks_hes_asleep/

9. (post, votes=6345) AITA for being cold to a food thief? So. This seems cut and dry to me but I'm getting flack and getting called out for being "petty" and "not trying to make amends", and I'm tired of defending myself, so here I am. \n\nI had some symptoms of bowel cancer earlier in the year and was prescribed laxatives to prep for a colonoscopy. It tasted nasty and I was ...

https://www.reddit.com/r/AmItheAsshole/comments/ovqh5x/aita_for_being_cold_to_a_food_thief/

10. (post, votes=6147) A Thank You to the Man Who Defended Me at Walmart TLDR: Deaf person gets freaked out by being aggressively smacked on the shoulder and yelled at, an older man and employees come to my defence and remove the lady from the store.\n\nI'll start out by explaining briefly that we've just moved to the area we're living in. I'm extremely new to the area, and it ...

https://www.reddit.com/r/IDontWorkHereLady/comments/hybrwn/a_thank_you_to_the_man_who_defended_me_at_walmart/

feel proud

Count: 862 | Percent: 0.92%

Variants: proud, proud of

Note: Satisfaction with one's own or others' achievements.

1. (post, votes=15029) Found out my friends introduced me to my girlfriend as joke, they've all slept with her before. I'm incredibly shocked and don't know what to do I asked an admin if I can post this one up again (thank you, admin!!!) as many didn't get around to reading it, my messages kept asking about the situation - so here you go! This is a tough one, and it's quite lo...

https://www.reddit.com/r/TrueOffMyChest/comments/wl4cmk/found_out_my_friends_introduced_me_to_my/

2. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorotheMIL. She then created a second account: u/Throwawaydisownedson. She posted in r/relationship_advice, r/AmltheAsshole and r/legaladvice. And her own page.\n\n had changed letters to names in th...

https://www.reddit.com/r/BestofRedditorUpdates/comments/13wsuoi/shes_back_my_f50_daughter_in_law_24f_gave_birth/

3. (post, votes=13144) It's not franchise fatigue for crazy players like myself with 100+ days of game time. The problem has become the boring loot, the over-the-top restrictions on armor, and Eververse hoarding every interesting non-weapon item in the game. I stopped playing last week. Call it a break, I don't have much plans to log in until I hear otherwise. Man, have I stuck...

https://www.reddit.com/r/DestinyTheGame/comments/ejo4i3/its_not_franchise_fatigue_for_crazy_players_like/

4. (post, votes=10994) {My stepdaughter wants me to have an abortion and my SO says, "Maybe we should think about it."} Instead of the step mom being a pain for the step children this is a tale of the opposite. Step children being terrible and the parent who backs them up. [Conclusive, short] **I am NOT OP, this is a repost. Original by**
[**u/PecanPieInTheSky**](https://www.reddit.com/r/BestofRedditorUpdates/comments/vfhqa2/my_stepdaughter_wants_me_to_have_an_abortion_and/)

5. (post, votes=10732) [r/deadbedrooms] I'm severely panicking that I've ruined my life *I am not the OP. The OP is:*
u/cantdothis_anymore\n\nAcronyms: HL = high libido, LL = low libido\n[Original Post](https://www.reddit.com/r/DeadBedrooms/comments/7iik8k/im_severely_panicking_that_ive_ruined_my_life/?st=JB02OMJO&sh=d61bd781)\n\nLong time lurker on here. I \[HL 27 M] never...

https://www.reddit.com/r/BestofRedditorUpdates/comments/twiijc/rdeadbedrooms_im_severely_panicating_that_ive/

6. (post, votes=10185) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\n**My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1jr2xtt/my_wife_returned_from_a_work_retreat_with_a/

7. (post, votes=9376) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\n**My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1jg886x/my_wife_returned_from_a_work_retreat_with_a/

8. (post, votes=9216) TIFU by not telling my husband about a lottery I won years ago **I am NOT OP. Original post by deleted user in** r/tifu\n\n**ORIGINAL POST + UPDATE**](https://www.reddit.com/r/tifu/comments/t407dj/tifu_by_not_telling_my_husband_about_a_lottery_i/) \- 01st

March 2022\n\nThrowaway account because some of my friends/family know my real one\n\nThe lotte...

https://www.reddit.com/r/BestofRedditorUpdates/comments/10ct714/tifu_by_not_telling_my_husb_and_about_a_lottery_i/

9. (post, votes=8574) What will happen if I am honest with my pediatrician? Can they force me in a hospital? **I am NOT the Original Poster. That is** u/throwawayteen_06. She posted in r/AskDocs, r/UnsentLetters and r/LifeAdvice\n\nThanks to u/chromaticluxury for finding this and recommending it.\n\n**I have OOP's permission to share her posts.**\n# Do NOT comment on Origina...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1dqatkf/what_will_happen_if_i_am_honest_with_my/

10. (post, votes=7939) My 10yo is no longer obese and is now at a healthy weight for her age/height. About a year ago, my daughter's doctor pulled me aside at the end of her appointment and mentioned her weight as a problem (for which I am grateful - my dr. has never said anything to me about mine even though I know I have issues as well). \n\nI really struggled with the advice...

https://www.reddit.com/r/loseit/comments/eanm9s/my_10yo_is_no_longer_obese_and_is_now_at_a/

behavior

Total keyword hits (denominator): 11150

Rank	Keyword	Count	Percent
1	gaming habit	7309	65.55%
2	napping habit	1075	9.64%
3	drinking sugary drinks	472	4.23%
4	working long hours	435	3.90%
5	reddit browsing	399	3.58%
6	doomscrolling	237	2.13%
7	bringing work home	237	2.13%
8	snacking often	137	1.23%
9	sleeping late	134	1.20%
10	constant social media use	106	0.95%
11	irregular sleep schedule	92	0.83%
12	complaining online	83	0.74%
13	procrastination habit	50	0.45%
14	desk sitting lifestyle	46	0.41%
15	drinking coffee daily	45	0.40%
16	irregular work schedule	43	0.39%
17	staying in bed	32	0.29%
18	skipping meals	27	0.24%
19	overworking	26	0.23%
20	phone scrolling	23	0.21%
21	high caffeine intake	22	0.20%
22	skipping breaks	18	0.16%
23	sedentary lifestyle	17	0.15%
24	eating junk food	14	0.13%
25	eating when stressed	13	0.12%
26	eating fast	13	0.12%
27	constant mental planning	10	0.09%
28	irregular eating	8	0.07%
29	constant checking	7	0.06%
30	late eating	6	0.05%

gaming habit

Count: 7309 | Percent: 65.55%

Variants: game, games, playing games

Note: Frequent video game playing as a leisure activity.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post

here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

2. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

3. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

4. (post, votes=24973) "You can't just throw out a stranded pregnant mother and her toddler at 3am in the cold!" Oh yes I fucking can! Buckle up everyone for this bumpy ride\n\nOkay so I was chilling in my living room around 3am playing some video games. My parents are out of town visiting some friends and I decided to stay home, house to myself and all. So here I am, in nothin...

https://www.reddit.com/r/entitledparents/comments/awa12t/you_cant_just_throw_out_a_stranded_pregnant/

5. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

6. (post, votes=23307) [ESPN] Curry's second wind comes from his ability to lower his heart rate during short breaks, even in the middle of games. In workouts, his trainer places sandbag weights below his ribcage in order to overload, and train, his diaphragm. He can coax his heart rate below 80 in one 90 second timeout. Super interesting article on Steph's conditioning: [https:...](https://...)

https://www.reddit.com/r/nba/comments/l2d14c/espn_currys_second_wind_comes_from_his_ability_to/

7. (post, votes=19709) AITAH because I told my ex husband outside of our kids i don't care about his life and I don't owe his fiancé anything I'll fix the grammar later, fake names and throwaway\n\nSo my (36f) ex husband Tom (35m) left me for his "work wife" Tammy (25f) two years ago, I never liked her even before I found out about their relationship\n\nThe first time I met her...

https://www.reddit.com/r/AITAH/comments/1ahkvcd/aitah_because_i_told_my_ex_husband_outside_of_our/

8. (post, votes=16982) Because You Are My Baby My mother had the most beautiful teeth.\n\nHer teeth are my first memory. I remember them: long and white and bared in a ferocious grin, shining under the full moon as she told me a story. Not a fairy tale or picture book, but *my* the story. The story of how I'd come to her...or rather, how she'd come to me.\n\nWhen I was very smal...

https://www.reddit.com/r/nosleep/comments/ai41d3/because_you_are_my_baby/

9. (post, votes=15823) OOP's boyfriend who is supposedly well off gets her a \$150 engagement ring, and the reason why is shocking *I am NOT OP. Original post by u/bowdownpls in r/AmItheAsshole* \n\n*This had been posted here 1 YEAR AGO by u/APassionatePoet. Here's the

[LINK](https://www.reddit.com/r/BestofRedditUpdates/comments/jif6lg/op_is_given_a Cheap_engagement_ring_and_w...)

https://www.reddit.com/r/BestofRedditUpdates/comments/wu3av4/oops_boyfriend_who_is_supposedly_well_off_gets/

10. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of

willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

napping habit

Count: 1075 | Percent: 9.64%

Variants: nap, naps, taking naps

Note: Regular daytime sleeping or dozing.

1. (post, votes=19398) AITA for calling every morning? My son is a 20 month old toddler, my wife is a stay-at-home mom, I work six days a week and I'm usually gone for twelve hours a day.\n\nI always check in on my son remotely via our nursery cam app and he's always awake in the mornings around 8:00. He has a great sleep routine. Our "wind down" time starts at the same time ev...

https://www.reddit.com/r/AmItheAsshole/comments/z7xtan/aita_for_calling_every_morning/

2. (post, votes=18021) AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? Hi Reddit. I'm F25 and I'm honestly at my breaking point with this one. I need outside perspective because my entire family is acting like I'm Hitler for standing my ground.\n\nSo, I (25F) am a student...

https://www.reddit.com/r/AmIOverreacting/comments/1jwo74t/aio_for_threatening_to_take_my_sister_to_court/

3. (post, votes=10994) {My stepdaughter wants me to have an abortion and my SO says, "Maybe we should think about it."} Instead of the step mom being a pain for the step children this is a tale of the opposite. Step children being terrible and the parent who backs them up. [Conclusive, short] **I am NOT OP, this is a repost. Original by**
[**u/PecanPieInTheSky**](<https://www.reddit.com>...)

https://www.reddit.com/r/BestofRedditUpdates/comments/vfhqa2/my_stepdaughter_wants_me_to_have_an_abortion_and/

4. (post, votes=10771) New Update: AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? **I am NOT the Original Poster. That is still**
[Ok-Jelly-6298](<https://www.reddit.com/user/Ok-Jelly-6298/>)**.** She posted in r/AmIOverreacting and r/relationship_advice\n\nThank you to u/...

https://www.reddit.com/r/BestofRedditUpdates/comments/1kj1fsu/new_update_aio_for_threatening_to_take_my_sister/

5. (post, votes=10587) New Update: AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? **I am still NOT the Original Poster. That is**
[Ok-Jelly-6298](<https://www.reddit.com/user/Ok-Jelly-6298/>)**.** She posted in r/AmIOverreacting, r/relationship_advice and her own page.\n\n...

https://www.reddit.com/r/BestofRedditUpdates/comments/1lpvulr/new_update_aio_for_threatening_to_take_my_sister/

6. (post, votes=10291) Am I overreacting about my nanny family having sex during the day? **I am not The OOP, OOP is u/sunflower92828**\n\nAm I overreacting about my nanny family having sex during the day?**\n\nOriginally posted to r/Nanny**\n\nThanks to u/Toketsupuurin for help with the comments**\n\nMOOD SPOILER:** >Crazy!<\n\n[Original Post](<https://www.reddit.com/r/>...)

https://www.reddit.com/r/BestofRedditUpdates/comments/1ozojwr/am_i_overreacting_about_my_nanny_family_having/

7. (post, votes=9602) New Updates: How to end it with a girl who has nothing going for her and will become homeless **I am NOT the Original Poster. That is** u/CocoTub. He posted in r/self, r/relationship_advice and his own page.\n\nThanks to my friend [](<https://www.reddit.com/user/powerkickass/>) for letting me know about the update! \n\nPrevious BORU [here](<https://www.reddit.com>...)

https://www.reddit.com/r/BestofRedditUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has/

8. (post, votes=7977) I finally admitted it - Covid related TW SI, MI Edit: I am so sorry I didn't respond to everyone in the comments. I didn't think this post would get much attention, so I didn't bother logging back in until after supper, and now I am kinda overwhelmed by all the comments and messages. I cried a little reading them though, I'm sorry my words struck such

a c...

https://www.reddit.com/r/nursing/comments/s9utzy/i_finally_admitted_it_covid_related_tw_si_mi/

9. (post, votes=7342) AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? **I am NOT the Original Poster. That is** [Ok-Jelly-6298](<https://www.reddit.com/user/Ok-Jelly-6298/>)**.** She posted in r/AmIOverreacting \n\nThanks to u/anicole325 for the rec\n\n# Do NOT comment on ...

https://www.reddit.com/r/BestofRedditUpdates/comments/1k6fmnn/aio_for_threatening_to_take_my_sister_to_court/

10. (post, votes=6526) I'm (28/m) starting to fall for my (24/f) 'wife' and am unsure how to proceed. **I am not The OOP, OOP is** u/spe8 \n\n**I'm (28/m) starting to fall for my (24/f) 'wife' and am unsure how to proceed.** \n\n**TRIGGER WARNING:** >!Death of a spouse/mother in childbirth, mentions of past physical abuse, harassment, fears of stalking!< \n\n[Original Post - re...

https://www.reddit.com/r/BestofRedditUpdates/comments/17r5ike/im_28m_starting_to_fall_for_my_24f_wife_and_am/

drinking sugary drinks

Count: 472 | Percent: 4.23%

Variants: sugary drinks, soda, energy drinks

Note: Regular consumption of high sugar beverages.

1. (post, votes=17532) I volunteered to sit next to a dead man on a plane, and deeply regret it. The man in seat 43-A died halfway across the Atlantic. I was sitting near the front of the plane, just behind first class, and couldn't really see the commotion. But I could hear someone gasping and retching — loud at first, then quieter and quieter. A flight attendant got on the PA...

https://www.reddit.com/r/nosleep/comments/dnszoza/i_volunteered_to_sit_next_to_a_dead_man_on_a/

2. (post, votes=13301) Bridezilla and her extended family destroy 70 hotel rooms Who else loves Bridezilla stories? Because boi do I have one! Buckle up because it's a long one; it includes drunken adults and minors, shoplifting, the end of at least two relationships, a very long visit from your friendly neighborhood police officers, a few evictions, and a shit ton of overtime ...

https://www.reddit.com/r/TalesFromTheFrontDesk/comments/ap7lw8/bridezilla_and_her_extended_family_destroy_70/

3. (post, votes=10556) AITA for telling my sister she's not really the kind of mom she says/thinks she is? My sister, we'll call Kimantha (40s) is much older than me (mid 20s). Kimantha is a mom and it's her whole personality. She constantly posts on social media that her home is open to any kid who might not feel like they have a place to go. She gets REAL into it and every 5t...

https://www.reddit.com/r/AmItheAsshole/comments/1f80otn/aita_for_telling_my_sister_shes_not_really_the/

4. (post, votes=10513) YSK Caffeine might be making your life harder Why YSK: We tend to forget that caffeine is a psychoactive drug. \n\n\n\nJust like anything in life, there's always a good side and a bad side. However, the problem is that using drugs such as caffeine that have the ability to affect the brain, we mess up our natural brain functions. This becomes a serious...

https://www.reddit.com/r/YouShouldKnow/comments/q15kv5/ysk_caffeine_might_be_making_your_life_harder/

5. (post, votes=9279) My coworker wanted to micromanage me and didn't like that I talked back, so he reported me to our director I apologize as this came out to be a bit longer than I wanted it to~ \n\n\n\nFor a bit of context I (25F) work as part of the sanitization department for a hospital. We have multiple different positions, most of which work on upkeeping the cleanlin...

https://www.reddit.com/r/MaliciousCompliance/comments/145zo4r/my_coworker_wanted_to_micromane_me_and_didnt/

6. (post, votes=8583) after 2 decades of dieting the thing that solved my weight problem was walking For context: I'm 33, a single mom of 2 (2y,5y). I work fulltime as a tax manager for a global company. I started dieting when I was 12 years old

when I had gained weight because we moved from a third world country to Europe and all of a sudden all the treats like candy and soda...

https://www.reddit.com/r/walking/comments/1nw9390/after_2_decades_of_dieting_the_thing_that_solved/

7. (post, votes=8085) TIFU by spraying Diet Pepsi all over strangers at the airport at 6am. I need to wake up gradually with plenty of coffee if I'm going to have a good day. One day, in a strange city, I overslept and had to make the airport IMMEDIATELY. Through superpowers that I didn't even know I had, I managed to pack, get the rental to the right place after fueling it, g...

https://www.reddit.com/r/tifu/comments/5ofaij/tifu_by_spraying_diet_pepsi_all_over_strangers_at/

8. (post, votes=7711) I quit caffeine for 4 years... Here's the actual truth (no BS pseudoscience) I used to drink energy drinks and coffee on a daily basis. Then in December of 2020 I quit completely and haven't touched caffeine since.\n\nThe difference? I'm much more tired than when I drank caffeine, and far less productive.\n\nThat's the truth.\n\nNo memory improvements. No...

https://www.reddit.com/r/productivity/comments/1jcdp94/i_quit_caffeine_for_4_years_heres_the_actual/

9. (post, votes=4972) The general guide you need to start your weight loss journey that answers most questions people put on here: Volume/Attempt 2! Edit: Thank you for all the awards I very much appreciate them. I also added a quote from a diet I met and thought it would be cool to add.\n\nEdit 2: I removed the intro about me as since its been a while for this being up and th...

https://www.reddit.com/r/WeightLossAdvice/comments/j9i8ag/the_general_guide_you_need_to_start_your_weight/

10. (post, votes=3914) I'm 57, and I've killed 58 people. I haven't touched any of them, I think I haven't touched any of them. I just know them. I know their names. People I know die. I wish I hadn't been born.\n\nEvery day on my birthday, someone dies. When I was born, the nurse delivering me, she died the moment I took my first breath.\n\nShe had a freak accident when she fe...

https://www.reddit.com/r/nosleep/comments/b2xaqo/im_57_and_ive_killed_58_people/

working long hours

Count: 435 | Percent: 3.90%

Variants: long hours, work all day

Note: Extended workdays beyond typical schedules.

1. (post, votes=11403) Global Unions Call to End "Long Hours Culture" for Film, TV Workers As Fatigue Reaches Life-Threatening Levels nan

https://www.reddit.com/r/television/comments/rgmsdd/global_unions_call_to_end_long_hours_culture_for/

2. (post, votes=11084) [CONCLUDED] OP spends five year believing her best friend tried to rape her, the truth is much more disgusting. **I was revisiting some of my old posts and found a BORU I had put together. When I checked OOPs profile, there was a new update. See the original BORU:

[HERE](https://old.reddit.com/r/BestofRedditUpdates/comments/tjtnig/op_spends_five_year_be...

https://www.reddit.com/r/BestofRedditUpdates/comments/1b7dnbm/concluded_op_spends_five_year_believing_her_best/

3. (post, votes=9920) YSK: The symptoms of burnout before it causes irreparable damage to your career and/or relationships Burnout can sneak up on you before you know it. Particularly at risk are type-A personalities. If you find yourself experiencing any of the symptoms below, you may need to dial it back a bit with your workload or other commitments before it causes damage i...

https://www.reddit.com/r/YouShouldKnow/comments/635bbc/ysk_the_symptoms_of_burnout_before_it_causes/

4. (post, votes=9514) Does Anyone Else Feel Like We (Americans) are in a Constant State of Burnout? I was watching this documentary on Finland's education system and how their children score drastically higher than most other countries. Mainly the difference being shorter school hours, less homework (if any), and no multiple choice exams. It got me thinking about how the Ameri...

https://www.reddit.com/r/antiwork/comments/12tg2bq/does_anyone_else_feel_like_we_americans_are_in_a/

5. (post, votes=5350) I [38F] think my marriage to my husband [42M] is over. I need help. **I am NOT the Original Poster. That is** [lheartyoutoo](<https://www.reddit.com/user/lheartyoutoo/>). She posted in r/relationships.\n\n# Do NOT comment on Original Posts. Latest update is 7 days old.\n\n**Trigger Warning:** >!abuse, gaslighting, abandonment!<\n\n**Original** [Post](<https://old.reddit.com>)....

https://www.reddit.com/r/BestofRedditUpdates/comments/1jleppa/i_38f_think_my_marriage_to_my_husband_42m_is_over/

6. (post, votes=5068) OP spends five year believing her best friend tried to rape her, the truth is much more disgusting. (Long-ish) This is my first post here so hopefully formatted correctly!\n\n*I am not the OP!!* OOP is /u/SARAThrowaway34\n\nTW: Sexual Assault\n\nMood Spoiler: >!Hopeful though initially just wtf disgust!<\n\n*****\n\nFirst Post** [Link](<https://old.reddit.com>)....

https://www.reddit.com/r/BestofRedditUpdates/comments/tjtnig/op_spends_five_year_believin_g_her_best_friend/

7. (post, votes=4858) Global Unions Call to End “Long Hours Culture” for Film, TV Workers As Fatigue Reaches Life-Threatening Levels nan

https://www.reddit.com/r/movies/comments/rgms22/global_unions_call_to_end_long_hours_cultur_e_for/

8. (post, votes=4606) AITA for refusing to wake my wife up in the morning? My (38m) wife (37f) have 3 young kids including a 6mo baby who still sleeps in our room.\n\nI'm an early bird. I routinely get up at \~5:30am to enjoy a few silent moments of sanity and get some shit done before the kids take over.\n\nMy wife is a night owl and *hates* waking up. As a kid growing up h...

https://www.reddit.com/r/AmItheAsshole/comments/1ioa3uk/aita_for_refusing_to_wake_my_wife_up_in_the/

9. (comment, votes=4496) The previous sentences are illuminating. \n\n>Pixar did not encourage long hours, and, in fact, set limits on how many hours employees could work by approving or disapproving overtime. Employees' self-imposed compulsions to excel often trumped any other constraints, and were especially common among younger employees. In one instance, an animator had forgo...

https://www.reddit.com/r/todayilearned/comments/lnhxsoy/til_pixar_had_to_complete_the_entire_toy_story_2/neex934/

10. (post, votes=4366) My (27F) husband's (27M) first love (28F) contacted him wanting to apologize and reconnect. Should I be concerned? **I am NOT OOP, OOP is** u/concernedwife27\n\n**Originally posted to r/Marriage**\n\n**My (27F) husband's (27M) first love (28F) contacted him wanting to apologize and reconnect. Should I be concerned?**\n\n*Editor's note: added paragraph bre...

https://www.reddit.com/r/BestofRedditUpdates/comments/1le7nz9/my_27f_husbands_27m_first_love_28f_contacted_him/

reddit browsing

Count: 399 | Percent: 3.58%

Variants: on reddit, scrolling reddit

Note: Frequent use of Reddit as a routine activity.

1. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**\n\nAnd I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73ql16/stop_spending_money_on_food_buy_a_crockpot/

2. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

3. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:
Hey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

4. (post, votes=22112) My wife was kicked out of a coffee shop and not allowed to sit with me We walked in, ordered a coffee & cake on our joint bank account. We sat at a tiny table for 2. The café was completely empty. No other customers, dozens of seats.
As soon as staff realised she wasn't eating or drinking, they told her she must wait outside while I had my coffee alone...

https://www.reddit.com/r/Life/comments/1n1n7qa/my_wife_was_kicked_out_of_a_coffee_shop_and_not/

5. (post, votes=19398) AITA for calling every morning? My son is a 20 month old toddler, my wife is a stay-at-home mom, I work six days a week and I'm usually gone for twelve hours a day.
I always check in on my son remotely via our nursery cam app and he's always awake in the mornings around 8:00. He has a great sleep routine. Our "wind down" time starts at the same time ev...

https://www.reddit.com/r/AmItheAsshole/comments/z7xtan/aita_for_calling_every_morning/

6. (post, votes=15123) The real DD on SLV, the worlds biggest short squeeze is possible and we can make history Update 2/19: finally managed to get an update post through moderation- much better than this original! [https://www.reddit.com/r/wallstreetbets/comments/lzeho/the_silver_short_squeeze_is_glaringly_obvious_to/?utm_source=share&utm_medium=web2x&context=3](<http://>)

https://www.reddit.com/r/wallstreetbets/comments/l6novm/the_real_dd_on_slv_the_worlds_biggest_short/

7. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorotheMIL. She then created a second account: u/Throwawaydisownedson. She posted in r/relationship_advice, r/AmItheAsshole and r/legaladvice. And her own page.
had changed letters to names in th...

https://www.reddit.com/r/BestofRedditorUpdates/comments/13wsuoi/shes_back_my_f50_daughter_in_law_24f_gave_birth/

8. (post, votes=12280) I was Scott from Scott's Cheap Flights. Now I'm Scott from Going. I'm a professional cheap flight expert here to help your 2023 travel plans. I have a weird and wonderful job: I find cheap flights to help people travel more.
It all began on Reddit [8 years ago](https://www.reddit.com/r/IAmA/comments/2zp7j/i_flew_from_nyc_to_milan_for_65_now_i_help_peo...)

https://www.reddit.com/r/IAmA/comments/109z6gb/i_was_scott_from_scotts Cheap_flights_now_im/

9. (post, votes=10794) Part 2 of 2. An absolute EPIC, entitled a'hole gets what's coming - "Do you know who I am" and "you're fired" until they realised their terrible mistake. /r/idontworkherelady. *Hopefully the mods will forgive a two-parter, this one is just that long. This is one of my favourite tales on reddit, I'm surprised it hasn't been posted here yet, however, WARNIN...

https://www.reddit.com/r/BestofRedditorUpdates/comments/nrnhuo/part_2_of_2_an_absolute_epic_entitled_ahole_gets/

10. (post, votes=10771) New Update: AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? **I am NOT the Original Poster. That is still** [Ok-Jelly-6298](<https://www.reddit.com/user/Ok-Jelly-6298/>)**. ** She posted in r/AmIOverreacting and r/relationship_advice
Thank you to u/...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1kj1fsu/new_update_aio_for_threatening_to_take_my_sister/

doomscrolling

Count: 237 | Percent: 2.13%

Variants: scrolling, scroll social media

Note: Extended negative news or content consumption online.

1. (post, votes=9602) New Updates: How to end it with a girl who has nothing going for her and will become homeless **I am NOT the Original Poster. That is** u/CocoTub. He posted in r/self, r/relationship_advice and his own page.\n\nThanks to my friend [](https://www.reddit.com/user/powerkickass/) for letting me know about the update! \n\nPrevious BORU [here](https://www.reddit.com/r/BestofRedditorUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has/)

https://www.reddit.com/r/BestofRedditorUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has/

2. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/ifsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

3. (post, votes=8244) I Hate Waking Up Early: A Guide to Un-f*****g Your Sleep Schedule Look, I get it. Your bed is comfy, mornings are evil, and anyone who says they're a "morning person" is either lying or psychotic. But here's the thing - your 4AM gaming sessions and Reddit doom-scrolling aren't doing you any favors. And no, being a "night owl" isn't a personality trait, i...

https://www.reddit.com/r/selfimprovement/comments/lia0v4b/i_hate_waking_up_early_a_guide_to_unfg_your_sleep/

4. (post, votes=8027) I Dared My Best Friend to Ruin My Life - He's Succeeding [Part 7] [Part 1](https://www.reddit.com/r/nosleep/comments/4q03fa/i_dared_my_best_friend_to_ruin_my_life_hes/)\n\n[Part 2](https://www.reddit.com/r/nosleep/comments/4q6e5h/i_dared_my_best_friend_to_ruin_my_life_hes/)\n\n[Part 3](https://www.reddit.com/r/nosleep/comments/4qcle4/i_dared_my_friend_to_...)

https://www.reddit.com/r/nosleep/comments/4qzu9h/i_dared_my_best_friend_to_ruin_my_life_hes/

5. (post, votes=7323) My best friend gave her boyfriend "permission" to sleep with me behind my back and I am having trouble explaining why I am so upset by this **Original Title: My (30F) best friend (30F) and her boyfriend (35M) discussed his "permission" to sleep with me behind my back and I am having trouble explaining why I am so upset by this.**\n\n*This is a repost.* [*...]

https://www.reddit.com/r/BestofRedditorUpdates/comments/t4eaqa/my_best_friend_gave_her_boyfriend_permission_to/

6. (post, votes=5730) IT IS TIME: We must fully prepare ourselves for the MOASS and this is how. Okay Apes, The DD has been done, The DD has been consumed by apes and there has been no rebuttal to the facts of our DD anywhere. There is new stuff coming out but by now we all should know that it is inevitable. **The MOASS could happen any day now.** There are a lot of possible c...

https://www.reddit.com/r/Superstonk/comments/mnfmrh/it_is_time_we_must_fully_prepare_ourselves_for/

7. (post, votes=5426) A "Thought Experiment" is Causing a Cold War in my Office (New Update) **A "Thought Experiment" is Causing a Cold War in my Office**\n\n**Originally posted to Ask A Manager**\n\n**TRIGGER WARNING:** >Bullying, hostile workplace!<\n\n[BoRU 1](https://www.reddit.com/r/BestofRedditorUpdates/s/NdwG1JjVzW) **Posted by u/Green7000**\n\n[Original Post](https://...)

https://www.reddit.com/r/BestofRedditorUpdates/comments/1nomhvn/a_thought_experiment_is_causing_a_cold_war_in_my/

8. (post, votes=5172) Final Update: AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? **I am still NOT the Original Poster. That is still** [Ok-Jelly-6298](https://www.reddit.com/user/Ok-Jelly-6298/). She posted in r/AmIOverreacting, r/relationship_advice and her own page....

https://www.reddit.com/r/BestofRedditorUpdates/comments/1olw84c/final_update_aio_for_threatening_to_take_my/

9. (post, votes=4754) If you do these 16 simple things, you will live a high quality life I've gone off the deep end researching what makes a best life.\n\nI wrote this all out basically for myself to organize my thoughts and give myself guidance, but figured it could be very useful to people who like the "Rules for Life" approach to things.\n\nHow I see it, life breaks down i...

https://www.reddit.com/r/selfimprovement/comments/1n80w74/if_you_do_these_16_simple_things_you_will_live_a/

10. (post, votes=4644) Deep in the mountains of upstate New York, there's a whole town populated by a single inbred family. In late 2011, I fell down a rabbit hole and almost didn't make it back out. See, I've always had this unquenchable fascination with the unsolved and the unknown. Yes, I'm mystified by old legends and lore, but they never really held my attention for long, ...

https://www.reddit.com/r/nosleep/comments/dgeala/deep_in_the_mountains_of_upstate_new_york_theres/

bringing work home

Count: 237 | Percent: 2.13%

Variants: work from home, working at home

Note: Blurring boundaries between work and home life.

1. (post, votes=28196) AITA for kicking my BF and his daughter out because of how his daughter acts when she's on her period? My BF of 2 years has an 11yo daughter that just started her first ever menstrual cycle 3 days ago. He has full custody of her and they started making transitions to move in with me and my 8yo son about 2 weeks ago. Up until this point, everything was goi...

https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

2. (post, votes=16416) How do I share my baking with strangers without weirding them out? Hi pals! I really love to bake but struggle with finding people who want to eat all the baked goods. I swear they are good but everyone around me either doesn't have a sweet tooth or only eats healthy foods. Until we moved to this new city I used to send my baking to work with my husband a...

https://www.reddit.com/r/Baking/comments/1in7421/how_do_i_share_my_baking_with_strangers_wi_thout/

3. (post, votes=9017) Unlocking GeForce NOW reveals God of War (2018) for PC (Steam) and more https://medium.com/@igor/i-unlocked-nvidia-geforce-now-and-stumbled-upon-pirates-dc48a3f8ff7\n\n**HERE ARE THE GAMES CONFIRMED SO FAR:**\n*[ActRaiser Remake by Square Enix](https://i...)

https://www.reddit.com/r/GamingLeaksAndRumours/comments/pncvo0/unlocking_geforce_now_reveals_god_of_war_2018_for/

4. (post, votes=8699) OOP comes back from maternity leave to find that her remote work role is now returning to the office, and that resignations are being "accepted" for those who fail to comply [ORIGINAL](https://www.reddit.com/r/antiwork/comments/vgzpy5/im_not_resigning_fire_me_bitch/?utm_medium=android_app&utm_source=share) by /u/dinfinity18 in /r/antiwork\n\nedit: Mood s...

https://www.reddit.com/r/BestofRedditUpdates/comments/vm42yr/oop_comes_back_from_maternity_leave_to_find_that/

5. (post, votes=8629) My manager demanded I go home to change outfit. Is shocked when I come back with 2 week notice\nMy (M31) job had just started 6 months before the pandemic. Once covid hit we were all working from home which for me was a new (sometime challenging) but exciting experience. I used to get up at 5am and travel an hour and a half in order to get into work on t...

https://www.reddit.com/r/TrueOffMyChest/comments/14kvrt2/my_manager_demanded_i_go_home_to_change_outfit_is/

6. (post, votes=8583) PSA Regarding COVID-19: A Warning [NEW: As requested, a [downloadable PDF](https://docdro.id/30e3nn) version of this document is now available to email to relatives]\n\nIf you just want to learn how to reduce your risk of catching COVID-19, scroll down to the "Risk Reduction" section. However, to appreciate the full scope of the challenge ahead, you are ...

https://www.reddit.com/r/canada/comments/fghd23/psa_regarding_covid19_a_warning/

7. (post, votes=7552) [New Update] AITA for breaking up with my fiancee for telling her best friend she was not engaged?\n**edit - fixed typo in the title**\n\nI am not OP. That is u/Visible-Broccoli-381 who posted to AITAH\n\n[Original BORU](https://www.reddit.com/r/BestofRedditUpdates/s/nwvjpTROzE)\n\n[BORU Part 2](https://www.reddit.com/r/BestofRedditUpdates/s/h0xWEGf...)

https://www.reddit.com/r/BestofRedditUpdates/comments/1hgcvg8/new_update_aita_for_breaking_up_with_my_fiancee/

8. (post, votes=7493) AIO I told my wife I want a divorce after she accuses me of sexually abusing our 2 year old daughter. For some context we have 2 older boys and our 2 year old daughter. My wife has said that our third child has been hell for her and so stressful, always saying she needs a break from our daughter. She verbally calls our daughter annoying and irritating (tha...)

https://www.reddit.com/r/AmIOverreacting/comments/1jp7lxq/aio_i_told_my_wife_i_want_a_divorce_after_she/

9. (post, votes=7323) My best friend gave her boyfriend "permission" to sleep with me behind my back and I am having trouble explaining why I am so upset by this. **Original Title: My (30F) best friend (30F) and her boyfriend (35M) discussed his "permission" to sleep with me behind my back and I am having trouble explaining why I am so upset by this.**\n\n*This is a repost.* [*...]

https://www.reddit.com/r/BestofRedditUpdates/comments/t4eaqa/my_best_friend_gave_her_boyfriend_permission_to/

10. (post, votes=6790) Update: AITA for breaking up with my fiancee for telling her best friend she was not engaged? Hey guys, I just got home after talking to my (still) ex-fiancee, and since a lot of people asked for an update, here it is. But, I want to clarify a few things.\n\nAs commented on my original post, I pay for the house since I bought it before dating her and I as...

https://www.reddit.com/r/AITAH/comments/1g3ihxn/update_aita_for_breaking_up_with_my_fiancee_for/

snacking often

Count: 137 | Percent: 1.23%

Variants: snacking, eat snacks

Note: Frequent small eating between meals.

1. (post, votes=9602) New Updates: How to end it with a girl who has nothing going for her and will become homeless **I am NOT the Original Poster. That is** u/CocoTub. He posted in r/self, r/relationship_advice and his own page.\n\nThanks to my friend ()(https://www.reddit.com/user/powerkickass/) for letting me know about the update! \n\nPrevious BORU [here](https://www.reddi...).

https://www.reddit.com/r/BestofRedditUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has/

2. (post, votes=5553) What is CICO? CICO means Calories In, Calories Out and it is not a diet, it is a description for how your body stores energy (gains weight) or burns stored energy (loses weight). *I posted this a couple months ago and I thought it may be helpful to repost for the new year.*\n\nCICO means Calories in, Calories out. CICO is not a diet and is not new,...

https://www.reddit.com/r/loseit/comments/7nobqw/what_is_cico_cico_means_calories_in_calories_out/

3. (post, votes=2746) I've lost 30 pounds in 30 months. This is a big post for comparatively unimpressive numbers, but I wanted to share my experiences so far because I weighed myself this morning and I am the least I've weighed since really.. ever as an adult? I think I've cracked the code of what works for me and I've been so inspired by similar posts.\n\nIt has taken me ove...

https://www.reddit.com/r/loseit/comments/lnq4ak/ive_lost_30_pounds_in_30_months/

4. (post, votes=2018) A day in the life of a Titan. 4:30 AM: Wake up time, drink a fruit and oat smoothie. It helps with digestion. While drinking the smoothie, perform some crunches, push up's and a 25 minute plank. Many Titans use the plank time as time to catch up on their reading, which mostly consists of architecture books, battle tactics, or metal working. Zavala in part...

https://www.reddit.com/r/DestinyTheGame/comments/c03vz4/a_day_in_the_life_of_a_titan/

5. (post, votes=1899) I fully fell asleep behind the wheel on my way home from work this morning. I woke up with my hands off the wheel, slumped over on my side going 60mph. I'm at my breaking point with night shift after years of doing it. That was scary. For those who are concerned: I pulled into a gas station and slept in the parking lot instead of trying to power through.\...

https://www.reddit.com/r/nursing/comments/1krmpq7/i_fully_fell_asleep_behind_the_wheel_on_my_way/

6. (post, votes=1463) F/24/5'3" [170 > 124.5 = 45.5 lbs] Obese -> Healthy in 2 years : what I've learned along the way This is gonna be a bit long because I'm dropping 2 years of knowledge bombs on you. Soak it up.\n\n[Music to get you in the mood](https://www.youtube.com/watch?v=l1NuCWfYeYc&list=PL4ILE3f-6iDIRtnIP-uqkDzBY6wwoUV_I) (those are some of my running greatest hits!)...

https://www.reddit.com/r/loseit/comments/3c743h/f2453_170_1245_455_lbs_obese_healthy_in_2_years/

7. (post, votes=1193) If you're constantly tired and constantly drinking caffeine or snacking to stay awake, please read up on sleep apnea. I save \$400+ a month now on "energy drinks" and Diet Cokes since being diagnosed after 10 years of constant fatigue. Long story short, I'd sleep 7+ hours and still feel incredibly tired. I'm healthy (fairly active, travel constantly, hike ...

https://www.reddit.com/r/Frugal/comments/l1jf5i3/if_youre_constantly_tired_and_constantly_drinking/

8. (post, votes=1057) WYR: A Hooded Man Offers You a \$100 Upgrade to Your Body or Mind. You Can Pick One. You're walking home when a man in a hood steps out from the shadows.\n\n> "Give me \$100, and I'll make one subtle but permanent change to you."
He opens a black briefcase. Inside are 10 sealed cards. Each one contains a single upgrade.\n>You may choose only one:\n1. ...

https://www.reddit.com/r/WouldYouRather/comments/l19ymqb/wyr_a_hooded_man_offers_you_a_100_upgrade_to_your/

9. (post, votes=614) [Science] My doctor likes Keto and Paleo! His research on why these diets work (Leptin Resistance). I hate going to the doctor. I was basically forced to recently though, and was ready to put up a massive brawl if he tried to get me to change my diet which has been working well so far.\n\nBut - it turns out that he thought Keto was great! He is a Paleo Di...

https://www.reddit.com/r/keto/comments/16or0n/science_my_doctor_likes_keto_and_paleo_his/

10. (post, votes=403) Tips to Game Harder and Faster than Blue Hairs - Healthy Habits and Tips to League Binge! Welcome to the regular gamer habits thread! Every league I write up some easy to take on advice that can help prevent some of the more destructive habits gamers often wind up in. These tips and tricks will help you play longer and be much more focused ensuring your a...

https://www.reddit.com/r/pathofexile/comments/a3390i/tips_to_game_harder_and_faster_than_blue_hairs/

sleeping late

Count: 134 | Percent: 1.20%

Variants: sleep late, stay up late, late night

Note: Habit of going to bed or sleeping much later than typical.

1. (post, votes=22931) Insiders Reveal Chilling Reason Jimmy Kimmel's TV Bosses Caved to MAGA | Executives backed Kimmel in the hours leading up to the decision to pull his late-night show. nan

https://www.reddit.com/r/entertainment/comments/lnk6nbm/insiders_reveal_chilling_reason_jimmy_kimmels_tv/

2. (post, votes=8701) I saw 298 movies in theaters in 2024. Here is my full ranking. Every year I try to go to the movies as much as possible. It's my main hobby. I keep track of my thoughts/scores throughout the year, along with all of my ticket stubs. In theaters, I saw: 5 movies in 2015, 9 movies in 2016, 146 movies in 2017, 162 movies in 2018, 192 movies in 2019, 44 movies...

https://www.reddit.com/r/movies/comments/1ho6mzf/i_saw_298_movies_in_theaters_in_2024_here_is_my/

3. (post, votes=8422) Every 20 years an alarm goes off in my town Every place has its own strange traditions. Customs that seem normal when you're there but completely outrageous or downright bizarre to anyone outside the circle. But when bonding with others from small provinces, my village always tops the conversation. My trump card for this is the alarm that sounds every 20 ...

https://www.reddit.com/r/nosleep/comments/tbu3ls/every_20_years_an_alarm_goes_off_in_my_town/

4. (post, votes=6064) I'm a therapist, and my patient has severe OCD. Every time he misses a ritual, something terrible actually happens. [Part 3] [Part 1](https://www.reddit.com/r/nosleep/comments/a6805c/im_a_therapist_and_my_patient_has_severe_ocd/)
[Part 2](https://www.reddit.com/r/nosleep/comments/a720dj/im_a_therapist_and_my_patient_has_severe_ocd/) I don't ...
https://www.reddit.com/r/nosleep/comments/a7e2tk/im_a_therapist_and_my_patient_has_severe_ocd/
5. (post, votes=5553) What is CICO? CICO means Calories In, Calories Out and it is not a diet, it is a description for how your body stores energy (gains weight) or burns stored energy (loses weight). *I posted this a couple months ago and I thought it may be helpful to repost for the new year.*
CICO means Calories in, Calories out. CICO is not a diet and is not new,...
https://www.reddit.com/r/loseit/comments/7nobqw/what_is_cico_cico_means_calories_in_calories_out/
6. (post, votes=3906) My husband (36M) just gave me (34F) an ultimatum: quit my side hustle teaching yoga or he's leaving our marriage buckle up, here we go. long-winded - enter at your own risk
I got married a year and a half ago to the most incredible person. I'd just gotten out of a six year relationship, we were friends for a few months, and it quickly became every bit ...
https://www.reddit.com/r/relationship_advice/comments/lid1vsr/my_husband_36m_just_gave_me_34f_an_ultimatum_quit/
7. (post, votes=3874) I work overnight security at a nearly empty mall - it's getting creepy (part 2) [Part 1](<https://redd.it/ap9mxs>)
When I stepped into The Drunken Bard a slightly overweight guy in his mid-30s with greasy blonde hair stood behind the counter. He shouted into the phone: "Stop asking. We do not sell alcohol. We're a tabletop gaming store. Not a liquor stor...
https://www.reddit.com/r/nosleep/comments/aptpiu/i_work_overnight_security_at_a_nearly_empty_mall/
8. (post, votes=3517) My[29M] GF[24F] of almost 1 year told my son[4M] to call her "Mommy" behind my back **I am not The OOP, OOP is u/cantblogit**
My[29M] GF[24F] of almost 1 year told my son[4M] to call her "Mommy" behind my back.**
TRIGGER WARNING: >!loss of a wife and mother, overbearing and obsessive behavior, detailed descriptions of a car accident!<
MOO...
https://www.reddit.com/r/BestofRedditUpdates/comments/1o9lxyk/my29m_gf24f_of_almost_1_year_told_my_son4m_to/
9. (post, votes=3276) AITA for not wanting to go to my (26f) sister's (29f) wedding because of my insomnia? **I am not OOP. OOP is** [u/AITAThrowAway990](<https://www.reddit.com/user/AITAThrowAway990/>). She posted in r/AmItheAsshole. I fixed a few spelling errors.
Your daily fun fact for those of you who don't want spoilers on mobile: u/ElysGirl asked for kiwi birds. Kiwi ac...
https://www.reddit.com/r/BestofRedditUpdates/comments/zpink3/aita_for_not_wanting_to_go_to_my_26f_sisters_29f/
10. (post, votes=3258) BlackRock Earnings INSANE results & breakdown I'm diving into the entire BlackRock report this time around guys so it's another late-night release, but I promise it's worth the wait. I think at this point we all know how much Black Rock is (likely) rooting for GME and retail given that they have a ton of shares. They also handle a ton of Retail trades. Th...
https://www.reddit.com/r/Superstonk/comments/o17w67/blackrock_earnings_insane_results_breakdown/

constant social media use

Count: 106 | Percent: 0.95%

Variants: always online, on social media

Note: High frequency social media engagement throughout day.

1. (post, votes=26674) AITA for telling my sister she was out of her mind when she said she wanted to take back my child whom I adopted from her? My (36) sister N (29) got pregnant at 18. I am infertile and knew I couldn't have kids so when N said she was giving her baby for adoption, I decided to be her mom. N went no contact 5 months after giving birth. For a bit of background...

https://www.reddit.com/r/AmItheAsshole/comments/opctna/aita_for_telling_my_sister_she_was_out_of_her/

2. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n\n***** UPDATE September 25 *****\n\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

3. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorotheMIL. She then created a second account: u/Throwawaydisownedson. She posted in r/relationship_advice, r/AmItheAsshole and r/legaladvice. And her own page.\n\nhad changed letters to names in th...

https://www.reddit.com/r/BestofRedditUpdates/comments/13wsuoi/shes_back_my_f50_daughter_in_law_24f_gave_birth/

4. (post, votes=11109) My (23F) ex (24M) tried to kill himself because I don't want to get back together with him after he cheated on me. + UPDATE Trigger Warning: suicide, infidelity, manipulation, harassment, defamation & libel\n\n[ORIGINAL: My (23F) ex (24M) tried to kill himself because I don't want to get back together with him after he cheated on me.](<https://www.reddit.com>...)

https://www.reddit.com/r/BestofRedditUpdates/comments/10izs28/my_23f_ex_24m_tried_to_kill_himself_because_i/

5. (post, votes=11084) [CONCLUDED] OP spends five year believing her best friend tried to rape her, the truth is much more disgusting. **I was revisiting some of my old posts and found a BORU I had put together. When I checked OOPs profile, there was a new update. See the original BORU:

[HERE](https://old.reddit.com/r/BestofRedditUpdates/comments/tjtnig/op_spends_five_year_be...

https://www.reddit.com/r/BestofRedditUpdates/comments/1b7dnbm/concluded_op_spends_five_year_believing_her_best/

6. (post, votes=10732) [r/deadbedrooms] I'm severely panicking that I've ruined my life *I am not the OP. The OP is: * u/cantdothis_anymore\n\nAcronyms: HL = high libido, LL = low libido\n[Original Post](https://www.reddit.com/r/DeadBedrooms/comments/7iik8k/im_severely_panicking_that_ive_ruined_my_life/?st=JB02OMJO&sh=d61bd781)\n\nLong time lurker on here. I \[HL 27 M] never...

https://www.reddit.com/r/BestofRedditUpdates/comments/twiijc/rdeadbedrooms_im_severely_panicking_that_ive/

7. (post, votes=10556) AITA for telling my sister she's not really the kind of mom she says/thinks she is? My sister, we'll call Kimantha (40s) is much older than me (mid 20s). Kimantha is a mom and it's her whole personality. She constantly posts on social media that her home is open to any kid who might not feel like they have a place to go. She gets REAL into it and every 5t...

https://www.reddit.com/r/AmItheAsshole/comments/1f80otn/aita_for_telling_my_sister_shes_not_really_the/

8. (post, votes=10185) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRA_SunflowerBuff**\n\nMy wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\nOOP ...

https://www.reddit.com/r/BestofRedditUpdates/comments/1jr2xtt/my_wife_returned_from_a_work_retreat_with_a/

9. (post, votes=9376) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRA_SunflowerBuff**\n\nMy wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\nOOP ...

https://www.reddit.com/r/BestofRedditUpdates/comments/1jg886x/my_wife_returned_from_a_work_retreat_with_a/

10. (post, votes=8798) My girlfriend's daughter falsely accused me of sexually assaulting her. Now that I've been proven to be innocent she wants to get back together but I'm not sure I want to? **Original Title: My (37M) GF's (34F) daughter (13f) falsely accused me of sexually assaulting her. Now I'm proved innocent, my gf wants to reconcile but I'm not sure I want to?**\n\n...

https://www.reddit.com/r/BestofRedditUpdates/comments/t802ua/my_girlfriends_daughter_falsely_accused_me_of/

irregular sleep schedule

Count: 92 | Percent: 0.83%

Variants: bad sleep, sleep issues, sleep problems

Note: Inconsistent or poor quality sleep patterns.

1. (post, votes=10513) YSK Caffeine might be making your life harder Why YSK: We tend to forget that caffeine is a psychoactive drug. \n\n\n\nJust like anything in life, there's always a good side and a bad side. However, the problem is that using drugs such as caffeine that have the ability to affect the brain, we mess up our natural brain functions. This becomes a serious...

https://www.reddit.com/r/YouShouldKnow/comments/q15kv5/ysk_caffeine_might_be_making_your_life_harder/

2. (post, votes=3804) I Quit Caffeine for 30 Days, Here's What Nobody Tells You TL;DR: Quit caffeine for 30 days. First week was brutal (headaches, brain fog, tired), but after that my focus and energy became more stable. Productivity improved, sleep got way better, and I feel less anxious. Don't think I'm going back.\n\nLike a lot of people, I've been pretty dependent on caff...

https://www.reddit.com/r/productivity/comments/1jbqlta/i_quit_caffeine_for_30_days_heres_what_nobody/

3. (post, votes=3276) AITA for not wanting to go to my (26f) sister's (29f) wedding because of my insomnia? **I am not OOP. OOP is** [u/AITAThrowAway990](<https://www.reddit.com/user/AITAThrowAway990/>). She posted in r/AmItheAsshole. I fixed a few spelling errors.\n\nYour daily fun fact for those of you who don't want spoilers on mobile: u/ElysGirl asked for kiwi birds. Kiwi ac...

https://www.reddit.com/r/BestofRedditorUpdates/comments/zpink3/aita_for_not_wanting_to_go_to_my_26f_sisters_29f/

4. (post, votes=2889) Feeling bone dead tired all the time lately. Can anyone else relate? *I'm not the original poster. This is a repost with very minor edits.*\n\n7 months ago*\n\n[Feeling bone dead tired all the time lately. Can anyone relate?](https://www.reddit.com/r/australia/comments/t5m1zf/feeling_bone_dead_tired_all_the_time_lately_can/)\n\nI wake up in the morning a...

https://www.reddit.com/r/BestofRedditorUpdates/comments/xoeq4k/feeling_bone_dead_tired_all_the_time_lately_can/

5. (post, votes=2703) I just focused over 60 hours, here's what I learned. i tracked a bit over 60 hours of real focus. most of my old "study time" was fake. reading, highlighting, organizing. it felt productive but didn't stick.\n\nshort sessions worked best. ~40–45 minutes with a clear goal. anything longer without a break dropped in quality fast.\n\nDistractions kill focus...

https://www.reddit.com/r/studytips/comments/1qsumt1/i_just_focused_over_60_hours_heres_what_i_learned/

6. (post, votes=1509) "Why am I so tired all the time? How serious is it? Do I just need a better pillow?" Stop searching the internet for answers. Start knowing with real answers from real board-certified doctors.\n\n**TLDR**: We all get tired. But there are big differences between tiredness and fatigue. Learn what they are and when to talk to a doctor.\n\n<https://i.redd.it/e...>

https://www.reddit.com/r/u_MDLIVE-INC/comments/1fp9z07/why_am_i_so_tired_all_the_time_how_serious_is_it/

7. (post, votes=908) (FINALLY) Feeling almost completely better; my theory & supps) Hi I've been here awhile. I had what I assume to have been covid January 2020 and fully recovered. The months after I had many tiny relapses, usually triggered by stress, allergens, or medications. In December 2020 I had a major relapse that sent me into full on longhaul. Symptoms included: br...

https://www.reddit.com/r/covidlonghaulers/comments/sxc42m/finally_feeling_almost_completely_better_my/

8. (post, votes=617) 14 Months in Review and Why I'm Quitting the Ring Hello fellow Oura users! I decided this weekend to stop my 1+ year of wearing the Oura ring (with no skipped days!). Because there are so many posts with folks questioning whether to get a ring and wondering about experiences, I thought an overview of my experience might be helpful or interesting to others...

https://www.reddit.com/r/ouraring/comments/110n630/14_months_in_review_and_why_im_quitting_the_ring/

9. (post, votes=589) FAQ MEGATHREAD - collection of the most common experiences and advice ! We are NOT medical professionals and this is not medical advice ! Discuss every medical decision you make with your physician or do at your own risk.\n\n**If you have questions about your own personal experience, or want to discuss your own experience, I would recommend NOT to post he...

https://www.reddit.com/r/bupropion/comments/w8ek9q/faq_megathread_collection_of_the_most_common/

10. (post, votes=495) Work time reduction via a 4-day workweek finds improvements in workers' well-being. Data shows improvements in burnout, job satisfaction, mental health and physical health. Three key factors mediate the relationship: improved self-reported work ability, reduced sleep problems and decreased fatigue. nan

https://www.reddit.com/r/psychology/comments/1p44cyr/work_time_reduction_via_a_4day_workweek_finds/

complaining online

Count: 83 | Percent: 0.74%

Variants: ranting, venting

Note: Using online spaces to express frustration regularly.

1. (post, votes=22363) WHY YOU DEFINITELY SHOULD NOT UNDER ANY CIRCUMSTANCE FALL FOR ALL THE SILVER SCAMS!!! CAREFUL, YOU ARE BEING PLAYED BY THE MOST POWERFUL ELITE ON THE PLANET!!! # THIS IS A META THREAD IN WHICH I'M JUST DOING 2 THINGS: RANTING AND LINKING TO OTHER DD THREADS THAT PREDATE GME MOONING BY MONTHS, THUS CALLING BULLSHIT ON THE 6 MILLION NEW DEGENERATES THAT "HA..."

https://www.reddit.com/r/wallstreetbets/comments/laccqy/why_you_definitely_should_not_under_any/

2. (post, votes=22145) I just lead some guy out of my apartment by knifepoint and now I might be single as a result. Got suckered into hosting one of my bf's friends for a day or so while they're in town on business.\n\nIt seemed to go well, until it didn't.\n\nI have an early morning, so I suggested instead of going out and getting drunk, that we have some Baileys and coffee an...

https://www.reddit.com/r/TwoXChromosomes/comments/b2ev6o/i_just_lead_some_guy_out_of_my_apartment_by/

3. (post, votes=16621) My[38m] wife [24f] of 3 years, took my daughter[14f] to visit her parents in Russia. Wife doesn't want to come back Like above. Sorry for ranting and any grammar errors I've been sitting in an airport for over almost 9 hours and making a lot of calls and had a bit to drink. Also this is a throwaway so I don't completely dox myself. \n\nMy wife went to vis...

https://www.reddit.com/r/relationship_advice/comments/bn1zq2/my38m_wife_24f_of_3_years_took_my_daughter14f_to/

4. (post, votes=12440) AITA for not letting my coworker stay at my place even though I "have the space" **I am NOT the Original Poster. That is** [Ema11e](<https://www.reddit.com/user/Ema11e/>)**.** She posted in r/AmltheAsshole \n\nThanks to u/Myune for the rec! Short post.\n\n# Do NOT comment on Original Posts. Latest update is more than 7 days old.\n\n**Mood Spoiler:** >!wtf!<...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1kf323r/aita_for_not_leaving_my_coworker_stay_at_my_place/

5. (post, votes=10049) A final update concluding the three-year-long Baby Karen story *This is not the original post. This text has been copied and pasted into this subreddit for the purposes of curating the best Reddit updates in one subreddit. You can find the link to the OP below. I am posting this with the approval of the OP.*\n\nYou can find [the last compilation of update...]

https://www.reddit.com/r/BestofRedditorUpdates/comments/12xhdaw/a_final_update_concluding_the_threearlong_baby/

6. (post, votes=7490) AITA for telling my boyfriend that he can't move in with me? **I am NOT the Original Poster. That is** [u/kitti_wampus](https://www.reddit.com/user/kitti_wampus/). She posted in r/AmltheAsshole\n\n**Mood Spoiler:** >!best outcome for OOP!<\n\n**Original** [Post](https://www.reddit.com/r/AmltheAsshole/comments/1650q5f/aita_for_telling_my_boyfriend_that_he...

https://www.reddit.com/r/BestofRedditorUpdates/comments/16pugsw/aita_for_telling_my_boyfriend_that_he_cant_move/

7. (post, votes=7346) AITA for telling my wife no? **I am not The OOP, OOP is aitahforsayingno** \n\n**AITAH for telling my wife no?** \n\n**Originally posted to the am-i-the-asshole-official tumblr page** \n\n**Thanks to u/PitaEnigma for suggesting this BoRU** \n\n**TRIGGER WARNING:** >!infidelity, manipulation, gaslighting, abusive dishonesty!<\n\n[Original Post](https://www.reddit.com/r/BestofRedditorUpdates/comments/17pmuzo/aitah_for_telling_my_wife_no/)

https://www.reddit.com/r/BestofRedditorUpdates/comments/17pmuzo/aitah_for_telling_my_wife_no/

8. (post, votes=5647) AITA for not telling my boyfriend I won money 15 years ago? **I am NOT the Original Poster. That is** [u/Sweet-Cherrypies](<https://www.reddit.com/user/Sweet-Cherrypies/>). She posted in r/AmItheAsshole\n\n**Trigger Warning:** >!discussion of feces; mention of blood!<\n\n**Mood Spoiler:** >!I'm borrowing OOP's line here: "I have never dated crazy before and..."

https://www.reddit.com/r/BestofRedditorUpdates/comments/1b2s41q/aita_for_not_telling_my_boyfriend_i_won_money_15/

9. (post, votes=4728) Tonight, we turn it ALL off It all starts at 10pm Saturday night. They want ALL servers, and I do mean ALL turned off in our datacenter. \n\nApparently, this extremely forward-thinking company who's entire job is helping protect in the cyber arena didn't have the foresight to make our datacenter unable to move to some alternative power source. \n\nSo when...

https://www.reddit.com/r/sysadmin/comments/1hzb91a/tonight_we_turn_it_all_off/

10. (post, votes=4183) [New Update]: I 16(M) have a 4 month old daughter - ex gf wants to go to College and I am worried **I am NOT OOP. OOP is** u/YoungDad_sucks \n\n**Originally posted to** r/parenting + r/offmychest + his own page\n\nPrevious BoRUs:\n\n[BoRU #1](<https://redd.it/zkgxya>) originally posted by u/toohottooheavy\n\n[BoRU #2](<https://redd.it/12lh1w>) originally pos...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1cgjjgv/new_update_i_16m_have_a_4_month_old_daughter_ex/

procrastination habit

Count: 50 | Percent: 0.45%

Variants: put off, keep putting off

Note: Repeatedly delaying tasks despite intentions.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

2. (post, votes=7118) I found out I had a child when CPS contacted me because her mother was losing custody. Now what? **I am NOT OP, this is a repost. Original post:** [I found out I had a child when CPS contacted me because her mother was losing custody. Now what? (MD)](https://www.reddit.com/r/legaladvice/comments/dpt2ez/i_found_out_i_had_a_child_when_cps_contacted_me/) t...

https://www.reddit.com/r/BestofRedditorUpdates/comments/tynbre/i_found_out_i_had_a_child_when_cps_contacted_me/

3. (post, votes=3684) The 9 Habits of Socially Anxious People (and How to Change Them) This is my first post. I also posted in r/socialanxiety. Hopefully, it can help someone out here too.\n\nI had severe social anxiety until I was about 28. As a man, I was embarrassed that I had to go to a therapist because I was so nervous about talking to people.\n\nI used to read about how...

https://www.reddit.com/r/socialskills/comments/jllnas/the_9_habits_of_socially_anxious_people_and_how/

4. (post, votes=3200) I'm (28/m) starting to fall for my (24/f) 'wife' and am unsure how to proceed.(10 year new update) **I am not The OOP, OOP is** u/spe8 \n\n**I'm (28/m) starting to fall for my (24/f) 'wife' and am unsure how to proceed.** \n\n**Thanks to u/BigONerd for finding this update**\n\n[BoRU #1](<https://www.reddit.com/r/BestofRedditorUpdates/s/anvgkk6JTU>)\n\n**TRIG...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1qxsgqm/im_28m_starting_to_fall_for_my_24f_wife_and_am/

5. (post, votes=3144) TIFU: I took my dream job, and it destroyed my life. Today I fucked up. Actually, This year I fucked up. Not even in the wildest imagination could I have imagined where I would end up. It started with the perfect job. I lead position, a big salary, they moved me and my family across the nation and got us set up in the best schools. I became nationally rec...

https://www.reddit.com/r/tifu/comments/2lm71e/tifu_i_took_my_dream_job_and_it_destroyed_my_life/

6. (post, votes=1526) My 30 something gyno said she was “very concerned” that I am HRT and advised me to get off them ████████. I went for my yearly exam. The new gyno is a fetus with an MD. Maybe early 30s and absofuckinglutely clueless.
When she asked when was my last period and I said 77 days ago she almost fell from her chair. Then I told her the one before that one was 9...

https://www.reddit.com/r/Menopause/comments/1ff6tqk/my_30_something_gyno_said_she_was_very_concerned/

7. (post, votes=907) I (21M) cheated on my gf (25F) but don't remember, what can I do to fix this??? This is a throwaway account.
First I need to clarify some things. Me (21M) and my gf (25F) have been dating for three years. We've lived together for six months. I started having issues about a month after we moved in together. My girlfriend would reference conversations th...

https://www.reddit.com/r/Advice/comments/1qm2coj/i_21m_cheated_on_my_gf_25f_but_dont_remember_what/

8. (post, votes=762) I think I may have essentially cured my chronic migraines... and I'm so angry Trigger warning for ED and suicidal
“Cured” may be an overstatement—but I haven't had a single one in a week and a half and that includes visiting Nashville and having barometric pressure wavy af AND getting my Botox. I used to have migraines every single day—and those were my ...

https://www.reddit.com/r/migraine/comments/1pjipql/i_think_i_may_have_essentially_cured_my_chronic/

9. (post, votes=723) "Chinese people do consider it to be a Success... there was an awful famine but the Great Leap Forwards themselves were very successful" - LateStageCapitalism on the Glorious █████
[...Phew](http://i.imgur.com/i8xY7Ps.png)
Where to start? In one of my self-flagellating dives into LateStageCapitalism I came across this one comment in particular. I usually...

https://www.reddit.com/r/badhistory/comments/aq0gfw/chinese_people_do_consider_it_to_be_a_success/

10. (post, votes=627) Update: unclipped toe nails winning personality says he is willing to change his ways I 38f spoke with 31m today. He texted asking if I could chat around 4:30 on his break, I said yes and that I had some things on my mind I wanted to talk to him about. When he called he asked if everything was okay and I went on to say that I had a really lovely time with...

https://www.reddit.com/r/datingoverthirty/comments/1pqcash/update_unclipped_toe_nails_winning_personality/

desk sitting lifestyle

Count: 46 | Percent: 0.41%

Variants: desk job, sit at desk

Note: Sedentary work pattern with long sitting periods.

1. (post, votes=1271) 6-week mini cut results I've been weightlifting for the better part of a decade but always had spurts of a few weeks of consistency followed by months of being lazy. I've always had it in my mind that I wanted to be in super good shape for my 30th birthday, so when I realized it was coming up 6 weeks ago I started a short “summer shred” to see how lean ...

https://www.reddit.com/r/xxfitness/comments/gri2o5/6week_mini_cut_results/

2. (post, votes=1002) 5'2 175 lbs -> 130 lbs A few before and afters! 1st photo: July 2024 -> October 2025 2nd photo: June 2024 -> June 2025 3rd photo: August 2024 -> August 2025 I started semaglutide in July 2024 at ~175 lbs as a 5'2" woman (5'2.5" on a good day!). Now I'm hovering around 130 lbs and weaning off semaglutide and wanted to share my experience.
This...

https://www.reddit.com/r/Semaglutide/comments/1o8azja/52_175_lbs_130_lbs/

3. (post, votes=864) Longread: I fixed my terrible posture after years of suffering. Read, this might help you. 27M, software engineer.\n\nI'm writing this because I wish someone had told me this years ago. If you sit at a desk all day and feel like shit - constant pain, fatigue, looking hunched over, whatever - and nothing seems to help long term, if you're starting to think...

https://www.reddit.com/r/Posture/comments/1pcfshm/longread_i_fixed_my_terrible_posture_after_years/

4. (post, votes=403) Tips to Game Harder and Faster than Blue Hairs - Healthy Habits and Tips to League Binge! Welcome to the regular gamer habits thread! Every league I write up some easy to take on advice that can help prevent some of the more destructive habits gamers often wind up in. These tips and tricks will help you play longer and be much more focused ensuring your a...

https://www.reddit.com/r/pathofexile/comments/a3390i/tips_to_game_harder_and_faster_than_blue_hairs/

5. (post, votes=304) Don't Cause Yourself Permanent Injury! Here is a guide to maintaining good health for long gaming sessions! Greetings Exiles!\n\nWith the upcoming weekend with the new league, I know there are bound to be many of you who will have a much longer gaming session than normal. It is important to remember good healthy habits and to take breaks so you do not cau...

https://www.reddit.com/r/pathofexile/comments/5xa6jd/dont_cause_yourself_permanent_injury_here_is_a/

6. (post, votes=299) I'm a medical doctor with SpA. For those suffering, or worried about potentially suffering from SpA, please read this. It's a guide on non-pharmaceutical methods proven to alleviate symptoms. I wrote this as a comment on this subreddit, but found that I invested a lot of information into it, and wanted to share it with you all, in hopes that I can help yo...

https://www.reddit.com/r/ankylosingspondylitis/comments/1pwtuix/im_a_medical_doctor_with_spa_for_those_suffering/

7. (post, votes=164) Honest hacks for the after work crash I'm 31 with a desk job. Most days are 8 to 10 hours. By the time I log off, I feel wiped. Not sleepy, just zero drive. I sit down "for a minute" and the evening disappears. \n\nSleep is about 7 hours. Coffee in the morning and sometimes at 2 pm. Lunch is fast and carb heavy. Exercise is inconsistent.\n\nWhat has actu...

https://www.reddit.com/r/AskMenOver30/comments/1pp9c56/honest_hacks_for_the_after_work_crash/

8. (post, votes=154) 98% recovery after 2.5 years TLDR: 98% recovered from long covid for almost a year. Had multiple symptoms, and tests that showed many things wrong. Tried insane amount of treatments. But a psychology first approach used for chronic pain finally got me out.\n\nBefore you judge this as me trying to shill an approach, please look at my post history, which ho...

https://www.reddit.com/r/covidlonghaulers/comments/1q5hgay/98_recovery_after_25_years/

9. (post, votes=139) "You're pregnant, not sick." -Workplace. I disagree! Hello, I am 32weeks pregnant. I work a desk job that is more mentally demanding than physical. I'm on FMLA due to complications (gallbladder and HG). I have been taking off work at least 1-3 times a week due to flare-ups, or just new growing pains that I never had before. I look up online "Should women..."

https://www.reddit.com/r/BabyBumps/comments/1bc8jce/youre_pregnant_not_sick_workplace_i_disagree/

10. (post, votes=122) How I fully recovered from lower back injury / sciatica Hopefully this encourages a few people. I'm posting this because a few reddit posts really helped me and made me feel encouraged. It took a full year to get to 100% better. I've gone from barely being able to go from sitting to standing with 10/10 pain, to making a full recovery. Also for context I'm...

https://www.reddit.com/r/Sciatica/comments/1p00scm/how_i_fully_recovered_from_lower_back_injury/

drinking coffee daily

Count: 45 | Percent: 0.40%

Variants: coffee every day, morning coffee

Note: Routine caffeine consumption as part of daily life.

1. (post, votes=8027) I Dared My Best Friend to Ruin My Life - He's Succeeding [Part 7] [Part 1](https://www.reddit.com/r/nosleep/comments/4q03fa/i_dared_my_best_friend_to_ruin_my_life_hes/)
[Part 2](https://www.reddit.com/r/nosleep/comments/4q6e5h/i_dared_my_best_friend_to_ruin_my_life_hes/)
[Part 3](https://www.reddit.com/r/nosleep/comments/4qcle4/i_dared_my_friend_to...

https://www.reddit.com/r/nosleep/comments/4qzu9h/i_dared_my_best_friend_to_ruin_my_life_hes/
2. (post, votes=6316) YSK caffiene addiction is real and much more common than you think Why YSK: many of us are likely addicted to caffiene and most of us don't know about it. Understanding the effects that caffiene and caffiene addition has on our bodies helps us make more informed decisions about our health.
Our bodies can become tolerant and addicted to caffiene in as l...

https://www.reddit.com/r/YouShouldKnow/comments/14zjwy5/ysk_caffiene_addiction_is_real_and_much_more/
3. (post, votes=3867) Colleague coffee etiquette **DO NOT COMMENT ON LINKED POSTS. I am NOT OP. Original post by u/AzrisMentalAsylum in r/auscorp**
Trigger Warnings*: >!none!<
Mood Spoilers: >!positive!<
--<
[**Colleague coffee etiquette**](https://www.reddit.com/r/auscorp/comments/18lg9n/colleagues_buying_coffee_etiquette/) - 2025 March 11<

https://www.reddit.com/r/BestofRedditUpdates/comments/1jnybbl/colleague_coffee_etiquette/
4. (post, votes=2140) When your morning coffee comes with a built in emotional support Shiba. nan

https://www.reddit.com/r/Pareidolia/comments/1psxj5g/when_your_morning_coffee_comes_with_a_built_in/
5. (post, votes=1880) Milepost Zero update hits a bump in the road.. Oh my Todd, come have a look at this.
Update day is upon us and it's gone about as smoothly as draggin' ya tongue across a Radtoads back. If I'm here, then that means something news worthy made its way into the game when it wasn't supposed to. Sensational.
Grab ya morning coffee's or afternoon beers becau...

https://www.reddit.com/r/fo76/comments/1f8myib/milepost_zero_update_hits_a_bump_in_the_road/
6. (post, votes=898) I spent 6 weeks testing every "habit hack" Reddit recommends. Here's what actually worked (and what's BS). Got tired of saving posts I'd never read again. So I actually tested the most upvoted advice from r/getdisciplinedfor 6 weeks.
Here's the honest breakdown.
What actually worked
The "2-minute rule" from Atomic Habits. I thought it was too sim...

https://www.reddit.com/r/Habits/comments/1qafj81/i_spent_6_weeks_testing_every_habit_hack_reddit/
7. (post, votes=694) Black espresso makes me fall asleep within 15 minutes of drinking consistently Hey all,
I'm a 20 F with severe ADHD as well as anxiety. I do not consume much caffeine, (I don't drink soda with caffeine or consume energy drinks besides on rare occasions), but I have been taking the same dose of 20mg Adderall XR since I was 12. My entire life I have asso...

https://www.reddit.com/r/biology/comments/1ao7i6e/black_espresso_makes_me_fall_asleep_within_15/
8. (post, votes=536) OMG Protein!!!! (w/easy suggestion) I've been reading about how we need to take (I think certain?) meds w/protein or they aren't as effective, so of course I said "I need to do that!" and then proceeded to... not... for months ■
BUT I figured it out!! And I think it works? At least I have been struggling with the crash starting ~4 hours after taking adde...

https://www.reddit.com/r/adhdwomen/comments/1hugkkr/omg_protein_weasy_suggestion/
9. (post, votes=443) Two years. I drank heavily for over 20 years, almost daily. I did most of the high-risk things that can seriously ruin your life: drinking before, during, and after work. Drinking and driving. Pre-gaming almost every social event I went to. Hiding liquor and beer all over the house. Sneaking and lying. Always a tiny step ahead of when it would all come cr...

https://www.reddit.com/r/stopdrinking/comments/1ne75h5/two_years/
10. (post, votes=436) I Quit Caffeine and It Changed My Life — No One Talks About How Bad This Drug Actually Is I know this might sound dramatic, but quitting caffeine was one of the best decisions I've ever made. I'm honestly shocked at how normalized this drug is in our society. Yes — drug. Because that's what it is. A psychoactive stimulant that we glorify and joke about ne...

https://www.reddit.com/r/decaf/comments/1jxq0ii/i_quit_caffeine_and_it_changed_my_life_no_ne/

irregular work schedule

Count: 43 | Percent: 0.39%

Variants: shift work, weird hours

Note: Non standard or changing work hours across days.

1. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n\n***** UPDATE September 25 *****\n\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

2. (post, votes=5260) I'm a cop and I keep getting called to the same house I'm a local rookie cop in a small town in Pennsylvania currently stuck working night shift. I work the normal patrol shift, driving around, pulling traffic, responding to your normal domestic disputes and whatever other wonderful calls dispatch sends my way. But ever since this past weekend, every sing...

https://www.reddit.com/r/nosleep/comments/95pp9r/im_a_cop_and_i_keep_getting_called_to_the_same/

3. (post, votes=4746) My (30f) husband (34m) keeps sneaking out in the middle of the night **I am not The OOP, OOP is** u/ThrowRA_sneaks_out\n**Originally posted to** r/relationship_advice\n\nMy (30f) husband (34m) keeps sneaking out in the middle of the night**\n\nTrigger Warnings: >!infidelity, mentions of abandonment, depression, drug use!<\n\n-----\n\n[Or...]

https://www.reddit.com/r/BestofRedditUpdates/comments/1akv2ac/my_30f_husband_34m_keeps_sneaking_out_in_the/

4. (post, votes=3566) "I think my professors \$#@%-ed me up." Trigger Warnings: >!Abuse, Controlling Behavior, Sexual Harassment, Grooming, Sexual Assault and Victim Blaming!<\n\nMood Spoiler: >!Positive update from OOP!<\n\nCredit to u/Direct-Caterpillar77 for linking me to this.\n\n[Captain Awkward is an advice blog run by Jennifer Peepas who is a writer, filmmaker, and media...]

https://www.reddit.com/r/BestofRedditUpdates/comments/1myc8k8/i_think_my_professors_ed_me_up/

5. (post, votes=2299) 25 F, 1.5 years progress from paying for programs, yo-yo dieting to independent training & PPL. January 2018 --> Now **[Edit]:** Found start of January 2019 photos! Don't know how I forgot I took these. Have added them below for a more short-term progress comparison.\n\nHi guys!\n\nI'll try not to make this a long read but I wanted to share my training ...

https://www.reddit.com/r/Fitness/comments/bjuac3/25_f_15_years_progress_from_paying_for_programs/

6. (post, votes=1676) She tried to convince me I'm gay rather than accept rejection Some date context:\n\n• She was visiting my city for a few days.\n\n• We ended up hooking up in the first hours of day 1 of her visit, and I agreed that she could crash at my place that evening. She originally had a hotel booked that she 'wasn't happy with'.\n\n• We spent the rest of the day to...

https://www.reddit.com/r/Nicegirls/comments/1pfitbc/she_tried_to_convince_me_im_gay_rather_than/

7. (post, votes=1208) [Advice] I Asked A World-Renowned Sleep Expert Everything You Can Imagine About Optimising Sleep. What He Had To Say Was Mindblowing Earlier this week, I asked GetDisciplined members what they wanted to know about optimising sleep before meeting independent sleep expert, Dr Neil Stanley.\n\n[Here are the answers to your questions](<http://www.30figured.c...>)

https://www.reddit.com/r/getdisciplined/comments/7s7zq7/advice_i_asked_a_worldrenowned_sleep_expert/

8. (post, votes=686) My experience with private surgical centers performing public surgeries in Quebec. French translation at the end:\n\nSo here is my experience with the expansion of privatized healthcare in the form of private surgical centers in Quebec starting doing public cases over the past 2 years.\n\n**1) They WILL steal healthcare workers from the public...**

https://www.reddit.com/r/ontario/comments/10expzt/my_experience_with_private_surgical_centers/

9. (post, votes=614) [Science] My doctor likes Keto and Paleo! His research on why these diets work (Leptin Resistance). I hate going to the doctor. I was basically forced to recently though, and was ready to put up a massive brawl if he tried to get me to change my diet which has been working well so far.\n\nBut - it turns out that he thought Keto was great! He is a Paleo Di...

https://www.reddit.com/r/keto/comments/16or0n/science_my_doctor_likes_keto_and_paleo_his/

10. (post, votes=367) In 2017, Randy Herman Jr killed his best friend & roommate, Brooke Preston, stabbing her 25 times. He claims he was sleepwalking, but the jury disagreed. Here is why his defense is plausible. **The Background:**\n\nIn March of 2017, Randy Herman Jr woke up standing over the body of his friend, Brooke Preston, holding a bloodied hunting knife. ...

https://www.reddit.com/r/TrueCrime/comments/w67611/in_2017_randy_herman_jr_killed_his_best_friend/

staying in bed

Count: 32 | Percent: 0.29%

Variants: stay in bed, lying in bed

Note: Spending long periods in bed awake.

1. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

2. (post, votes=3623) My wife's wedding vows were strange. "I will be there for you, day or night," She said. "And the time between times."
That raised an eyebrow, but not my suspicions.\n\nI had blindly loved Abigail Thorp for six years. At the time, her peculiar wedding vows seemed endearing. She was only adding a little sparkle and spice to the ceremony, as she did with...

https://www.reddit.com/r/nosleep/comments/1bjwrpe/my_wifes_wedding_vows_were_strange/

3. (post, votes=3460) [New Updates]: AITA for not telling my fiancée that my late partner was a man? **I am NOT OOP, OOP is** u/poetrysonnets\n\nOriginally posted to r/AITA*\n\nPrevious BoRUs:
[1](<https://www.reddit.com/r/BestofRedditUpdates/s/AHi304akEJ>)\n\n**[New Update]: AITA for not telling my fiancée that my late partner was a man?**\n\n**NEW UPDATE MARKED WITH** ...

https://www.reddit.com/r/BestofRedditUpdates/comments/1jx8oa2/new_updates_aitah_for_not_telling_my_fianc%C3%A9e_that/

4. (post, votes=2645) Deathworlders meet (4)
[Previous](https://www.reddit.com/r/HFY/comments/ph2gyk/deathworlders_meet_3/) | [All chapters](https://www.reddit.com/r/hfy/wiki/series/deathworlders_meet) |
[Next](https://www.reddit.com/r/HFY/comments/pjgd5f/deathworlders_meet_5/)\n\n-The lights inside my room turned on, waking me from a dream the faded from memory a...

https://www.reddit.com/r/HFY/comments/pis8un/deathworlders_meet_4/

5. (post, votes=1924) Trump Wants to Bring Back Insane Asylums to "Clean Up the Streets" and Conservatives Go a Little Crazy # Context\n\nPresident Donald Trump has said he would be open to bringing back "insane asylums" to imprison people with "serious mental illness".\n\nIn an interview with the Daily Caller published on Monday, the president said that forcing more people in...

https://www.reddit.com/r/SubredditDrama/comments/1n6olce/trump_wants_toBring_back_insane_asylums_to_clean/

6. (post, votes=1309) [New Update] - AITA for not telling my fiancée that my late partner was a man? **I am not the OOP. The OOP is** u/poetrysonnets **posting in** r/AITA*\n\nOngoing as per OOP**\n\n**1 update - Medium**\n\nOriginal**\n(https://new.reddit.com/r/AITA/comments/1et5o27/aitah_for_not_telling_my_fianc%C3%A9e_that_my_late/) **- 15th August 2024**\n\n**Update...

https://www.reddit.com/r/BORUpdates/comments/1jsmqcz/new_update_aitah_for_not_telling_my_fi_ancée_that/

7. (post, votes=1291) 14 Emergency Medicine Laws for New Trainees **1. Sensitivity > Specificity**\n\nYour job isn't to figure out what's wrong. Your job is to make sure the patient doesn't have something life-threatening. That's it. No more, no less. Trainees struggle with this because they're always trying to land the perfect diagnosis. But it doesn't matter what's causing t...

https://www.reddit.com/r/emergencymedicine/comments/11zg8ti/14_emergency_medicine_laws_for_new_trainees/

8. (post, votes=1263) Internet Lore: MIL RUINING VACAY [Part 1] This is a little different, since this is not from reddit. Reddit, however, referenced it often in the past, and users asked for longer posts. So, here is a two parter. It also might be fake (like so much), but it is part of internet lore, so if you are into this kinda thing, this is for you.\n\nAll the links are ...

https://www.reddit.com/r/BORUpdates/comments/1qg5ijn/internet_lore_mil_ruining_vacay_part_1/

9. (post, votes=1173) In 2015, MSD threatened to cut me off because I "missed a seminar". I'm still impacted now. Long story short, *I did not have jobseeking obligations at the time and the seminar actually wasn't one I was supposed to attend.* I was acutely unwell with a hormonal mood disorder and C-PTSD, couldn't get through a day without a panic attack or intense flashback...

https://www.reddit.com/r/newzealand/comments/1ert4o9/in_2015_msd_threatened_to_cut_me_off_because_i/

10. (post, votes=1160) I think my husband (38M) is starting to resent our daughter (4F), how do I deal with this? **I am not the OOP. The OOP is** u/Practical_Leg5275 **posting in** r/relationship_advice\n\n**Concluded as per OOP**\n\n**1 update - Long**\n\n**Original**](https://new.reddit.com/r/relationship_advice/comments/1h9bmo9/i_think_my_husband_38m_is_starting_to_resent_...)

https://www.reddit.com/r/BORUpdates/comments/1hbmzvm/i_think_my_husband_38m_is_starting_to_resent_our/

skipping meals

Count: 27 | Percent: 0.24%

Variants: skip lunch, skip meals

Note: Regularly not eating at typical mealtimes.

1. (post, votes=17015) Entire class skips optional early start to lab, we were given an hour for lunch and we're going to take all of our time TLDR: surgeons wants us to come to a lab scheduled for 12 and hour early at 11. As a class, we decided to come at 12. Got reprimanded, then the dean backed us up.\n\n■■■\n\nI'm a second year veterinary student. This is the time when...

https://www.reddit.com/r/MaliciousCompliance/comments/10zz3a1/entire_class_skips_optional_early_start_to_lab_we/

2. (post, votes=3208) "I slept through an entire day of work"- a 5 year story **I am NOT the Original Poster. That was someone on Ask A Manager.**\n\nThanks to u/greeniestbean for the rec!\n\n# Do NOT comment on Original Posts. This is a longer post.\n\n**Trigger Warning:** >!some sort of chronic illness that is initially misdiagnosed!<\n\n**Mood Spoiler:** >!ups and downs- ju...

https://www.reddit.com/r/BestofRedditUpdates/comments/1j1j60q/i_slept_through_an_entire_day_of_work_a_5_year/

3. (post, votes=93) My dietitian appointment last week was great! Wanted to share some nutrition and lifestyle tips I got from my dietitian last Friday and the OHSU (Oregon Health & Science University) PCOS guidelines. Everything is focused on managing insulin resistance, which is super common with PCOS, and a huge battle for me even though I just learned about it in May! I ...

https://www.reddit.com/r/PCOS/comments/1lot2t3/my_dietitian_appointment_last_week_was_great/

4. (comment, votes=33) I imagine the train of thought was that she knew my brother and I would be irritated that she was an hour late. It was probably an accident in her mind that she was late to begin with, although still a pretty huge one. She's a very defensive person, so she showed up ready to have a fight about it. I knew better than to start one, but even suggesting we sk...

https://www.reddit.com/r/entitledparents/comments/lh620o/em_makes_me_miss_flight/gmw5ug3/

5. (post, votes=23) i used to be so confused about protein, carbs, calories & all that... this is what finally made it make sense For the longest time, i thought eating "healthy" just meant eating less. i'd try to live off salads and smoothies, skip meals, cut out carbs... and i'd still feel bloated, tired, and confused as to why nothing was changing. so recently i decided to ...

https://www.reddit.com/r/Nutrition_Healthy/comments/1ludg6g/i_used_to_be_so_confused_about_protein_carbs/

6. (post, votes=16) How do you find time to eat when you work long hours? Lately, I've had to put in a lot of long hours at my job for consecutive days, even weeks at a time. I'm talking in at 8 or 9 am, work until 1-2 pm in the afternoon though I skip lunch sometimes when it's a really busy day with tight deadlines, and then work until 7pm or later in the evening. I've had ...

https://www.reddit.com/r/MoneyDiariesACTIVE/comments/kqogww/how_do_you_find_time_to_eat_when_you_work_long/

7. (comment, votes=11) OP, I'm only mentioning this because I didn't see another comment saying this:\n\nDO NOT SKIP MEALS. You felt sick around dinner time because you hadn't eaten since breakfast. It may not seem like a big deal, but your body needs food. Your feet will still hurt, but the rest of you won't feel as bad if you eat.

https://www.reddit.com/r/exmormon/comments/1l3ph3u/my_social_battery_is_so_dead_fsy_day_3/mw3lhqa/

8. (post, votes=10) Want to Help Those Looking for Help So, I never thought I'd be sitting where I am today. In a clean(ish) home office, not a blue bottle in sight. Not for over 19 - 20 days or more. I know people have shared their vitimin stacks, and what worked for them in the past, but I figured the more info available to us, the better. So buckle up, im going to copy an...

https://www.reddit.com/r/Quittingfeelfree/comments/1l7bl9j/want_to_help_those_looking_for_help/

9. (comment, votes=8) Skip lunch (fast), or if eating then minimize carbs/portion size and do high protein snacks. \n\nMicro nap\n\nA small amount of caffeine also helps, as does a snifter of crystal meth.

https://www.reddit.com/r/productivity/comments/nxpsxq/how_to_overcome_the_afternoon_slump/h1gwhs8/

10. (comment, votes=7) Possibly look at meal volume/calories then. Mid afternoon slump is usually a result of your body dumping insulin into your bloodstream to cope with a big lunch, and it strips all the sugar out of your blood.\n\nOne thing to try to BS check this is skip lunch one day - if you get sleepy, it's something else. If you all you get is hangry, you can then play ...

https://www.reddit.com/r/AskLondon/comments/15eg6uw/how_do_you_manage_the_afternoon_slump_at_work/ju87f7s/

overworking

Count: 26 | Percent: 0.23%

Variants: work too much, workaholic

Note: Chronic excessive work beyond healthy limits.

1. (post, votes=9602) New Updates: How to end it with a girl who has nothing going for her and will become homeless **I am NOT the Original Poster. That is** u/CocoTub. He posted in r/self, r/relationship_advice and his own page.\n\nThanks to my friend [](<https://www.reddit.com/user/powerkickass/>) for letting me know about the update! \n\nPrevious BORU [here](<https://www.reddit.com>)...

https://www.reddit.com/r/BestofRedditUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has/

2. (post, votes=884) Humans don't create super soldiers to fight aliens \n\nRusty froze in fear, anger, and disorientation. There was a smell that could turn his reality inside out: a mixture of burning hair, fuel, blood, and acid. The first time he encountered that smell was Blood River. He had encountered that strange mixture a handful of times since then, and every time it...

https://www.reddit.com/r/HFY/comments/1e4j7gq/humans_dont_create_super_soldiers_to_fight_aliens/

3. (post, votes=824) My story of joining the Great Resignation Twenty years into my software engineering career, I have decided I had to take a break for my mental health. I became part of the Great Resignation of the Early 2020s (I hope the history books phrase it, and capitalize it, just like that).\n\nOne thing I never felt until the last couple of years was burnt out,

whi...

https://www.reddit.com/r/ExperiencedDevs/comments/up0fsa/my_story_of_joining_the_great_resignation/

4. (post, votes=647) Best worker pal passives January 2025 (Feybreak) # Introduction
Since lots of the min/maxing information are kinda spread out and outdated due to the Feybreak update I decided to collect some of the old and new data and create a guide on the best worker pals as of the new Feybreak update. My goal is to give players an in-depth up to date overview of th...

https://www.reddit.com/r/Palworld/comments/1hs3dv2/best_worker_pal_passives_january_2025_feybreak/

5. (post, votes=533) Peri is ruining my career. This is mostly a rant.
TL;DR. I'm 43. have all the normal peri symptoms. I FINALLY have an appointment to get HRT at the end of the month. I'm 2 years post hysterectomy.
Perimenopause is ruining my career. I am a single workaholic who has been in the same industry for 20+ years. It feels like as soon as I hit 40, I hit a...

https://www.reddit.com/r/Perimenopause/comments/1pbxiwm/peri_is_ruining_my_career/

6. (post, votes=378) I'm 24 with coronavirus. It's hard but the stigma is just as bad
TLDR: exposed to coronavirus, developed coronavirus symptoms, had mild yet very scary experience, coronavirus test came back negative, went to the ER, doctors think it was a false negative, slowly recovering, symptoms mostly gone, finally out of isolation
just wanted to share because th...

https://www.reddit.com/r/COVID19_support/comments/fp2coh/im_24_with_coronavirus_its_hard_but_the_stigma_is/

7. (post, votes=273) 41M – From Sleep-Deprived Workaholic to Protocol-Driven: My Huberman-Approved Transformation
Hey everyone, I recently discovered this forum and wanted to introduce myself.
I'm a 41M who started prioritizing health after a series of wake-up calls:
* My parents recently passed away, one after the other, due to preventable health issues.
* I turned 40...

https://www.reddit.com/r/HubermanLab/comments/1jip0ek/41m_from_sleepdeprived_workaholic_to/

8. (post, votes=245) Older generation of physicians are upset at improved work life balance? "I'm not saying they're wrong in their desire for a work-life balance, but there was a time when the patient came first." <https://www.wsj.com/lifestyle/careers/young-doctors-want-work-life-balance-older-doctors-say-thats-not-the-job-6cb37d48>
There's a question dividing the medical ...

https://www.reddit.com/r/whitecoatinvestor/comments/1gj2np0/older_generation_of_physicians_are_upset_at/

9. (post, votes=156) Worried about workaholic friend Friend (30f) works in corporate law in Sydney for a large international firm. Ever since I have known her, she has been a workaholic. However it's gotten worse since she's been working in law. She's regularly doing 16 hour days and leaving the office at 2am in the morning, just to go back into the office at 7:30am. She also...

https://www.reddit.com/r/auscorp/comments/1jn3nsv/worried_about_workaholic_friend/

10. (comment, votes=147) I'd say this, from the context that I've seen so far.
She wanted to feel useful, and the feeling of not being involved (useless maybe, in her mind) was to her excruciating. She couldn't handle it, and so she had to find an angle in to help you.
Is she a workaholic, on top of this? Can't relax and just enjoy herself for longer periods of time?

https://www.reddit.com/r/relationships/comments/1aefz1m/my_girlfriend_36f_kept_me_41m_up_all_night_before/kk8vdus/

phone scrolling

Count: 23 | Percent: 0.21%

Variants: on phone, scrolling phone

Note: Habitual smartphone use, often passive browsing.

1. (post, votes=17234) Girlfriend wanted an open relationship so I broke up with her, now she wants to get back together.
I'm not the OOP. This was posted by u/ThrowRAOpenNot4me in r/relationship_advice.
[Original] (https://www.reddit.com/r/relationship_advice/comments/zy984m/23m_23f_girlfriend_wanted_an_open_relationship_so/) (29 Dec 22)
**(23m) (23f) Girlfriend wanted an...

https://www.reddit.com/r/BestofRedditUpdates/comments/106n0dw/girlfriend_wanted_an_open_relationship_so_i_broke/

2. (post, votes=8583) PSA Regarding COVID-19: A Warning [NEW: As requested, a [downloadable PDF](<https://docdro.id/30e3nncc>) version of this document is now available to email to relatives]\n\nIf you just want to learn how to reduce your risk of catching COVID-19, scroll down to the "Risk Reduction" section. However, to appreciate the full scope of the challenge ahead, you are ...

https://www.reddit.com/r/canada/comments/fghd23/psa_regarding_covid19_a_warning/

3. (post, votes=2631) [New Update]: AITA for Thinking There's a Hidden Affair Between My Husband and Best Friend? **I am NOT OOP, OOP is** u/throwaway_maria12421\n\nOriginally posted to** r/AITAH\n\nPrevious [BoRU #1](https://newredd.it.com/r/BestofRedditUpdates/comments/1bj4nko/aitah_for_thinking_theres_a_hidden_affair_between/)\n\n**[New Update]: AITA for Thinking Ther...

https://www.reddit.com/r/BestofRedditUpdates/comments/1e6288n/new_update_aitah_for_thinking_theres_a_hidden/

4. (post, votes=134) I've earned \$564,657 in 2 years by ranking my sites this way: here are 6 tips for your SEO. If you want to generate free, sustainable, and qualified traffic, you need to think like Google: "Is this site useful, credible, and clear for users?" This is what I always do for the sites I build.\n\n**Step 1: Have a Solid Technical Foundation**\n\n**1.1 Clean UR...

https://www.reddit.com/r/Dropshipping_Guide/comments/1khn2gp/ive_earned_564657_in_2_years_by_ranking_my_sites/

5. (comment, votes=39) 1. Learn Korean, DPRK dialect\n\n2. Have friend call you when you're alone with parents\n\n3. After phone rings, look at it and say "damn, the Supreme Leader wants an update"\n\n4. Answer in Korean\n\n5. Get into heated argument on phone, all in Korean\n\n6. Start looking worried and backpedaling\n\n7. Say goodbye in Korean, hang up and look worried for t...

https://www.reddit.com/r/AskReddit/comments/ewk992/you_are_meeting_your_new_boyfriendgirlfriends/fg3hv5m/

6. (post, votes=21) ■ Weekly news round up 25.01.26 **Independent Disability Advisory Panel appointed and begins work**\n\nIn September 2025 the DWP launched an expression of interest to join the Independent Disability Advisory Panel to support, advise and connect the department to the wider disability community. Ten experts with lived experience of disability and long-term ...

https://www.reddit.com/r/DWPhelp/comments/1qmbs3n/weekly_news_round_up_250126/

7. (post, votes=21) Advice please: depression days — the cptsd normal? Hello! Long-time lurker on this sub. For those who are years into this journey, I would love some advice.\n\nContext: I moved out of my toxic household 1 year ago. On the outside I am considered high-functioning (good worker, in uni, cook for myself etc.). I believe that I take great care of myself (nutr...

https://www.reddit.com/r/CPTSD_NSCommunity/comments/1q8vhb0/advice_please_depression_days_the_cptsd_normal/

8. (post, votes=15) Travel Checklist for Parkinson's/Mobility/Medication Challenges During my recent travel as a Parkinson's combatant, I've encountered different problems, or near-mistakes, that could have become bigger problems. Although I don't have any significant current mobility limitations... the day is coming. For some of us, that day has already arrived. Traveling wit...

https://www.reddit.com/r/Parkinsons/comments/1q7eup3/travel_checklist_for_parkinsonsmobilitymedication/

9. (comment, votes=5) Pekoe has trained this man so well.\n\nMy husband and I have a cat. She learned pretty fast that no matter how naughty or loud she is, if I'm not able to pet/feed her then I simply won't do it, and then she stopped bothering to be naughty or loud. If she wants something she will sit patiently as close to me as possible, occasionally tapping me with her he...

https://www.reddit.com/r/BORUpdates/comments/1mzkb67/i_thought_my_wifes_cat_hated_me_for_for_years/naouo71/

10. (comment, votes=4) Power naps at lunch. Drink cup of coffee in the car. Set timer on phone. Take nap. Wake up . Go back to work just as coffee kicks in.

https://www.reddit.com/r/AskWomenOver60/comments/1qu6vlp/8_hour_workday/o39nnmx/

high caffeine intake

Count: 22 | Percent: 0.20%

Variants: too much caffeine, lots of coffee

Note: Frequent or heavy use of caffeinated drinks.

1. (post, votes=308) Everything that's helped with Adrenal PCOS and solving IR to Lose 60 Lbs There's not much on here about Adrenal PCOS, so I wanted to write down everything that has helped me/I've seen that could help someone with Adrenal PCOS.\n\nMy PCOS came at the beginning of the pandemic when the gyms closed down and I started my job, which coincided with extreme depr...

https://www.reddit.com/r/PCOS/comments/18h20o1/everything_thats_helped_with_adrenal_pcoss_and/

2. (post, votes=233) PoE Human League Starter Build (tips for preparing yourself for a better league start) # PoE Human League Starter Build\n\n### Note\nThis is what I do for a intense gaming weekend, don't read your whole lifestyle into this post. Regarding things like lower fat meals, it is mainly cause I try to avoid food fatigue from processing a bunch of fats, not that ...

https://www.reddit.com/r/pathofexile/comments/a3ce3y/poe_human_league_starter_build_tips_for_preparing/

3. (post, votes=211) Best sleep practices to significantly increase lifespan. Here is scientific evidence and practical tips. Sleep is not just rest, it is repair. When we sleep well, the body fixes what the day slowly breaks. Science is very clear on this now: people who sleep enough, at the right time, live longer and stay healthier. Sleep is one of the strongest anti-aging...

https://www.reddit.com/r/immortalists/comments/1pr08ct/best_sleep_practices_to_significantly_increase/

4. (post, votes=131) How to get into Flow consistently I'm sure you've had days when you felt super productive and unstoppable. You were completely in the moment and everything was going your way.\n\nRight there and then you were experiencing the magical [*Flow State*]([https://www.wikiwand.com/en/Flow_\(psychology\)](https://www.wikiwand.com/en/Flow_(psychology)))*.*\n\nWe sometimes feel this way when we're doing something t...

https://www.reddit.com/r/productivity/comments/grr4st/how_to_get_into_flow_consistently/

5. (post, votes=84) Too much caffeine. He crashed. nan

https://www.reddit.com/r/cats/comments/1mgtbre/too_much_caffeine_he_crashed/

6. (post, votes=66) Portland Half Marathon, my first half ever! And it went great! # Race information\n\n**What?** Portland Marathon\n**When?** October 01, 2023\n**How far?** 13.1\n**Where?** Portland, OR\n**Website:** <https://www.portlandmarathon.com>\n...
https://www.reddit.com/r/running/comments/16ycrwr/portland_half_marathon_my_first_half_ever_and_it/

7. (post, votes=37) Do you know how I can get caffeinated without the tedium of drinking lots of coffee? In my mornings, I want to get my energy quickly, and drinking coffee or energy drinks takes too much time. Is there a way to get the caffeine more quickly into my body so I can get to work?

https://www.reddit.com/r/productivity/comments/13xk0kw/do_you_know_how_i_can_get_caffeinated_without_the/

8. (post, votes=29) Implantation Failure as "Abortion" So a fairly common line of thinking I see in pro-life spaces is the idea that if certain forms of contraception—primarily the hormonal ones like Plan B, IUDs, oral contraceptives, etc.—in some way prevent or reduce the likelihood of the implantation of a conceived embryo, then they are a form of abortion, which pro-lifer...

https://www.reddit.com/r/Abortiondebate/comments/1n4fs0d/implantation_failure_as_abortion/

9. (post, votes=26) How to care for your pet Bachira (harder than it looks) # RULES FOR TAKING CARE OF A PET BACHIRA\n\n# (high energy, emotionally intuitive, and delightfully feral)\n\n**rule one:** your pet bachira requires **a LOT of movement**. daily exercise is non-negotiable. if he hasn't run today, you will know.\n\n**rule two:** provide open space whenever possible. ...
https://www.reddit.com/r/BlueLock/comments/1qaz3oi/how_to_care_for_your_pet_bachira_harder_than_it/

10. (comment, votes=22) To anyone else reading this, when this guy did this it ended fine. If you try this, someone you're doing it to might have heart issues. Too much caffeine combined with heart issues can be deadly. Be careful. Glad no one

got hurt here.

https://www.reddit.com/r/pettyrevenge/comments/t8s8yo/who_knew_changing_coffee_could_cause_such_carnage/hzsqbdd/

skipping breaks

Count: 18 | Percent: 0.16%

Variants: no breaks, work without break

Note: Working or focusing for long periods without rest.

1. (post, votes=6893) 'Twas the Night Before Tariffs Since some of you enjoyed my prior post, 'Twas the night before rate cuts. I wanted to share my latest and greatest version, 'Twas the Night Before Tariffs.
\n\n\n'Twas the night before tariffs, and all through the Street,\n\nThe traders were anxious, all glued to their seats.\n\nTheir orders were placed with precision and car...

https://www.reddit.com/r/wallstreetbets/comments/1jpbpym/twas_the_night_before_tariffs/

2. (post, votes=6089) Am I a total b*tch? I'm really worried that I'm a terrible person for how this was handled. This was last week and I still can't stop thinking about how I could have dealt with this better. \n\nI'm a grad student working on my thesis defense all summer. I'm tired all the time. Last Friday, I got home after 12 hours on campus, researching, editing, meeting...

https://www.reddit.com/r/doordash/comments/153coii/am_i_a_total_btch/

3. (post, votes=509) Everyone that's preparing for release... Please consider your health and stay safe! I get it, HYPE TRAIN! YAH! HoT is hours away from release and many of us are currently preparing for the long night/day where we will wait patiently for the patches and binge game for the weekend ;) But, even though we think we are prepared... let's not forget the most imp...

https://www.reddit.com/r/Guildwars2/comments/3ps2zo/everyone_thats_preparing_for_release_please/

4. (post, votes=291) The Complete Blueprint Protocol - Updated Easy to Follow Format Hey guys, so I decided I wanted to try out the Blueprint Protocol for myself and measure my progress. Upon reviewing https://protocol.bryanjohnson.com/, [Bryan Johnson's YT Channel](https://www.youtube.com/@BryanJohnson/videos), [Bryan's X account](https...

https://www.reddit.com/r/blueprint_/comments/1ddslnc/the_complete_blueprint_protocol_update_d_easy_to/

5. (post, votes=188) Our Story of How Two Idiots Accidentally Became Full Time Paid Game Devs and Somehow Launched a Steam Page Hey everyone! I'm Baybars, the team lead of an indie studio, Punica Games, based in Istanbul. We just launched the Steam *Coming Soon* page for our first-ever PC game, Fading Light, and after a full year of chaotic effort, mistakes, growth, and learn...

https://www.reddit.com/r/gamedev/comments/1jo1s5z/our_story_of_how_two_idiots_accidentally_became/

6. (post, votes=183) I was stuck, broke, and directionless. Learning AI changed my life. A year ago, my life felt like it was on repeat.\nWake up, work, come home, scroll, sleep.\nNo growth. No purpose. Just time passing.\n\nI wasn't even sad ... I was just numb.\nI knew I had more in me, I just didn't know where to start.\n\nThen I kept hearing about AI. Not the hype, just peo...

https://www.reddit.com/r/AiAutomations/comments/1op39qt/i_was_stuck_broke_and_directionless_learning_ai/

7. (post, votes=40) My Sleeping Habbits Make Me More Productive Whenever I feel tired I go to sleep. When my brain feels foggy or I have a slight headache I try sleep as my first fix. Not a two or three hour nap but a 15-20 minute brain break is what I like to call them. I just lie down until the front of my head feels this sort of clarity and it feels warm when I wake up. I...

https://www.reddit.com/r/productivity/comments/1kjm2cf/my_sleeping_habbits_make_me_more_productive/

8. (post, votes=35) Trip Report: 6 day Rongai Route with Gladys Adventure I just got back (January 2026) from hiking Kilimanjaro on the 6 day Rongai Route with Gladys Adventure and wanted to share my experience. I had the absolute best week of my life and I would 100% (and probably will) do it again. There are truly no words to describe how incredible my experience was but I...

https://www.reddit.com/r/kilimanjaro/comments/1qqeg9v/trip_report_6_day_rongai_route_with_g_ladys/

9. (post, votes=33) My honest review of GLIM C (Great Lakes Institute of Management) **Review: Great Lakes Institute of (Mis) Management (Marketed as "Chennai," Located in Chengalpattu)**\n\n**Misrepresentation of Location**\n\nAlthough branded as "Great Lakes, Chennai," the institute's main campus is located in Chengalpattu—approximately three hours from Chennai city. This ...

https://www.reddit.com/r/MBAIndia/comments/1qenn25/my_honest_review_of_glim_c_great_lakes_i_nstitute/

10. (post, votes=23) An extensive guide to CAT Prep: Part 2 This is a continuation of this post: \n[https://www.reddit.com/r/CATpreparation/comments/1plfzba/an_extensive_guide_to_cat_prep_part_1/](https://www.reddit.com/r/CATpreparation/comments/1plfzba/an_extensive_guide_to_cat_prep_part_1/)\n\nThe first part of the post had Part 1 and 2 was about how you start buildi...

https://www.reddit.com/r/CATpreparation/comments/1plk3o1/an_extensive_guide_to_cat_prep_par_t_2/

sedentary lifestyle

Count: 17 | Percent: 0.15%

Variants: don t exercise, no exercise

Note: Low physical activity as a general pattern.

1. (post, votes=7266) [Method] I summarized all the top posts of the top self-help subreddits of all time into a cheatsheet.\n\n# THEORY:\n\n(Long time lurker, but this sub is pretty positive so I feel like I can share)\n\nI had a theory.\n\nThe theory was that we are surrounded by information. In the sea of information, if we could sort all the most useful information into o...

https://www.reddit.com/r/getdisciplined/comments/b9w7fx/method_i_summarized_all_the_top_posts_of_the_top/

2. (post, votes=161) A Decade of MCAS/HI Symptoms - with an Unusual Resolution After ten years of chronic illness, I am relieved to finally be able to write the post I had hoped I could one day write....\n\nIt's long. But I think you'll find it interesting. If you have also spent years chasing a mystery illness, you will understand.\n\nFinding out the source of these chronic ...

https://www.reddit.com/r/HistamineIntolerance/comments/1qnu43/a_decade_of_mcashi_symptoms_with_an_unusual/

3. (post, votes=154) 98% recovery after 2.5 years TLDR: 98% recovered from long covid for almost a year. Had multiple symptoms, and tests that showed many things wrong. Tried insane amount of treatments. But a psychology first approach used for chronic pain finally got me out.\n\nBefore you judge this as me trying to shill an approach, please look at my post history, which ho...

https://www.reddit.com/r/covidlonghaulers/comments/1q5hgay/98_recovery_after_25_years/

4. (post, votes=132) A Decade of Gut Issues & Mystery Symptoms - with an Unusual Resolution After ten years of chronic illness, I am relieved to finally be able to write the post I had hoped I could one day write....\n\nIt's long. But I think you'll find it interesting. If you have also spent years chasing a mystery illness, you will understand.\n\nFinding out the source of t...

https://www.reddit.com/r/SIBO/comments/1qnul6p/a_decade_of_gut_issues_mystery_symptoms_with_an/

5. (post, votes=109) A Decade of Fatigue and Unusual Symptoms - with an Unusual Resolution After ten years of chronic illness, I am relieved to finally be able to write the post I had hoped I could one day write....\n\nIt's long. But I think you'll find it interesting. If you have also spent years chasing a mystery illness, you will understand.\n\nFinding out the source of th...

https://www.reddit.com/r/MTHFR/comments/1qnut3a/a_decade_of_fatigue_and_unusual_symptoms_wi_th_an/

6. (post, votes=100) Why Adults Develop Sugar, Milk(Lactose) & Caffeine Intolerance and several others — But Kids Don't | The Untold Role of Sexual Energy (Life Force) Some of you all are already familiar with my story, how I came to discover that ejaculations were the root cause of all my diseases (diabetes, fatty liver, high blood pressure, male pattern balding, etc) and ho...

https://www.reddit.com/r/pureretention/comments/1mgshkf/why_adults_develop_sugar_milk_lactose_caffeine/

7. (comment, votes=25) I said this too. I think she will be fine until she has the baby. Daniel seems to be one of those that thinks people he believes are "less than" his standards and values deserve how he treats them. She is fine now - pretty, successful, fit, etc but post-partum there is fluctuating hormones, baby weight, mandated no exercise, non-paid parental leave, and s...

https://www.reddit.com/r/BORUpdates/comments/1f2gkbc/part_2_im_not_going_to_be_the_moh_for_my_sisters/lk8ddfd/

8. (post, votes=11) How consistent is your PEM/triggers? Been navigating chronic fatigue for a few years, and more severe symptoms for the last six months- no official diagnosis but I've been treating it like CFS to be cautious.\n\nMy doctor, who specializes in long COVID, seemed skeptical about me having CFS because I don't get what she considers to be PEM- I've been tryin...

https://www.reddit.com/r/cfs/comments/1qfmc65/how_consistent_is_your_pemtriggers/

9. (post, votes=7) A Decade of Mystery Symptoms - and a Suprising Resolution After ten years of chronic illness, I am relieved to finally be able to write the post I had hoped I could one day write....\n\nIt's long. But I think you'll find it interesting. If you have also spent years chasing a mystery illness, you will understand.\n\nFinding out the source of these chronic ...

https://www.reddit.com/r/eds/comments/1qoun72/a_decade_of_mystery_symptoms_and_a_suprising/

10. (comment, votes=6) Sure. The first thing you need to do is determine the number of calories you need per day to maintain your weight. You can find this at <http://www.active.com/fitness/calculators/calories> but make sure you select calorie needs instead of basal metabolic rate. Sedentary means no exercise at all. Light active means 1-3x per week aerobic exercise for 30-60 mi...

https://www.reddit.com/r/TwoXChromosomes/comments/5hyijw/ladies_how_do_you_deal_with_major_burn_out/db5jhuu/

eating junk food

Count: 14 | Percent: 0.13%

Variants: bad food, unhealthy food

Note: Habitual consumption of low nutrient, high sugar or fat foods.

1. (post, votes=5918) Make my partner work while contagiously sick? Enjoy having the health board checking up on you. This was about 10 years ago. At the time I was with my ex partner, who worked at a petrol station chain in Australia. He came down sick with gastro which is a highly infectious illness resulting in vomiting, diarrhoea, fatigue etc. My ex notified his manager on...

https://www.reddit.com/r/ProRevenge/comments/7dk1u2/make_my_partner_work_while_contagiously_sick/

2. (post, votes=2622) Losing 50lbs in 120 days. This is what worked for me. Two years ago I separated from the military and, as you would expect, gained a bunch of weight. Roughly from being in great shape and 180 lbs to terrible shape and 230 lbs. My wife didn't seem to care and I didn't have to do PT anymore, so I didn't have much drive to go back to the gym. My diet was abs...

https://www.reddit.com/r/Fitness/comments/4iould/losing_50lbs_in_120_days_this_is_what_worked_for/

3. (post, votes=2417) Why I was fat for 15 years and how I solved it Do you also feel like you are trying to get in shape forever? You do stuff. Go to the gym. Try these fancy diets everyone seems to have so much success with. But it feels like a 10, maybe 20 or even 30 year journey of trying to lose weight. And you never get there?\n\nI have been there. Failing every attempt ...

https://www.reddit.com/r/loseit/comments/5m5wid/why_i_was_fat_for_15_years_and_how_i_solved_it/

4. (post, votes=1110) OP's 500lbs Weight Loss Journey (Very Long) # I am not the OP.\n\n[Originally posted](https://reddit.com/r/loseit/comments/bky69v/4996_lbs_posted_this_for_some_friends_the_other/) by u/culberson three years ago.\n\n# 499.6 lbs. Posted this for some friends the other day and I thought some of you may relate or find it interesting as well. (Very long)\n\n49...

https://www.reddit.com/r/BestofRedditUpdates/comments/tez1vt/ops_500lbs_weight_loss_journey_very_long/

5. (post, votes=1079) [Method] The 22 ways I used to motivate myself to do the things I believe I need to do - long post Most people believe that motivation comes from just getting yourself to do something.\n\nLet's be real: if you already are able to

get yourself to do something then you'd be doing it by now.\n\n\nPushing yourself to do something is more than just going out, ...

https://www.reddit.com/r/getdisciplined/comments/8067rj/method_the_22_ways_i_used_to_motivate_myself_to/

6. (post, votes=197) New UK laws coming in 2026 from bin rules to adverts and fresh DWP powers **- Long Article -**\n\n**tl;dr**\n1. **New border controls and a £17 fee to travel to Europe**\n2. **New ETA scheme for visitors to the UK**\n3. **New recycling bin rules for every household**\n4. **Junk food adverts banned before 9pm**\n5. **Kids to be banned from buying high-ca...

https://www.reddit.com/r/uknews/comments/1pwaw3x/new_uk_laws_coming_in_2026_from_bin_rules_to/

7. (post, votes=22) Understanding Candida Overgrowth Triggers and Drivers Greetings friends, here is an excerpt from my upcoming new book about Candida cleansing. Most people talk about a cause. **Did you know there are actually two types of causes?**\n\nCandida overgrowth affects millions each year. It's one of the most common gut-related problems I've seen in more than thr...

https://www.reddit.com/r/Candida/comments/1n6vy1f/understanding_candida_overgrowth_triggers_and/

8. (comment, votes=20) Limit snacking. Seriously, it's easy to pack in thousands of calories picking at kids snacks all day. Spend a day or two tracking everything you consume and you'll see just how much.\n\nReplace unhealthy food choices with healthy food choices. For instance, we make homemade salsa and instead of chips I cut baby carrots long-ways and use those as a salsa...

https://www.reddit.com/r/daddit/comments/1c8w00z/3_kids_oldest_is_6_getting_way_too_fat_hot_dads/10hhc7g/

9. (post, votes=4) Overate junk and drank alcohol the last few days- mental health & fatigue My husband and I went on vacation late last week, ate and drank whatever we wanted, and it trickled into the days coming back home. Prior to vacation I was eating really clean (maybe one off food item per day) and no alcohol. \n\nMy mental health has taken a nose dive. Not from the ...

https://www.reddit.com/r/BingeEatingDisorder/comments/1kmf6r3/overate_junk_and_drank_alcohol_the_last_few_days/

10. (post, votes=3) High Stress Incoming - back off or power through? The next 4 to 8 weeks (will see what happens) are going to be insanely stressful. Unless I resign from my job, this is unavoidable (same job for 20 years. I can't imagine leaving).\n\nI'm trying to decide if I should accept this and plan to eat at maintenance to attempt to avoid life stress combined with die...

https://www.reddit.com/r/Retatrutide/comments/1j26bnh/high_stress_incoming_back_off_or_power_through/

eating when stressed

Count: 13 | Percent: 0.12%

Variants: stress eating, eat from stress

Note: Using food as a coping mechanism for stress.

1. (post, votes=647) Best worker pal passives January 2025 (Feybreak) # Introduction\n\nSince lots of the min/maxing information are kinda spread out and outdated due to the Feybreak update I decided to collect some of the old and new data and create a guide on the best worker pals as of the new Feybreak update. My goal is to give players an in-depth up to date overview of th...

https://www.reddit.com/r/Palworld/comments/1hs3dv2/best_worker_pal_passives_january_2025_feybreak/

2. (post, votes=498) If I lose 1 pound a week, it will take 90 weeks for me to reach my goal weight. Does it really take that long? I am turning 40 soon. I was caregiver, with my mom, to my dad for the last 3 years and 2 months of his life. There was a ton of stress during that time and a ton of stress eating as well. That being said, I started putting on the weight a little ...

https://www.reddit.com/r/loseit/comments/1qczz4a/if_i_lose_1_pound_a_week_it_will_take_90_weeks/

3. (post, votes=475) My husband (28M) has almost ruined us financially, What do I do? I'm 25F I met my husband in 2021 and we immediately became close friends. I initially met him on a dating app but our chemistry was more friendly than

anything. (Obviously still romantically attracted to each other but we weren't wanting to be committed). Eventually we did make it official a...

https://www.reddit.com/r/relationship_advice/comments/1d9f5ch/my_husband_28m_has_almost_ruined_us_financially/

4. (post, votes=24) Why you're always tired: the role of sleep, stress, metabolism, and blood sugar in your energy levels Hi all,\n\nThis is the first in a series of studies we'll be sharing with you. Think of it as a step toward collaborative care: sharing science in a way that supports you, sparks discussion, and helps us learn together.\n\nWe'd love to hear your thoughts ...

https://www.reddit.com/r/welltory/comments/1nrbg9q/why_youre_always_tired_the_role_of_sleep_stress/

5. (post, votes=14) Accountability is key, but don't be too hard on yourself either. I'd really like to add a picture for a before/after, but r/loseit won't let me and that is OK. :) \n\n\nIt took a medical emergency, but here I am. \n \n\nI've been wanting to lose weight for years. I've subscribed and unsubscribed to this subreddit over the past 5 years too many times to co...

https://www.reddit.com/r/loseit/comments/pkhxav/accountability_is_key_but_dont_be_too_hard_on/

6. (comment, votes=6) Your article is fantastic, thank you so much! It mirrors my experience on so many levels. I went on my first diet when I was 12 years old (though I was just a little chubby) and many more had to follow. With each diet my food noise and hunger became more extreme. At one point I had the same phenomenon as you, my belly was full but my brain was still signa...

https://www.reddit.com/r/Zepbound/comments/1in8bpp/im_a_neuroscientist_and_i_believe_glp1/mca7lof/

7. (comment, votes=5) Snacks make SUCH a difference, it's crazy. I've been tracking my calories for the last year and have successfully lost 30+ lbs. Small snacks can be big calories. I just ate a chocolate peanut butter granola bar, it was 190 calories! That's half of a full meal for me! 55 goldfish crackers are like 120 calories. It's doesn't take much to reach your net even...

https://www.reddit.com/r/daddit/comments/1c8w00z/3_kids_oldest_is_6_getting_way_too_fat_hot_dads/10j0pt4/

8. (post, votes=3) Review from My Weight Loss Journey This reflection upon your journey of weight loss is important in measuring progress, making changes, and celebrating successes. Here's how you effectively analyze and reflect on your journey:\n\n# Step 1: Celebrate Milestones\n\nMentally replay what you have achieved so far-whether it is pounds lost, better stamina, or h...

https://www.reddit.com/r/todayhealthreview/comments/lgzsxcr/review_from_my_weight_loss_journey/

9. (comment, votes=3) I think you are on to something. I dealt with food scarcity from my teens until I moved away from home. I also have worked my entire life in a somewhat stressful profession. I know that I have handled stress by eating. Since being on a GLP-1, that stress eating has ceased and the added benefit for me is that my level of self-induced stress has decreased d...

https://www.reddit.com/r/Zepbound/comments/1in8bpp/im_a_neuroscientist_and_i_believe_glp1/mcau8yg/

10. (post, votes=2) Venting and cataloguing -- an update (TW: SA) Haven't posted here in a long time. Probably close to six months or more. Since going offline, I've been through a bout of psychosis. Sober from cannabis now for around 10 weeks as of today. I'm on a medication my psychiatrist and I genetically tested and am doing somewhat okay. Start a job today too. I gotta ...

https://www.reddit.com/r/schizophrenia/comments/1qtv4yw/venting_and_cataloguing_an_update_tw_sa/

eating fast

Count: 13 | Percent: 0.12%

Variants: quick lunch, eat quickly

Note: Habit of rapid eating, often due to time pressure.

1. (post, votes=3023) Sexy Space Babes: Chapter Sixty One Jason thought he knew what being cramped felt like. He'd spent weeks at a time out on the Whisker after all, and Shil'vati craft didn't get much smaller than that.\n\nBy contrast, the

Gentle River was a massive troop ship, capable of transporting an entire regiment with their accompanying armor. Sure, they'd had to ge...

https://www.reddit.com/r/HFY/comments/phw0bf/sexy_space_babes_chapter_sixty_one/

2. (post, votes=298) Missing items, wrong food, refund denied — the new normal on Swiggy? Here's how I got my money back. I'm sharing this because what should've been a simple food delivery turned into unnecessary stress — and I'm starting to wonder if this is just the norm now.\n\nWhat went wrong\n\nI ordered from KFC via Swiggy, planning to eat quickly and leave. I had a tr...

https://www.reddit.com/r/swiggy/comments/1pp5mfe/missing_items_wrong_food_refund_denied_the_new/

3. (post, votes=38) How did we lose 9-5? This past spring, I got my nomination at a free route at my home depot. Start at nine, sort route by 10:45, on the street by eleven. Mostly CMBS but lots of walking between businesses, an easy sub office with charming staff, a little mall in the middle with a public washroom, and a tiny park for a quick lunch break. No need for overti...

https://www.reddit.com/r/CanadaPostCorp/comments/1ogm9j1/how_did_we_lose_95/

4. (post, votes=8) 7-Day Big Island ■ Itinerary: Looking for Feedback Hi everyone! \nMy partner and I are visiting the Big Island for the first time (Jan 1 – Jan 8), and we've put together this itinerary after a ton of research and YouTube videos. \nWe'd love some local tips or feedback from anyone who's been recently.\n\nAbout Us\n\n* Love snorkeling, scenic hikes, and pho...

https://www.reddit.com/r/VisitingHawaii/comments/1ohmoef/7day_big_island_itinerary_looking_for_feedback/

5. (post, votes=4) 8 Necessary Vitamins And Minerals for Sleeping Better Sleep is essential to good health, but many of us struggle to slip into the deep slumber we desire. This can be due to a multitude of reasons, both physical and psychological, from stress, anxiety, depression, or poor lifestyle choices leading to insomnia, or underlying medical conditions or obesity ca...

https://www.reddit.com/r/u_masmasi2907/comments/ekpihe/8_necessary_vitamins_and_minerals_for_sleeping/

6. (comment, votes=3) Get a fixed exercise bike, take off the bars, put it under your desk for meetings you don't need to be on video for. Even if you're on video you'll just be rocking side to side a bit.\n\nIf you're like me you inhale any leftovers the kids leave in the evening, so focus on reducing calories at lunch. I got into 2min microwave rice and canned mackerel with ...

https://www.reddit.com/r/daddit/comments/1c8w00z/3_kids_oldest_is_6_getting_way_too_fat_hot_dads/10hlro0/

7. (comment, votes=1) Quick lunch break + quick 15-30 min nap right after lunch for me

https://www.reddit.com/r/AskMenOver30/comments/1npmdvs/how_do_you_guys_deal_with_the_afternoon_slump/ng0enqz/

8. (post, votes=1) BetterMe: High-Protein Lunch Box Ideas Packing a protein-packed lunch doesn't have to be boring or complicated. Including quality protein in your midday meal helps keep you full longer, supports muscle repair, stabilizes energy, and makes meal prep more satisfying. Foods like lean meats, eggs, Greek yogurt, legumes, tofu, and quinoa are excellent staples ...

https://www.reddit.com/r/u_bettermetips/comments/1q7b7a5/betterme_highprotein_lunch_box_ideas/

9. (post, votes=1) Low Carb Bread Recipes: The Ultimate Guide to Baking Flavorful, Sliceable Loaves *Craving a sandwich that doesn't wreck your day?* You're not alone. For lots of people, bread is comfort — the quick lunch, the toast that starts the morning — and *low carb bread recipes* let you keep that comfort without the carb crash. **Think of this as a permission slip:...

https://www.reddit.com/r/LowcarbRecipes/comments/1q3qpvl/low_carb_bread_recipes_the_ultimate_guide_to/

10. (comment, votes=1) My first break is when I walk my dog. My lunch is when I make/eat a quick lunch. Then by the time my second break comes around is when I take my shower for the day

https://www.reddit.com/r/WFH/comments/1cbgkwn/how_do_you_avoid_the_midday_slump/lloq754/

constant mental planning

Count: 10 | Percent: 0.09%

Variants: always thinking, planning all the time

Note: Ongoing internal planning and worrying as a pattern.

1. (post, votes=4675) AITA for telling my sister I won't be her surrogate? I am not the Original Poster. OOP is u/4dagoodtimes and they posted on r/AITA# Do NOT comment on Original Posts. See rule 7. This sub has a 7-day waiting period so the latest update is at least 7 days old. Editor's Note: OOP states she borrowed a friend's account since she i...

https://www.reddit.com/r/BestofRedditUpdates/comments/1gcx9mo/aita_for_telling_my_sister_i_wont_be_her_surrogate/

2. (post, votes=327) Simple advice that worked for me! This is just my experience but really helped me.\n\nContext: I was rapidly gaining weight after coming off of birth control. Lots of spots. Growing a beard. High testosterone. Always thinking about food. I've always had regular periods.\n\n1. **Hormone health**: Condoms for birth control\n2. Inositol did not work. It made...

https://www.reddit.com/r/PCOS/comments/1pdko7a/simple_advice_that_worked_for_me/

3. (post, votes=292) Former investment bank FX trader: news trading and second order thinking Thanks to everyone who responded to the [previous pieces on risk management](https://www.reddit.com/r/Forex/comments/ia5f37/former_investment_bank_fx_trader_some_thoughts/). We ended up with nearly 2,000 upvotes and I'm delighted so many of you found it useful.\n\nThis time we're goi...

https://www.reddit.com/r/Forex/comments/ijbrsi/former_investment_bank_fx_trader_news_trading_and/

4. (post, votes=58) Been practicing for 1 month and had good results so far. Here's what's working for me! So, next Tuesday I'll be completing exactly 4 weeks of practicing and given what I've been reading in this sub lately, I feel like I'm having very good progress: I'm currently remembering 3 to 5 dreams every night, and I already had 6 lucid dreams so far (3 last night a...

https://www.reddit.com/r/LucidDreaming/comments/lqz6n5m/been_practicing_for_1_month_and_had_good_results/

5. (post, votes=11) AIO? Feels like my mom doesn't care about me at all. This is simple. There was no fight, and no argument. It's just a feeling I've been having for a long time.\n\nSo my mom(50) has six kids, her two oldest daughters come from another man, while the last three of us have the same father.\n\nMy oldest sister(31) is a bit of a mess. My second oldest(30) is c...

https://www.reddit.com/r/AIO/comments/lqgdglu/aio_feels_like_my_mom_doesnt_care_about_me_at_all/

6. (post, votes=8) anyone who has recovery experience -- tips? hi! so i'm currently attempting to get into recovery. i'm introducing calories in slow increments like 50-100 a week and rebuilding my metabolism, also slowly increasing to avoid refeeding as advised. my only issue right now is ive been dealing with absolutely no hunger/fullness cues for a month or more now. its...

https://www.reddit.com/r/AnorexiaRecovery/comments/1jdcxag/anyone_who_has_recovery_experience_tips/

7. (post, votes=2) How I Lost Weight by Eating MORE Frequently (timing tricks nobody mentions) \n**TL;DR: I lost 32 pounds in 6 months not by eating less, but by strategically timing smaller, more frequent meals. Here's what actually worked and the science behind why.**\n\n**The counterintuitive discovery**\n\nLike most people, I thought weight loss meant eating less often....

https://www.reddit.com/r/NoFriendsFriendsClub/comments/1oowr7v/how_i_lost_weight_by_eating_more_frequently/

8. (comment, votes=2) It's not like people who are in a bad enough mental state to commit suicide are always thinking all of their actions through very clearly. It could have been a spur of the moment thing. It could have been the only time where he could do it just by flipping two switches, rather than somehow getting his colleague out of the way and then taking several minut...

https://www.reddit.com/r/airplanes/comments/11z7y0z/how_the_engine_cutoff_switches_work_in_the_boeing/n3e7o65/

9. (comment, votes=1) Hey girl, I've totally been there and winter really does seem to make it even worse than other times. Try to remember that winter doesn't last forever, bad jobs don't last forever, and maybe bad boyfriends don't last forever either. \n\nOne thing that helped me a ton when I felt trapped in a terrible job was applying for one job every day. Only one job. A...

https://www.reddit.com/r/TwoXChromosomes/comments/5hyijw/ladies_how_do_you_deal_with_major_burn_out/db47mkm/

10. (comment, votes=1) I have a problem with dopamine. I love watching as many movies as I can and I think I'm always thinking about playing video games. I want to slim down me playing video games, but I don't want to give it up entirely.

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/e8twere/

irregular eating

Count: 8 | Percent: 0.07%

Variants: bad eating, eating late, random meals

Note: Inconsistent timing or pattern of food intake.

1. (post, votes=823) PCOS isn't gone, but finally manageable. Here's what's helped after years of trial and error I've lurked here for a long time, often reading posts in tears, just hoping something would help. PCOS hasn't disappeared for me, but after nearly a decade of trial and error, my symptoms are finally manageable. I wanted to share what's worked, in case it helps ev...

https://www.reddit.com/r/PCOS/comments/1m79jeo/pcos_isnt_gone_but_finally_manageable_heres_whats/

2. (post, votes=483) 600+ Days of Semen Retention - Honest thoughts Semen retention has been something that has always been apart of my life my longest streak was 268 days back in 2020. I've been on multiple long streaks from the age of 18. And it's been nothing short of amazing each time. I remember when I had my first long streak of 60 days, the magnetism, the attraction fr...

https://www.reddit.com/r/Semenretention/comments/1miqfsa/600_days_of_semen_retention_honest_thoughts/

3. (post, votes=241) What do you eat to not become sleepy/fatigued after eating? I have had bad eating habits for the last couple of years partly due to drug habits but now as I've quit I don't want to eat breakfast/lunch or dinner because I get very tired and fatigued after eating and it takes a couple hours to come back to normal. So I only eat once/day and that is right be...

https://www.reddit.com/r/productivity/comments/irytrx/what_do_you_eat_to_not_become_sleepyfatigued/

4. (post, votes=66) IBS cured after 4.5 years of agony (duodenitis and terminal ileal aphous ulcers) Hi everyone, I'm Pratyush 26M from Mumbai, India. I've been suffering from IBS since May 2021. It all started after I contracted Covid and took a ton of antibiotics. I was treated at home only, wasn't admitted to any hospital but I had severe covid symptoms i lost the sense o...

https://www.reddit.com/r/ibs/comments/1plj6wf/ibs_cured_after_45_years_of_agony_duodenitis_and/

5. (post, votes=9) Biohacking Your Metabolism: A Modern Guide to Dietary Witchcraft Biohacking Your Metabolism: A Modern Guide to Dietary Witchcraft\nAuthor:\nRyan MacLean (\u03c3origin – Field Architect of Symbolic Nutrition Systems)\n\nAbstract:\nThis guide presents a practical and research-backed synthesis of modern metabolic science, ancestral wisdom, and strategic fo...

https://www.reddit.com/r/skibidiscience/comments/1kroah9/biohacking_your_metabolism_a_modern_guide_to/

6. (post, votes=2) How I Lost Weight by Eating MORE Frequently (timing tricks nobody mentions) \n**TL;DR: I lost 32 pounds in 6 months not by eating less, but by strategically timing smaller, more frequent meals. Here's what actually worked and the science behind why.**\n\n**The counterintuitive discovery**\n\nLike most people, I thought weight loss meant eating less often....

https://www.reddit.com/r/NoFriendsFriendsClub/comments/1oowr7v/how_i_lost_weight_by_eating_more_frequently/

7. (post, votes=1) ALLS1B \n\nWhy science is not enough for good policy\n<http://scidev.net/global/policy/opinion/science-good-policy-knowledge-sussex.html>\n\nReview Claims Link Between Wireless Devices And Cancer\nhttp://www.science20.com/news_articles/review_claims_link_between_wireless_devices_and_cancer-156670\n\nThe optimal angle of 17 degrees between the wings increase...

<https://www.reddit.com/r/zmaster/comments/yei5pb/allslb/>

constant checking

Count: 7 | Percent: 0.06%

Variants: check constantly, keep checking

Note: Repetitive checking of messages, tasks, or status.

1. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n***** UPDATE September 25 *****\n\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

2. (post, votes=2471) 1 Year Update: I've lost just over 72kg (160lbs); gone from 4XL to a M/L; dropped 19 points from my BMI; walked over 4.2M steps; and have a gorgeous little boy! I'm back for a 12 month update ([here's my 6 month update from the end of June](https://www.reddit.com/r/loseit/comments/hjuxmu/6_month_update_ive_lost_just_under_50kg_110lbs/). Probably another ...

https://www.reddit.com/r/loseit/comments/kis6xs/1_year_update_ive_lost_just_over_72kg_160lbs_gone/

3. (post, votes=883) What 2+ years of practicing semen retention actually did for me (long post) I've been off porn and all the mindless, addiction-driven sexual stuff for over 2 years now. No masturbation to orgasm, no random hookups just to release (well — I'm married now), nothing degenerate. Just focused on building myself and staying out of that cycle.\n\nEarly on in my ...

https://www.reddit.com/r/Semenretention/comments/1k2e6ho/what_2_years_of_practicing_semen_retention/

4. (post, votes=348) After 25+ years of T2 diabetes, my 73 year of mother tuned her life around with the help of keto I started keto earlier this year for so many reasons, and honestly, I can't ever see myself going back to my old lifestyle. After years of struggling with brain fog and a general lack of energy, keto has made me feel like myself again—clear-headed and full of ...

https://www.reddit.com/r/keto/comments/1fm7vd2/after_25_years_of_t2_diabetes_my_73_year_of/

5. (post, votes=288) My mom just fucked all of our finances I'm not really sure what to do, and I really don't have much hope now. Please don't send anything negative I really only need help/ advice, I can't handle being bashed over this.\n\nMy mom had been acting odd the last 6 months, and I've noticed on her email there were several bitcoin/cashapp transactions (not really ...

https://www.reddit.com/r/Advice/comments/1hxnmco/my_mom_just_fucked_all_of_our_finances/

6. (post, votes=68) My gifted partner craves sharpness, mental alignment, and stimulation—but I'm exhausted trying to keep up TL/DR: 37(F) with 33(M) in a 4.5-year relationship where emotional connection and intellectual compatibility have become a source of deep tension. My partner defines love through sharpness—mental quickness, articulate flow, and shared cognitive rhythm...

https://www.reddit.com/r/Gifted/comments/1jvhw05/my_gifted_partner_craves_sharpness_mental/

7. (comment, votes=1) Just finished the game and I am going for the platinum trophy. The only trophy I need left is the "Standing Alone" trophy but, currently it's not possible to get this in NG+ if I summoned spirits in the first playthrough (which I did). Is there like a typical patch day that happens every week or 2 weeks that I can look out for, in the hopes that I can go ...

https://www.reddit.com/r/TheFirstBerserker/comments/1jpdbvd/dev_note_upcoming_updates_following_previous/mlkjvtr/

late eating

Count: 6 | Percent: 0.05%

Variants: late dinner, eat at night

Note: Regularly having meals late in the evening or night.

1. (post, votes=5) [32M] Extremely/unexplainable crash/fatigue only when eating at lunch or early dinner. Dont smoke but take occasional nicotine pouch. Active, 4x per week in the gym, 3 x 5km runs per week. Blood analyses attached. Dear

all,\n\nI'm looking for help with a problem that has been affecting me for about 6 months and i dont know what it could be?\n\n# Main sympt...

https://www.reddit.com/r/DiagnoseMe/comments/1qzh941/32m_extremelyunexplainable_crashfatigue_only_when/

2. (post, votes=4) Cities are hard; familiar environments are hard Once I made it through the first few weeks of this stretch of sobriety, I began to find it relatively easy to refrain from drinking. I mean, not *easy,* but doable. Even in a few tough situations - a wedding, a weekend cabin getaway with friends, etc., the cravings were manageable and I felt strong. I've als...

https://www.reddit.com/r/stopdrinking/comments/ov6bwb/cities_are_hard_familiar_environments_are_hard/

3. (post, votes=4) [32][M] Extremely/unexplainable crash/fatigue only when eating at lunch or early dinner. Dont smoke but take ocasional nicotine pouch. Active, 4x per week in the gym, 3 x 5km runs per week. Blood analyses attached. Dear Doctors,\n\nI'm looking for help with a problem that has been affecting me for about 6 months.\n\n# Main symptom\n\n* I experience **seve...

https://www.reddit.com/r/AskDocs/comments/1qlly2c/32m_extremelyunexplainable_crashfatigue_only_when/

4. (post, votes=4) [32M] Extremely/unexplainable crash/fatigue only when eating at lunch or early dinner. Dont smoke but take ocasional nicotine pouch. Active, 4x per week in the gym, 3 x 5km runs per week. Blood analyses attached. Dear all,\n\nI'm looking for help with a problem that has been affecting me for about 6 months and I have no idea what it is.\n\n# Main symptom...

https://www.reddit.com/r/Biohackers/comments/1qzhb3x/32m_extremelyunexplainable_crashfatigue_only_when/

5. (post, votes=1) [32M] Extremely/unexplainable crash/fatigue only when eating at lunch or early dinner. Dont smoke but take ocasional nicotine pouch. Active, 4x per week in the gym, 3 x 5km runs per week. Blood analyses attached. Dear all,\n\nI'm looking for help with a problem that has been affecting me for about 6 months. Did any of you guys that tested positive for PYL...

https://www.reddit.com/r/HPylori/comments/1qzh42v/32m_extremelyunexplainable_crashfatigue_only_when/

6. (post, votes=1) [32][M] Extremely/unexplainable crash/fatigue only when eating at lunch or early dinner. Dont smoke but take ocasional nicotine pouch. Active, 4x per week in the gym, 3 x 5km runs per week. Blood analyses attached. Dear Doctors,\n\nI'm looking for help with a problem that has been affecting me for about 6 months.\n\n# Main symptom\n\n* I experience **seve...

https://www.reddit.com/r/AskDocs/comments/1qzaju7/32m_extremelyunexplainable_crashfatigue_only_when/

action

Total keyword hits (denominator): 136795

Rank	Keyword	Count	Percent
1	start something new	13454	9.84%
2	help someone	11850	8.66%
3	ask a question	8604	6.29%
4	leave situation	7368	5.39%
5	write a post	6976	5.10%
6	leave a comment	6932	5.07%
7	eat food	6370	4.66%
8	call someone	6057	4.43%
9	read a post	5955	4.35%
10	stop doing something	5861	4.28%
11	watch movie or video	5811	4.25%
12	take a break	5783	4.23%
13	talk to someone	5684	4.16%
14	drive a car	4697	3.43%
15	support someone	4572	3.34%
16	pay money	4117	3.01%
17	check something	3439	2.51%
18	update others	3418	2.50%
19	share story	3354	2.45%
20	run errands	2675	1.96%
21	plan the day	2530	1.85%
22	send message	2427	1.77%
23	argue with someone	2338	1.71%
24	go for a walk	2141	1.57%
25	track symptoms	1141	0.83%
26	take a shower	621	0.45%
27	stretch body	421	0.31%
28	go outside	378	0.28%
29	write apology	377	0.28%
30	take deep breath	370	0.27%

start something new

Count: 13454 | Percent: 9.84%

Variants: start, started, starting

Note: Initiating a new activity, habit, or project.

1. (post, votes=129758) (OC) Overweight since childhood - no energy, no motivation, and a growing pile of health issues until I decided to make a change Hey everyone!\\n\\nI'll give a background for anyone interested and a TLDR at the

bottom\n\nWhen I was 12 years old I was already over 200 pounds - the fattest kid in the class / among his social group. I've been huge since my you...

https://www.reddit.com/r/BeAmazed/comments/1f4z6s8/oc_overweight_since_childhood_no_energy_no/

2. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

3. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

https://www.reddit.com/r/WFH/comments/1oit5/after_4_years_of_wfh_i_understand_why_boomers/

4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t

5. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,....

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

6. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event" took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

7. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion_...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

8. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

9. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

10. (post, votes=28196) AITA for kicking my BF and his daughter out because of how his daughter acts when she's on her period? My BF of 2 years has an 11yo daughter that just started her first ever menstrual cycle 3 days ago. He has full custody of her and they started making transitions to move in with me and my 8yo son about 2 weeks ago. Up until this point, everything was goi...

https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

help someone

Count: 11850 | Percent: 8.66%

Variants: help, helped, helping

Note: Providing assistance or support.

1. (post, votes=86766) In 1999, a Londoner, helped an international student, by giving him free accomodation. The student eventually brought the Londoner back to China to take care of him after graduation. In 1999, an international student from China, SongYang, got lost in London. Hans, an old Londoner decided to help SongYang. He also invited him to his house.
\n\nTo SongYang ...

https://www.reddit.com/r/MadeMeSmile/comments/1j6rad9/in_1999_a_londoner_helped_an_international/

2. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

3. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

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https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

ask a question

Count: 8604 | Percent: 6.29%

Variants: ask, asked, asking

Note: Seeking information or clarification.

1. (post, votes=119625) TIL when Mr Rogers heard his limo driver was going to be waiting outside while Rogers was in a meeting, he asked the driver to come in. On the way back they passed the driver's home and Rogers asked if they could stop and meet his family. Rogers kept in touch with the driver for the rest of his life nan

https://www.reddit.com/r/todayilearned/comments/a4zk9s/til_when_mr_rogers_heard_his_limo_driver_was/

2. (post, votes=86766) In 1999, a Londoner, helped an international student, by giving him free accomodation. The student eventually brought the Londoner back to China to take care of him after graduation. In 1999, an international student from China, SongYang, got lost in London. Hans, an old Londoner decided to help SongYang. He also invited him to his house.
\n\nTo SongYang ...

https://www.reddit.com/r/MadeMeSmile/comments/1j6rad9/in_1999_a_londoner_helped_an_international/

3. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

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https://www.reddit.com/r/LifeProTips/comments/b0q8za/lpt_when_buying_a_car_at_a_dealership_and_they/

6. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&&dskeywordid=92700057937791656&lid=92700057937791656&ds=_s_kwgid=587000064...)

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https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

10. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

leave situation

Count: 7368 | Percent: 5.39%

Variants: leave, left, walk away

Note: Physically or socially exiting a problematic context.

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https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=72578) In 2019, Microsoft Japan ran its "Work-Life Choice Challenge Summer 2019", introducing a four-day workweek by closing offices every Friday and granting employees special paid leave-without reducing pay. Productivity increased by approximately 39.9%-40% compared to 2018. nan

https://www.reddit.com/r/Damnthsatsinteresting/comments/lmlvibu/in_2019_microsoft_japan_ran_its_worklife_choice/

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7. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

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https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

write a post

Count: 6976 | Percent: 5.10%

Variants: post, posting, made a post

Note: Creating and sharing content online.

1. (post, votes=121427) Since everyone is posting their mom's in bikinis for some reason, here's my mom coming to see me during her lunch break for my kindergarten graduation in 1988. nan

https://www.reddit.com/r/OldSchoolCool/comments/1kmnlcb/since_everyone_is_posting_their_mom_s_in_bikinis/

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3. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.\n\nI'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switched_up/

4. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

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leave a comment

Count: 6932 | Percent: 5.07%

Variants: comment, commented, comments

Note: Responding to content with written feedback.

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3. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

https://www.reddit.com/r/WFH/comments/1oitis5/after_4_years_of_wfh_i_understand_why_boomers/

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8. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.\n\nLast night I had to help bring her laundry to her apartment because she couldn't do it herself.\n\nI knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.\n\nI called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

9. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n\n***** UPDATE September 25 *****\n\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

10. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes

saying this file appearantly does nothing:
Hey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

eat food

Count: 6370 | Percent: 4.66%

Variants: eat, eating, have something to eat

Note: Consuming food in response to hunger or schedule.

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5. (post, votes=28196) AITA for kicking my BF and his daughter out because of how his daughter acts when she's on her period? My BF of 2 years has an 11yo daughter that just started her first ever menstrual cycle 3 days ago. He has full custody of her and they started making transitions to move in with me and my 8yo son about 2 weeks ago. Up until this point, everything was goi...

https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

6. (post, votes=24973) "You can't just throw out a stranded pregnant mother and her toddler at 3am in the cold!" Oh yes I fucking can! Buckle up everyone for this bumpy ride
Okay so I was chilling in my living room around 3am playing some video games. My parents are out of town visiting some friends and I decided to stay home, house to myself and all. So here I am, in nothin...

https://www.reddit.com/r/entitledparents/comments/awa12t/you_cant_just_throw_out_a_stranded_pregnant/

7. (post, votes=23980) TIFU by detoxing myself and it nearly cost me my life Obligatory this happened 2 weeks ago
had been dieseling through a handle of cheap vodka every other day for over a year. I've never been much of a drinker, but several traumatic events had transpired in a very short amount of time, so I began drinking more to help me cope. I would neve...

https://www.reddit.com/r/tifu/comments/b5zkli/tifu_by_detoxing_myself_and_it_nearly_cost_me_my/

8. (post, votes=22112) My wife was kicked out of a coffee shop and not allowed to sit with me We walked in, ordered a coffee & cake on our joint bank account. We sat at a tiny table for 2. The café was completely empty. No other customers, dozens of seats.
As soon as staff realised she wasn't eating or drinking, they told her she must wait outside while I had my coffee alone...

https://www.reddit.com/r/Life/comments/1n1n7qa/my_wife_was_kicked_out_of_a_coffee_shop_and_not/

9. (post, votes=18418) AITA for siding with my boyfriend after he punished my son for asking for money to watch his stepsiblings? I f36 have been with my boyfriend m41 for 2 years. He has 3 kids (6,12,4) while I have a 16 year old son.
The other day my 12 yo stepson fell off the stairs and injured his ankle, his dad and I had to get him to the hospital and needed someone...

https://www.reddit.com/r/AmItheAsshole/comments/srjkgx/aita_for_siding_with_my_boyfriend_after_he/

10. (post, votes=17043) Synopsis for 03-23-2021 what we need to know before the market opens DD Good morning San Diago,
I am Rensole,
Do you smell that?
insert flashy intro card
<https://preview.reddit.it/rvtny6j0zqo61.png>?width=680&format=png&auto=webp&s=57a396e2f72a98520047be26dde3cbbc62e925e9
None of this is financial advice.
WardenElite getti...

https://www.reddit.com/r/GME/comments/mbbjni/synopsis_for_03232021_what_we_need_to_know_before/

call someone

Count: 6057 | Percent: 4.43%

Variants: called, call, phone call

Note: Using phone to speak with another person.

1. (post, votes=57201) After 4 years of WFH, I understand why boomers think we do nothing all day My parents came to visit last week and my dad made some comment about how "nice it must be to work in your pajamas.". I got defensive and started listing everything I did that day: 3 meetings, shipped a feature, reviewed code, etc. Then I realized: from his perspective, I did nothi...

https://www.reddit.com/r/WFH/comments/1oitis5/after_4_years_of_wfh_i_understand_why_boomers/

2. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**
And I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73q1l6/stop_spending_money_on_food_buy_a_crockpot/

3. (post, votes=45758) TIL that when cars were new, hitting a pedestrian was a serious matter called a *motor killing*. As it happened more as there were more cars and more crashes, Car Manufacturers hired public relations spin doctors to invent the word Jaywalker to shift fault to pedestrians for getting hurt and dying. nan

https://www.reddit.com/r/todayilearned/comments/1knsdgv/til_that_when_cars_were_new_hitting_a_pedestrian/

4. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.
This is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

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5. (post, votes=36226) AITA for refusing to pay back my cousin after my baby ruined her blouse? Hi all.
I gave birth four weeks ago, and we decided to have a "baby ceremony", where everyone gets to meet our lovely daughter Charlotte.
My cousin Alice and her parents were among the guests. The first thing I'll say about her is that she has expensive taste. She's the sor...

https://www.reddit.com/r/AmItheAsshole/comments/cw43oc/aita_for_refusing_to_pay_back_my_cousin_after_my/

6. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&&dskeywordid=92700057937791656&lid=92700057937791656&ds=_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

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https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

9. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/l1uftzr/white_house_spineless_cowards/

10. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

read a post

Count: 5955 | Percent: 4.35%

Variants: read, reading, read this post

Note: Consuming written content online or elsewhere.

1. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

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https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

5. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n \nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

6. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslists...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

7. (post, votes=23980) TIFU by detoxing myself and it nearly cost me my life Obligatory this happened 2 weeks ago\n■\nI had been dieseling through a handle of cheap vodka every other day for over a year. I've never been much of a drinker, but several traumatic events had transpired in a very short amount of time, so I began drinking more to help me cope. I would neve...

https://www.reddit.com/r/tifu/comments/b5zkli/tifu_by_detoxing_myself_and_it_nearly_cost_me_my/

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https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

9. (post, votes=22363) WHY YOU DEFINITELY SHOULD NOT UNDER ANY CIRCUMSTANCE FALL FOR ALL THE SILVER SCAMS!!! CAREFUL, YOU ARE BEING PLAYED BY THE MOST POWERFUL ELITE ON THE PLANET!!! # THIS IS A META THREAD IN WHICH I'M JUST DOING 2 THINGS: RANTING AND LINKING TO OTHER DD THREADS THAT PREDATE GME MOONING BY MONTHS, THUS CALLING BULLSHIT ON THE 6 MILLION NEW DEGENERATES THAT "HA..."

https://www.reddit.com/r/wallstreetbets/comments/laccqy/why_you_definitely_should_not_under_any/

10. (post, votes=20701) My (25M) family cut contact with me 5 years ago after a fight with my younger brother. Now, they want me to come back but I'm having doubts about it **I am NOT OP. Original post by u/throwra271215 in r/relationship_advice**\n\ntrigger warnings: >!assault, racism!<\n\n---\n\n[**My (25M) family cut contact with me 5 years ago after a fight with my...

https://www.reddit.com/r/BestofRedditorUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

stop doing something

Count: 5861 | Percent: 4.28%

Variants: stop, stopped, quit

Note: Ceasing a behavior or activity.

1. (post, votes=119625) TIL when Mr Rogers heard his limo driver was going to be waiting outside while Rogers was in a meeting, he asked the driver to come in. On the way back they passed the driver's home and Rogers asked if they could stop and meet his family. Rogers kept in touch with the driver for the rest of his life nan

https://www.reddit.com/r/todayilearned/comments/a4zk9s/til_when_mr_rogers_heard_his_limo_driver_was/

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https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

7. (post, votes=40225) MAGA's Sycophantic Devotion to a Senile Trump Is Going to Kill the First Amendment and Fuck Anyone Pretending Otherwise A leader who cannot answer a basic question without melting into a confused puddle is not a leader but a cautionary tale about what happens when cognitive decline is mistaken for charisma. Watching him in that clip is like watching someo...

https://www.reddit.com/r/complaints/comments/1p0pvi8/magas_sycophantic_devotion_to_a_senile_trump_is/

8. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheese stick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

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https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

watch movie or video

Count: 5811 | Percent: 4.25%

Variants: watch, watched, movie, video

Note: Viewing entertainment or informational media.

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https://www.reddit.com/r/fednews/comments/l1uftzr/white_house_spineless_cowards/

6. (post, votes=29272) In the Truman Show (1998), Truman spy ring actually comes from his father. He caught it just before his father "drowned" and has worn it since that trauma. He gives it back to him when they meet again. This is why they struggle to find Truman when he escapes at the end of the movie. nan

https://www.reddit.com/r/MovieDetails/comments/g3wqkm/in_the_truman_show_1998_truman_spy_ring_actually/

7. (post, votes=24973) "You can't just throw out a stranded pregnant mother and her toddler at 3am in the cold!" Oh yes I fucking can! Buckle up everyone for this bumpy ride\n\nOkay so I was chilling in my living room around 3am playing some video games. My parents are out of town visiting some friends and I decided to stay home, house to myself and all. So here I am, in nothin...

https://www.reddit.com/r/entitledparents/comments/awa12t/you_cant_just_throw_out_a_stranded_pregnant/

8. (comment, votes=24157) So do you guys like to watch or just listen through the wall?

https://www.reddit.com/r/AskReddit/comments/ewk992/you_are_meeting_your_new_boyfriendgirlfriends_fg306if/

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10. (post, votes=19950) Neighbor kept reporting me to the HOA for petty things, opportunity knocked to pay her back and I took it. I found out today that my revenge was complete so I came here to share it.\n\nMy neighbor who we shall call Chirsty would report us to our HOA for literally everything she didn't like. Trash can still on the street at 5 PM on Trash day, reported. Kid...

https://www.reddit.com/r/ProRevenge/comments/72nb5n/neighbor_kept_reporting_me_to_the_hoa_for_petty/

take a break

Count: 5783 | Percent: 4.23%

Variants: take a rest, rest, break

Note: Pausing work or activity to recover.

1. (post, votes=121427) Since everyone is posting their mom's in bikinis for some reason, here's my mom coming to see me during her lunch break for my kindergarten graduation in 1988. nan

https://www.reddit.com/r/OldSchoolCool/comments/1kmnlcb/since_everyone_is_posting_their_moms_in_bikinis/

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https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

5. (post, votes=51273) You are meeting your new boyfriend/girlfriends parents at their house for dinner for the first time. Your new bf/gf leaves to go to the bathroom. What do you say to their parents to create a maximum level of awkwardness for the rest of the evening before they come back from bathroom? nan

https://www.reddit.com/r/AskReddit/comments/ewk992/you_are_meeting_your_new_boyfriendgirlfriends/

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talk to someone

Count: 5684 | Percent: 4.16%

Variants: talk, talking, talked to

Note: Engaging in conversation for support or problem solving.

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https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

4. (post, votes=40750) LPT: When buying a car at a dealership and they leave you alone to talk about it, check their desk phone speaker light. If it is on, they are most definitely listening to your conversation from the back office. \n\nIt happened to us when I bought my first used car at a VW dealership. We were discussing the sale price and he left us to "talk about it" whil...

https://www.reddit.com/r/LifeProTips/comments/b0q8za/lpt_whenBuying_a_car_at_a_dealership_and_they/

5. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheese stick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

6. (post, votes=34963) Mavericks gas station, 3am road trip back from Arizona. He was waiting there for a home. I said, "talk to me Goose." as I offered him food, warmth, and my heart. He accepted. Meet my new copilot Goose. nan

https://www.reddit.com/r/aww/comments/e9xpkx/mavericks_gas_station_3am_road_trip_back_from/

7. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

8. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

9. (post, votes=28196) AITA for kicking my BF and his daughter out because of how his daughter acts when she's on her period? My BF of 2 years has an 11yo daughter that just started her first ever menstrual cycle 3 days ago. He has full custody of her and they started making transitions to move in with me and my 8yo son about 2 weeks ago. Up until this point, everything was goi...

https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

10. (post, votes=26674) AITA for telling my sister she was out of her mind when she said she wanted to take back my child whom I adopted from her? My (36) sister N (29) got pregnant at 18. I am infertile and knew I couldn't have kids so when N said she was giving her baby for adoption, I decided to be her mom. N went no contact 5 months after giving birth. For a bit of backgroun...

https://www.reddit.com/r/AmItheAsshole/comments/opctna/aita_for_telling_my_sister_she_was_out_of_her/

drive a car

Count: 4697 | Percent: 3.43%

Variants: car, drive, drove

Note: Operating a vehicle to travel.

1. (post, votes=98261) Roommate crashed my car while borrowing it to go to work then refuses to pay anything unless I let her continue to drive it in the future nan

https://www.reddit.com/r/mildlyinfuriating/comments/109zx0j/roommate_crashed_my_car_while_borrowing_it_to_go/

2. (post, votes=84904) My dad lost his job during covid. He drove school bus to make ends meet. He recently got his old job back and stopped driving. A boy from his bus stopped by his house the other day just to "talk birds". They connected on his bus route talking about birds. nan

https://www.reddit.com/r/MadeMeSmile/comments/qegutz/my_dad_lost_his_job_during_covid_he_drove_school/

3. (post, votes=50439) Karen Silkwood was a chemical technician who worked at Oklahoma's Kerr-McGee nuclear facility. After testifying about safety concerns and finding plutonium contamination on her body, she died in an unusual car crash while on her way to a New York Times journalist, with all of her documents missing. nan

https://www.reddit.com/r/Damnthatsoninteresting/comments/1ehr0wl/karen_silkwood_was_a_chemical_technician_who/

4. (post, votes=45758) TIL that when cars were new, hitting a pedestrian was a serious matter called a *motor killing*. As it happened more as there were more cars and more crashes, Car Manufacturers hired public relations spin doctors to invent the word Jaywalker to shift fault to pedestrians for getting hurt and dying. nan

https://www.reddit.com/r/todayilearned/comments/1knsdgv/til_that_when_cars_were_new_hitting_a_pedestrian/

5. (post, votes=40750) LPT: When buying a car at a dealership and they leave you alone to talk about it, check their desk phone speaker light. If it is on, they are most definitely listening to your conversation from the back office. \n\nIt happened to

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https://www.reddit.com/r/AmItheAsshole/comments/cw43oc/aita_for_refusing_to_pay_back_my_cousin_after_my/

7. (post, votes=30996) TIL Pixar had to complete the entire Toy Story 2 in 9 months to meet Disney's deadline, The production was so straining that in one instance, an animator had forgotten to drop his child off at daycare one morning and, in a mental haze, forgot the baby in the back seat of his car in the parking lot. nan

https://www.reddit.com/r/todayilearned/comments/1nhxsyo/til_pixar_had_to_complete_the_entire_toy_story_2/

8. (post, votes=24973) "You can't just throw out a stranded pregnant mother and her toddler at 3am in the cold!" Oh yes I fucking can! Buckle up everyone for this bumpy ride\n\nOkay so I was chilling in my living room around 3am playing some video games. My parents are out of town visiting some friends and I decided to stay home, house to myself and all. So here I am, in nothin...

https://www.reddit.com/r/entitledparents/comments/awa12t/you_cant_just_throw_out_a_stranded_pregnant/

9. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

10. (post, votes=24262) So a car drove through my house today nan

https://www.reddit.com/r/IdiotsInCars/comments/dqqi93/so_a_car_drove_through_my_house_today/

support someone

Count: 4572 | Percent: 3.34%

Variants: support, supported, supporting

Note: Backing someone emotionally or practically.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n\nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

3. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

4. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

5. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

6. (post, votes=20701) My (25M) family cut contact with me 5 years ago after a fight with my younger brother. Now, they want me to come back but I'm having doubts about it **I am NOT OP. Original post by u/throwra271215 in r/relationship_advice**\n\ntrigger warnings: >!assault, racism!<\n\n---\n\n\n\n[**My (25M) family cut contact with me 5 years ago after a fight with my...

https://www.reddit.com/r/BestofRedditorUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

7. (post, votes=20449) I went to a Texas ER yesterday. It was bad. tl;dr - Title\n\nYesterday I went to a Dallas, TX ER. About ten minutes after I woke up that morning I collapsed as sudden, sharp, pain started spreading from my lower left abdomen. It was *excruciating*. I have a very high pain tolerance, and I couldn't speak, or stand up, or walk. All I could do was writhe and...

https://www.reddit.com/r/TwoXChromosomes/comments/114k74f/i_went_to_a_texas_er_yesterday_it_was_bad/

8. (post, votes=18556) AITA for expecting my adult daughter to pay back what she owes me? My (48M) daughter (21F), Aria, abandoned us (her stepmother, younger half-sister and me) when she was 15 to go live with my enabling ex-wife, Sandra, and her husband.\n\nUntil then, we had 50/50 custody, but Sandra has always been less "strict" than me. She's always let Aria do what she wa...

https://www.reddit.com/r/AmItheAsshole/comments/silt4e/aita_for.expecting_my_adult_daughter_to_pay_back/

9. (post, votes=18021) AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? Hi Reddit. I'm F25 and I'm honestly at my breaking point with this one. I need outside perspective because my entire family is acting like I'm Hitler for standing my ground.\n\nSo, I (25F) am a student...

https://www.reddit.com/r/AmIOverreacting/comments/1jwo74t/aio_for_threatening_to_take_my_sister_to_court/

10. (post, votes=17015) Entire class skips optional early start to lab, we were given an hour for lunch and we're going to take all of our time TLDR: surgeons wants us to come to a lab scheduled for 12 and hour early at 11. As a class, we decided to come at 12. Got reprimanded, then the dean backed us up.\n\n■\n\nI'm a second year veterinary student. This is the time when...

https://www.reddit.com/r/MaliciousCompliance/comments/10zz3a1/entire_class_skips_optional_early_start_to_lab_we/

pay money

Count: 4117 | Percent: 3.01%

Variants: pay, paid

Note: Making a financial transaction or fulfilling payment.

1. (post, votes=98261) Roommate crashed my car while borrowing it to go to work then refuses to pay anything unless I let her continue to drive it in the future nan

https://www.reddit.com/r/mildlyinfuriating/comments/109zx0j/roommate_crashed_my_car_while_borrowing_it_to_go/

2. (post, votes=86766) In 1999, a Londoner, helped an international student, by giving him free accomodation. The student eventually brought the Londoner back to China to take care of him after graduation. In 1999, an international student from China, SongYang, got lost in London. Hans, an old Londoner decided to help SongYang. He also invited him to his house.
\n\nTo SongYang ...

https://www.reddit.com/r/MadeMeSmile/comments/1j6rad9/in_1999_a_londoner_helped_an_international/

3. (post, votes=72578) In 2019, Microsoft Japan ran its "Work-Life Choice Challenge Summer 2019", introducing a four-day workweek by closing offices every Friday and granting employees special paid leave-without reducing pay. Productivity increased by approximately 39.9%-40% compared to 2018. nan

https://www.reddit.com/r/Damnthsinteresting/comments/1mlvibu/in_2019_microsoft_japan_ran_its_worklife_choice/

4. (post, votes=46159) Stop Spending Money on Food! -- BUY A CROCKPOT **Holy shit at the money people spend on food!**\n\nAnd I was the exact same way when I landed my first job out of college. You know what I'm talking about--biscuit and Starbucks on the way to work, lunch out with coworkers and pizza and beer at the local tavern for dinner! Every night! All week! Professional...

https://www.reddit.com/r/personalfinance/comments/73q116/stop_spending_money_on_food_buy_a_crockpot/

5. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

6. (post, votes=36226) AITA for refusing to pay back my cousin after my baby ruined her blouse? Hi all. \n\nI gave birth four weeks ago, and we decided to have a "baby ceremony", where everyone gets to meet our lovely daughter Charlotte. \n\nMy cousin Alice and her parents were among the guests. The first thing I'll say about her is that she has expensive taste. She's the sor...

https://www.reddit.com/r/AmItheAsshole/comments/cw43oc/aita_for_refusing_to_pay_back_my_cousin_after_my/

7. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&&dskeywordid=92700057937791656&lid=92700057937791656&ds=_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

8. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_after/

9. (post, votes=31080) "Your working hours are 9 am to 6 pm" Edit: First and foremost, thank you for the upvotes and awards. Greatly appreciated, I love all the discussions below. There is some food for thought here.\n\nTo clarify a few things: this took place in Europe. I was a salaried employee (40hr/week). I left that job about 10 months after the "event" took place. I didn'...

https://www.reddit.com/r/MaliciousCompliance/comments/oz5694/your_working_hours_are_9_am_to_6_pm/

10. (post, votes=24973) "You can't just throw out a stranded pregnant mother and her toddler at 3am in the cold!" Oh yes I fucking can! Buckle up everyone for this bumpy ride\n\nOkay so I was chilling in my living room around 3am playing some video games. My parents are out of town visiting some friends and I decided to stay home, house to myself and all. So here I am, in nothin...

https://www.reddit.com/r/entitledparents/comments/awa12t/you_cant_just_throw_out_a_stranded_pregnant/

check something

Count: 3439 | Percent: 2.51%

Variants: check, checking, checked

Note: Verifying or looking up information or status.

1. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

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https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

7. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.\n\nLast night I had to help bring her laundry to her apartment because she couldn't do it herself.\n\nI knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.\n\nI called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

8. (post, votes=24508) IAmAn Air Traffic Controller. The FAA will be hiring more controllers next month. This is a 6 figure job that does not require a college degree. AMA. ***** UPDATE October 2 *****\n\nFor those of you still waiting for an email, it looks like another batch is going out today. \n\n***** UPDATE September 25 *****\n\nIt looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

9. (post, votes=23980) TIFU by detoxing myself and it nearly cost me my life Obligatory this happened 2 weeks ago
had been dieseling through a handle of cheap vodka every other day for over a year. I've never been much of a drinker, but several traumatic events had transpired in a very short amount of time, so I began drinking more to help me cope. I would neve...

https://www.reddit.com/r/tifu/comments/b5zkli/tifu_by_detoxing_myself_and_it_nearly_cost_me_my/

10. (post, votes=23640) AITA for demanding my husband to pay me the \$1000 dollars he spent behind my back? My husband (33) and I (31) used to have a 2 income home but in 2020 we've lost our home and one of our incomes (his). We moved into a smaller apartment, had to sell many things and give up most of our "costly" habits.
My husband has an expensive habit of going to the spa...

https://www.reddit.com/r/AmItheAsshole/comments/u3f6ka/aita_for_demanding_my_husband_to_pay_me_the_1000/

update others

Count: 3418 | Percent: 2.50%

Variants: update, updated, post an update

Note: Informing others about new developments.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.
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My first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day).
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It looks like the ...

https://www.reddit.com/r/IAmA/comments/8kwxk3/iaman_air_traffic_controller_the_faa_will_be/

5. (post, votes=23882) Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file apparently does nothing:
Hey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

6. (post, votes=22363) WHY YOU DEFINITELY SHOULD NOT UNDER ANY CIRCUMSTANCE FALL FOR ALL THE SILVER SCAMS!!! CAREFUL, YOU ARE BEING PLAYED BY THE MOST POWERFUL ELITE ON THE PLANET!!! # THIS IS A META THREAD IN WHICH I'M JUST DOING 2 THINGS: RANTING AND LINKING TO OTHER DD THREADS THAT PREDATE GME MOONING BY MONTHS, THUS CALLING BULLSHIT ON THE 6 MILLION NEW DEGENERATES THAT "HA..."

https://www.reddit.com/r/wallstreetbets/comments/laccqy/why_you_definitely_should_not_under_any/

7. (post, votes=22171) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? I am not OP, this is a repost, original was by [u/businessbitch](<https://www.reddit.com/user/businessbitch/>) on [**r/AmltheAsshole**](<https://www.reddit.com/r/AmltheAsshole/>). This is a new post and all updates are in the edits by OOP\n\n**Link to Original Post...

https://www.reddit.com/r/BestofRedditUpdates/comments/tqancy/aita_for_replying_to_a_coworkers_inappropriate/

8. (post, votes=22112) My wife was kicked out of a coffee shop and not allowed to sit with me We walked in, ordered a coffee & cake on our joint bank account. We sat at a tiny table for 2. The café was completely empty. No other customers, dozens of seats.\n\nAs soon as staff realised she wasn't eating or drinking, they told her she must wait outside while I had my coffee alone...

https://www.reddit.com/r/Life/comments/1nln7qa/my_wife_was_kicked_out_of_a_coffee_shop_and_not/

9. (post, votes=20701) My (25M) family cut contact with me 5 years ago after a fight with my younger brother. Now, they want me to come back but I'm having doubts about it **I am NOT OP. Original post by u/throwra271215 in r/relationship_advice**\n\ntrigger warnings: >!assault, racism!<\n\n---\n\n\n[**My (25M) family cut contact with me 5 years ago after a fight with my...

https://www.reddit.com/r/BestofRedditUpdates/comments/yv8aec/my_25m_family_cut_contact_with_me_5_years_ago/

10. (post, votes=20346) AITA for getting my job back to get out of taking care of my husband's autistic niece? Originally posted on r/AmlTheAsshole by [u/basicallyalazyass](<https://www.reddit.com/user/basicallyalazyass/>) , who gave permission to poste the update here, since AITA mods removed it there. (I'm a first time poster here, hope I'm doing this right)\n\n[Original]([https://www.reddit.com/r/BestofRedditUpdates/comments/sp6e6b/aita_for_getting_my_job_back_to_get_out_of_taking/](#))

share story

Count: 3354 | Percent: 2.45%

Variants: share, sharing, shared my story

Note: Telling personal experiences to others.

1. (post, votes=62937) Put in my two-weeks notice, supervisor switched up my schedule so I work every day until my last day, and by myself with no days off until then. See title. Put in my two weeks notice, and After some half-hearted attempts to make me stay, they've decided to punish me for leaving their company it feels like.\n\nI'm not one to shy from more work & overtime, ...

https://www.reddit.com/r/antiwork/comments/rzp7eq/put_in_my_twoweeks_notice_supervisor_switted_up/

2. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

3. (post, votes=35225) LPT: If you experience mid-morning energy crashes (fatigue, brain fog, body feels heavy, etc), stop eating cereal for breakfast I switched to eating proteins for breakfast (eggs, cheesestick wrapped with lunch meat, etc.), and it was life changing. I used to eat cereal or some other form of carbohydrate (muffin, toast, etc) every morning and would feel aw...

https://www.reddit.com/r/LifeProTips/comments/rd84fw/lpt_if_you_experience_midmorning_energy_crashes/

4. (post, votes=33449) CISA, a privacy-invasive "cybersecurity" surveillance bill is back in Congress. We're the privacy activists trying to stop it. AMA Hey Reddit,\n\nThe Senate [may](<https://www.techdirt.com/articles/20150714/07144731632/senate-once-again-looks-to-bring-back-cisa-surveillance-expansion-bill-pretending-cybersecurity-bill.shtml>) try to pass the Cybersecurity ...

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https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

7. (post, votes=22617) Want y'all to meet Specks. He's a kitty I have in a foster under my rescue. He visited work today and melted everyone's hearts. Will share a before photo from a couple months back. nan

https://www.reddit.com/r/aww/comments/lqiixv0/want_yall_to_meet_specks_hes_a_kitty_i_have_in_a/

8. (post, votes=22363) WHY YOU DEFINITELY SHOULD NOT UNDER ANY CIRCUMSTANCE FALL FOR ALL THE SILVER SCAMS!!! CAREFUL, YOU ARE BEING PLAYED BY THE MOST POWERFUL ELITE ON THE PLANET!!! # THIS IS A META THREAD IN WHICH I'M JUST DOING 2 THINGS: RANTING AND LINKING TO OTHER DD THREADS THAT PREDATE GME MOONING BY MONTHS, THUS CALLING BULLSHIT ON THE 6 MILLION NEW DEGENERATES THAT "HA..."

https://www.reddit.com/r/wallstreetbets/comments/laccqy/why_you_definitely_should_not_under_any/

9. (post, votes=22145) I just lead some guy out of my apartment by knifepoint and now I might be single as a result. Got suckered into hosting one of my bf's friends for a day or so while they're in town on business.\n\nIt seemed to go well, until it didn't.\n\nI have an early morning, so I suggested instead of going out and getting drunk, that we have some Baileys and coffee an...

https://www.reddit.com/r/TwoXChromosomes/comments/b2ev6o/i_just_lead_some_guy_out_of_my_apartment_by/

10. (post, votes=20449) I went to a Texas ER yesterday. It was bad. tl;dr - Title\n\nYesterday I went to a Dallas, TX ER. About ten minutes after I woke up that morning I collapsed as sudden, sharp, pain started spreading from my lower left abdomen. It was *excruciating*. I have a very high pain tolerance, and I couldn't speak, or stand up, or walk. All I could do was writhe and...

https://www.reddit.com/r/TwoXChromosomes/comments/114k74f/i_went_to_a_texas_er_yesterday_it_was_bad/

run errands

Count: 2675 | Percent: 1.96%

Variants: run, running errands

Note: Going out to complete tasks like shopping or appointments.

1. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_this/

2. (post, votes=40750) LPT: When buying a car at a dealership and they leave you alone to talk about it, check their desk phone speaker light. If it is on, they are most definitely listening to your conversation from the back office. \n\nIt happened to us when I bought my first used car at a VW dealership. We were discussing the sale price and he left us to "talk about it" whil...

https://www.reddit.com/r/LifeProTips/comments/b0q8za/lpt_when_buying_a_car_at_a_dealership_and_they/

3. (post, votes=34297) TIFU by taking pre-workout before a run and almost dying. **My Run:**\n\nIf you don't know, pre-workout is a highly caffeinated powder that looks like [this](https://www.gnc.com/energy-supplements/548701.html?mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&acctid=21700000001526007&&dskeywrdid=92700057937791656&lid=92700057937791656&ds_s_kwgid=587000064...)

https://www.reddit.com/r/tifu/comments/oksk8z/tifu_by_taking_preworkout_before_a_run_and_almost/

4. (post, votes=28196) AITA for kicking my BF and his daughter out because of how his daughter acts when she's on her period? My BF of 2 years has an 11yo daughter that just started her first ever menstrual cycle 3 days ago. He has full custody of her and they started making transitions to move in with me and my 8yo son about 2 weeks ago. Up until this point, everything was goi...

https://www.reddit.com/r/AITAH/comments/1d4vmvl/aita_for_kicking_my_bf_and_his_daughter_out/

5. (post, votes=26674) AITA for telling my sister she was out of her mind when she said she wanted to take back my child whom I adopted from her? My (36) sister N (29) got pregnant at 18. I am infertile and knew I couldn't have kids so when N said she was giving her baby for adoption, I decided to be her mom. N went no contact 5 months after giving birth. For a bit of backgroun...

https://www.reddit.com/r/AmItheAsshole/comments/opctna/aita_for_telling_my_sister_she_was_out_of_her/

6. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

7. (post, votes=23882) ■ Hey CD Projekt Red, I think you shipped the wrong config on PC. Here's a guide that shows you how to "unlock" Cyberpunk for possibly massive performance improvements. >> Update regarding the 1.05 patchnotes saying this file appearantly does nothing:\n\nHey all, I had no intention to jebait anybody in any way. I even asked two friends to try this fix bef...

https://www.reddit.com/r/cyberpunkgame/comments/kccabx/hey_cd_projekt_red_i_think_you_shipped_the_wrong/

8. (post, votes=23307) [ESPN] Curry's second wind comes from his ability to lower his heart rate during short breaks, even in the middle of games. In workouts, his trainer places sandbag weights below his ribcage in order to overload, and train, his diaphragm. He can coax his heart rate below 80 in one 90 second timeout. Super interesting article on Steph's conditioning: [https:...](https://...)

https://www.reddit.com/r/nba/comments/l2d14c/espn_currys_second_wind_comes_from_his_ability_to/

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10. (post, votes=22268) "Would you just do your fucking job?" When I was 19 years old and a fresh high school (or my country's equivalent) graduate, I had no idea what I wanted to do with my life. The one thing I did know is that I needed money, so I started applying for all kinds of jobs. After a few weeks of writing applications, going to interviews and waiting nervously for r...

https://www.reddit.com/r/MaliciousCompliance/comments/eirstl/would_you_just_do_your_fucking_job/

plan the day

Count: 2530 | Percent: 1.85%

Variants: plan, make a plan

Note: Structuring tasks and time ahead of the day.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

https://www.reddit.com/r/drunk/comments/6u6rfe/today_marks_100_days_in_a_row_of_me_getting_drunk/

2. (post, votes=44177) Keep screwing over your group members? This teacher is tired of your shit. TLDR: A group of seniors spend all year fucking over their classmates so I (the teacher) wreck their final semester.\n\nThis is my first post here, and, for reasons that will soon become obvious, this channel speaks to the depths of my soul. It's also a very long one because I want...

https://www.reddit.com/r/ProRevenge/comments/fg94q9/keep_screwing_over_your_group_members_t_his/

3. (post, votes=43154) [Spoilers] Epilogue: After The Wheel In the long years of his reign, King Brandon Stark was not loved by the smallfolk nearly so much as the quietude of his rule. Bran himself was a distant and near-silent king, with no taste for great celebrations or inspiring rhetoric. But when the Driftwood Queen demanded the independence of the Iron Islands in 313 AC,...

https://www.reddit.com/r/gameofthrones/comments/bqvnol/spoilers_epilogue_after_the_wheel/

4. (post, votes=29714) White House - Spineless COWARDS I served six years in the United States Marine Corps. I have several deployments; I got out and got into contracting and had the absolute pleasure of working with other federal government employees and came into federal service to SERVE their country. I eventually followed suit and joined the civil service as well because I...

https://www.reddit.com/r/fednews/comments/1iuftzr/white_house_spineless_cowards/

5. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.\n\nLast night I had to help bring her laundry to her apartment because she couldn't do it herself.\n\n-I knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.\n\n-I called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

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https://www.reddit.com/r/TwoXChromosomes/comments/b2ev6o/i_just_lead_some_guy_out_of_my_apartment_by/

8. (post, votes=19235) AITA for refusing to let my parents move in and reminding them that they backed the wrong horse? My (37m) family comes from and is a long line of doctors, being a doctor is the only acceptable profession in their eyes and anything aside from that is met with literal abandonment.\n\nWhich is what happened to me when I turned 17 and told my family I was NOT...

https://www.reddit.com/r/AmItheAsshole/comments/r4lk04/aita_for_refusing_to_let_my_parents_move_in_and/

9. (post, votes=17834) Synopsis for 04-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\nhttps://preview.reddit.it/n6el37moyvu61.png?width=680&format=png&auto=webp&s=86407c5dcd469250d43e53114db32b0f58408291\n\n# Ok who pushed the entire market down a cliff? Bobby wa...

https://www.reddit.com/r/Superstonk/comments/mwrt08/synopsis_for_04232021_what_we_need_to_know_before/

10. (post, votes=17532) I volunteered to sit next to a dead man on a plane, and deeply regret it. The man in seat 43-A died halfway across the Atlantic. I was sitting near the front of the plane, just behind first class, and couldn't really see the commotion. But I could hear someone gasping and retching — loud at first, then quieter and quieter. A flight attendant got

on the PA...

https://www.reddit.com/r/nosleep/comments/dnszoza/i_volunteered_to_sit_next_to_a_dead_man_on_a/

send message

Count: 2427 | Percent: 1.77%

Variants: send, sent, dm

Note: Communicating via text, email, or messaging app.

1. (post, votes=72764) Today marks 100 days in a row of me getting drunk at some point, 1,000 upvotes and I get sober for a year. Work a typical 8-5 job. Come home and typically drown 1/2-1/3 of a 750ml-1L bottle of rum or whiskey a night. Don't particularly feel like stopping, but leaving it up to the community. Cheers, gonna go get another glass.\n\n**EDIT**\n\nWow, I honestl...

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https://www.reddit.com/r/IAmA/comments/3f13sf/cisa_a_privacyinvasive_cybersecurity_surveillance/

4. (post, votes=30310) Before you make up your mind on Luigi Mangione based on what the media tells you about him, know that his Reddit account paints its own picture of who he is There's reason to believe that u/mister_cactus is the UHC shooting suspect Luigi Mangione. Credit to [this comment](https://np.reddit.com/r/spinalfusion/comments/1hajvwr/luigi_mangiones_spinal_fusion...)

https://www.reddit.com/r/self/comments/1hbeze6/before_you_make_up_your_mind_on_luigi_mangione/

5. (post, votes=29512) AITA for replying to a coworkers inappropriate texts by work email, and attaching them? \nOne of my coworkers who I had thought was friendly but that was it (he is married) sent me some inappropriate texts at like 3 am on St. Patricks Day weekend. \n\nAsking me to come over and "have some fun" and saying that he had been into me for a while and knew I fel...

https://www.reddit.com/r/AmItheAsshole/comments/tmem01/aita_for_replying_to_a_coworkers_inappropriate/

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https://www.reddit.com/r/BestofRedditUpdates/comments/tqancy/aita_for_replying_to_a_coworkers_inappropriate/

argue with someone

Count: 2338 | Percent: 1.71%

Variants: fight, fighting, argue

Note: Engaging in verbal conflict.

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https://www.reddit.com/r/BestofRedditUpdates/comments/sp6e6b/aita_for_getting_my_job_back_to_get_out_of_taking/

8. (post, votes=17834) Synopsis for 04-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\nhttps://preview.reddit.it/n6el37moyvu61.png?width=680&format:=png&auto:=webp&s:=86407c5dcd469250d43e53114db32b0f58408291\n\n# Ok who pushed the entire market down a cliff? Bobby wa...

https://www.reddit.com/r/Superstonk/comments/mwrt08/synopsis_for_04232021_what_we_need_to_know_before/

9. (post, votes=17043) Synopsis for 03-23-2021 what we need to know before the market opens DD Good morning San Diago,\n\nI am Rensole,\n\nDo you smell that?\n\n*insert flashy intro card*\n\nhttps://preview.reddit.it/rvtyny6j0zqo61.png?width=680&format=png&s=57a396e2f72a98520047be26dde3cbbc62e925e9\n\nNone of this is financial advice.\n\n# WardenElite getti...

https://www.reddit.com/r/GME/comments/mbjni/synopsis_for_03232021_what_we_need_to_know_before/

10. (post, votes=16482) Hell Hath No Fury Like Me Scorned (also posted on r/nuclearrevenge) Hell Hath No Fury Like Me Scorned\n\nThis story starts 31 years ago, but the revenge part was pure serendipity that began two years ago. I'm going to shorten some (most) parts because it's a crazy ride, but I'll be happy to answer any questions y'all have. I learned a fuckton on this jour...

https://www.reddit.com/r/ProRevenge/comments/qvov5v/hell_hath_no_fury_like_me_scorned_also_posted_on/

go for a walk

Count: 2141 | Percent: 1.57%

Variants: walk, went for a walk, take a walk

Note: Walking outside or around as a deliberate activity.

1. (post, votes=31332) TIFU Taking my kids to see Inside/Out right after getting separated from our marriage This happened last Thursday on the first week I had my kids after getting forcefully separated from my wife. In the span of two weeks, I slept in hotels, friends campers, signed a new lease (on life and a house), purchased a bunch of divorced guy furniture from Craigslist...

https://www.reddit.com/r/tifu/comments/m06nkh/tifu_taking_my_kids_to_see_insideout_right_af ter/

2. (post, votes=25871) My 69 yr old neighbors alarm clock has been going off since 8am. -She has a hard time balancing without her walker.
-Last night I had to help bring her laundry to her apartment because she couldn't do it herself.
-I knocked on her door multiple times and called out her name. I couldn't hear anything except the alarm clock.
-I called 911 to ask fo...

https://www.reddit.com/r/NoStupidQuestions/comments/rzewl2/my_69_yr_old_neighbors_alarm_clock_has_been_going/

3. (post, votes=20449) I went to a Texas ER yesterday. It was bad. tl;dr - Title\n\nYesterday I went to a Dallas, TX ER. About ten minutes after I woke up that morning I collapsed as sudden, sharp, pain started spreading from my lower left abdomen. It was *excruciating*. I have a very high pain tolerance, and I couldn't speak, or stand up, or walk. All I could do was writhe and...

https://www.reddit.com/r/TwoXChromosomes/comments/114k74f/i_went_to_a_texas_er_yesterday_it_was_bad/

4. (post, votes=20346) AITA for getting my job back to get out of taking care of my husband's autistic niece? Originally posted on r/AmITheAsshole by [u/basicallyalazyass](<https://www.reddit.com/user/basicallyalazyass/>) , who gave permission to poste the update here, since AITA mods removed it there. (I'm a first time poster here, hope I'm doing this right)\n\n[Original](https://www.reddit.com/r/BestofRedditUpdates/comments/sp6e6b/aita_for_getting_my_job_back_to_get_out_of_taking/)

5. (post, votes=19950) Neighbor kept reporting me to the HOA for petty things, opportunity knocked to pay her back and I took it. I found out today that my revenge was complete so I came here to share it.\n\nMy neighbor who we shall call Chirsty would report us to our HOA for literally everything she didn't like. Trash can still on the street at 5 PM on Trash day, reported. Kid...

https://www.reddit.com/r/ProRevenge/comments/72nb5n/neighbor_kept_reporting_me_to_the_hoa_f or_petty/

6. (post, votes=19235) AITA for refusing to let my parents move in and reminding them that they backed the wrong horse? My (37m) family comes from and is a long line of doctors, being a doctor is the only acceptable profession in their eyes and anything aside from that is met with literal abandonment.\n\nWhich is what happened to me when I turned 17 and told my family I was NOT...

https://www.reddit.com/r/AmItheAsshole/comments/r4lk04/aita_for_refusing_to_let_my_parents_move_in_and/

7. (post, votes=17268) Boys, my cancer just won't give up and I'm fading here a bit. Let me live vicariously through you. My people,\n\nIt's been a minute since I've checked in and I still get messages from you asking if I'm alive. What a community. Some of you may [remember me](https://www.reddit.com/r/golf/comments/umkqpz/boys_the_cancer_is_back_help_me_plan_a_killer_no/) as...

https://www.reddit.com/r/golf/comments/xvh17r/boys_my_cancer_just_wont_give_up_and_im_fading/

8. (post, votes=17015) Entire class skips optional early start to lab, we were given an hour for lunch and we're going to take all of our time TLDR: surgeons wants us to come to a lab scheduled for 12 and hour early at 11. As a class, we decided to come at 12. Got reprimanded, then the dean backed us up.\n\n■\n\nI'm a second year veterinary student. This is the time when...

https://www.reddit.com/r/MaliciousCompliance/comments/10zz3a1/entire_class_skips_optional_early_start_to_lab_we/

9. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

10. (post, votes=14363) The previous tenant of my new flat left a survival guide. Some people are too good for this world. Last time: https://www.reddit.com/r/nosleep/comments/ckw07c/the_previous_tenant_of_my_new_flat_left_a/?utm_source=hare&utm_medium=ios_app\n\nsat silent for a moment in shock that my plan had even worked. It seemed almost too simple, too easy. But here he ...

https://www.reddit.com/r/nosleep/comments/clvga9/the_previous_tenant_of_my_new_flat_left_a/

track symptoms

Count: 1141 | Percent: 0.83%

Variants: track, tracking symptoms

Note: Recording experiences like fatigue or mood over time.

1. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

2. (post, votes=12486) For years I paid interest on maxed out CCs. After paying them off, I challenged myself to make the money back from the banks. This year I earned \$2000 worth of CC rewards while raising my credit score from 590 to 715. I understand CC rewards and credit scores are not the cornerstones of personal finance. But this one is personal:
As a freshman in coll...

https://www.reddit.com/r/personalfinance/comments/6k255z/for_years_i_paid_interest_on_maxed_out_ccs_after/

3. (post, votes=12302) SEC documents show that FTDs are nearly never delivered. In 2008 only 0.12% of FTDs were bought back in..A system where all DTCC participants agree to not buy each other in...the DTCC claims to be powerless. Blackhole at 192 million FTDs min. **Original Flair: DD** Serious Documents **FYI** u/jsmar18 **banned me 20 days ago for nothing and has yet to lift...

https://www.reddit.com/r/Superstonk/comments/qc41mk/sec_documents_show_that_ftds_are_nearly_never/

4. (post, votes=11735) AITB for telling a woman to mind her own business after she asked me to cover up my back acne **I am NOT OP. Original post by u/bubbztea in r/AmltheButtface**\n\ntrigger warnings: >!body shame!<\n\nmood spoilers: >!satisfying!<\n\n-->\n\n\n[**AITB for telling a woman to mind her own business after she asked me to cover up my back acne at the gym?...]

https://www.reddit.com/r/BestofRedditUpdates/comments/10lhng1/aitb_for_telling_a_woman_to_mind_her_own_business/

5. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/1fsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

6. (post, votes=9510) Newly met inlaw refuses to back down I reconnected with my paternal family about 6 years ago. On the second trip out to meet them I brought my husband and children.
My husband is a counselor with a specialty in addiction. Conversation turns to his work and my uncle by marriage scoffs:
Uncle: Why waste time and energy on those people. I pay tax...

https://www.reddit.com/r/traumatizeThemBack/comments/lily58d/newly_met_inlaw_refuses_to_bac_k_down/

7. (post, votes=9279) My coworker wanted to micromanage me and didn't like that I talked back, so he reported me to our director I apologize as this came out to be a bit longer than I wanted it to~ \n\n\nFor a bit of context I (25F) work as part of the sanitization department for a hospital. We have multiple different positions, most of which work on upkeeping the cleanlin...

https://www.reddit.com/r/MaliciousCompliance/comments/145zo4r/my_coworker_wanted_to_micromanager_me_and_didnt/

8. (post, votes=9220) My wife admitted to having a drunken one night stand last week and it has turned me into a robot
(New Update) **I am not The OOP, OOP is u/Far_Humor_1774** \n\n**My wife admitted to having a drunken one night stand last week and it has turned me into a robot** \n\n**Originally posted to r/Infidelity** \n\n**Thanks to u/jayesancus for suggesting this BoRU...**

https://www.reddit.com/r/BestofRedditUpdates/comments/1fnbuwm/my_wife_admitted_to_having_a_drunken_one_night/

9. (post, votes=8815) My 90 Day Dadbod Transformation **BACKGROUND**
Male / 5'6" / 43 yrs
Started @ 155lbs
Current @ 134
[90 Day Transformation - BEFORE AND AFTER PHOTOS](<https://imgur.com/a/ugMeq3z>)
DIET
I started by cutting out sugar and sodas.
I substitute sugar with stevia.
I stated my macros with a 40/35/25 split of carbs/protein/fat.

https://www.reddit.com/r/Fitness/comments/d12651/my_90_day_dabod_transformation/

10. (post, votes=8701) I saw 298 movies in theaters in 2024. Here is my full ranking. Every year I try to go to the movies as much as possible. It's my main hobby. I keep track of my thoughts/scores throughout the year, along with all of my ticket stubs. In theaters, I saw: 5 movies in 2015, 9 movies in 2016, 146 movies in 2017, 162 movies in 2018, 192 movies in 2019, 44 movies...

https://www.reddit.com/r/movies/comments/1ho6mzf/i_saw_298_movies_in_theaters_in_2024_here_is_my/

take a shower

Count: 621 | Percent: 0.45%

Variants: shower, take shower

Note: Personal hygiene action that can affect alertness.

1. (post, votes=24517) TIFU by drinking Starbucks. I'm currently in bed, huddled under the covers and riding out the shockwaves of trauma from this event. \n\nMy first fuck-up was trying to cut out caffeine a few months ago. I succeeded, but also lost my tolerance for caffeine (was drinking an average of 8 espresso shots throughout the day). \n\nToday, maybe two hours ago, I we...

https://www.reddit.com/r/tifu/comments/clwoyx/tifu_by_drinking_starbucks/

2. (post, votes=20442) Boss says my chemo treatment 'isn't as bad as all that'. I put the evidence in her hand. A few years ago I needed a course of chemotherapy and was warned to expect all the usual side effects: nausea, fatigue, aches and pains, and - of course - hair loss. Well after the first couple of rounds I was feeling fairly good, not too nauseous (which had, weirdly,...

https://www.reddit.com/r/traumatizeThemBack/comments/1gcx76z/boss_says_my_chemo_treatment_isnt_as_bad_as_all/

3. (post, votes=15747) [METHOD] How I went from rock bottom to disciplined in 6 months. Hi, I wish to share my journey of getting disciplined. I hope you will take something away from this :). I would like to mention that I'm not a native English speaker, so forgive me for any grammar and/or spelling mistakes.\n\nTLDR; Build positive habits on a foundation of willpower, not mot...

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/

4. (post, votes=12165) AITA for answering "sure!" when asked if I want lunch? EDIT:\n\nI want to say thank you to all of you who have reached out. Many of the comments here have been supportive and I've had quite a number of messages offering support and experience and I've actually been rather overwhelmed. \n\nI know my partner is... not the best. I've been thinking, maybe if ...

https://www.reddit.com/r/AmItheAsshole/comments/gkpzrv/aita_for_answering_sure_when_asked_if_i_want_lunch/

5. (post, votes=11809) Wake me with your alarm? Guess my day starts now, too. I (28F) live with my boyfriend (29M) and one roommate (35M) in a house that I own. They both work at the same company, so their workday starts at 6AM. I WFH so I sleep/get up pretty much whenever I want. It's worth noting that I am a very light sleeper, and my boyfriend is a fairly heavy sleeper that ...

https://www.reddit.com/r/pettyrevenge/comments/17c8c3h/wake_me_with_your_alarm_guess_my_day_starts_now/

6. (post, votes=10715) I [M26] recently found out my "Step-Father" [M48] who just married my mother 2 years ago is currently having a sexual relationship with my wife of 4 years [F28] behind my back and has been since late summer or maybe even before that. What am I supposed to do? Should I tell my mother? I'm sorry if this is a little much. I've been sitting in my car for a fe...

https://www.reddit.com/r/relationship_advice/comments/a553f2/i_m26_recently_found_out_my_stepfather_m48_who/

7. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/ifsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

8. (post, votes=9220) My wife admitted to having a drunken one night stand last week and it has turned me into a robot (New Update) **I am not The OOP, OOP is u/Far_Humor_1774** \n\n**My wife admitted to having a drunken one night stand last week and it has turned me into a robot** \n\n**Originally posted to r/Infidelity** \n\n**Thanks to u/jayesanctus for suggesting this BORU...**

https://www.reddit.com/r/BestofRedditorUpdates/comments/1fnbuwm/my_wife_admitted_to_having_a_drunken_one_night/

9. (post, votes=8085) TIFU by spraying Diet Pepsi all over strangers at the airport at 6am. I need to wake up gradually with plenty of coffee if I'm going to have a good day. One day, in a strange city, I overslept and had to make the airport IMMEDIATELY. Through superpowers that I didn't even know I had, I managed to pack, get the rental to the right place after fueling it, g...

https://www.reddit.com/r/tifu/comments/5ofaij/tifu_by_spraying_diet_pepsi_all_over_stranger_s_at/

10. (post, votes=7977) I finally admitted it - Covid related TW SI, MI Edit: I am so sorry I didn't respond to everyone in the comments. I didn't think this post would get much attention, so I didn't bother logging back in until after supper, and now I am kinda overwhelmed by all the comments and messages. I cried a little reading them though, I'm sorry my words struck such a c...

https://www.reddit.com/r/nursing/comments/s9utzy/ifinally_admitted_it_covid_related_tw_si_mi/

stretch body

Count: 421 | Percent: 0.31%

Variants: stretch, do stretches

Note: Physical stretching to relieve tension.

1. (post, votes=16982) Because You Are My Baby My mother had the most beautiful teeth.\n\nHer teeth are my first memory. I remember them: long and white and bared in a ferocious grin, shining under the full moon as she told me a story. Not a fairy tale or picture book, but *my* the story. The story of how I'd come to her...or rather, how she'd come to me.
\n\nWhen I was very smal...

https://www.reddit.com/r/nosleep/comments/ai41d3/because_you_are_my_baby/

2. (post, votes=12093) Drive Safe My ex always hated our dog, but he probably would've taken her too if she weren't so ugly.\n\nIf Loulou were one of those cute mini golden doodles or corgis, or even one of those goofy-looking dogs that are charming in their ugliness — think Danny DeVito or Steve Buscemi, only in dog version — then I have no doubt he would've claimed ownership ...

https://www.reddit.com/r/nosleep/comments/opg16b/drive_safe/

3. (post, votes=12068) As an America of Asian descent I am experiencing a crazy amount of racism in Japan They assume I'm Chinese and don't know Japanese so they talk a crazy amount of shit next to me pretty much everywhere I go\n\nHe has the stink of a foreigner/Chinese (two teen girls said this three times as I passed by them looking for someone)\n\nOn a Trai...

https://www.reddit.com/r/self/comments/ldiaccv/as_an_america_of_asian_descent_i_am_experiencing/

4. (post, votes=10771) New Update: AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? **I am NOT the Original Poster. That is still** [Ok-Jelly-6298](<https://www.reddit.com/user/Ok-Jelly-6298/>)**.** She posted in r/AmlOverreacting and r/relationship_advice\n\nThank you to u/...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1kj1fsu/new_update_aio_for_threatening_to_take_my_sister/

5. (post, votes=10587) New Update: AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? **I am still NOT the Original Poster. That is** [Ok-Jelly-6298](<https://www.reddit.com/user/Ok-Jelly-6298/>)**.** She posted in r/AmlOverreacting, r/relationship_advice and her own page.\n\n...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1lpvulr/new_update_aio_for_threatening_to_take_my_sister/

6. (post, votes=10185) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\nMy wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1jr2xtt/my_wife_returned_from_a_work_retreat_with_a/

7. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/ifsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

8. (post, votes=9376) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\nMy wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditUpdates/comments/1jg886x/my_wife_returned_from_a_work_retreat_with_a/

9. (post, votes=9205) [New Update] - My family forgot to invite me to my grandparents funeral, but they are convinced I was there. **I am NOT OOP. OOP is** u/justathrowaway282641 \n\nOriginally posted to** r/TwoHotTakes and her own page\n\nPrevious [BoRU #1](https://www.reddit.com/r/BestofRedditUpdates/comments/18bweb8/my_family_forget_to_invite_me_to_my_grandparents/) a...

https://www.reddit.com/r/BestofRedditUpdates/comments/1926mek/new_update_my_family_forget_to_invite_me_to_my/

10. (post, votes=9030) You wanted Disclosure.... I am a whistleblower recently "retired" from the inside. And you're only getting part of the truth. Hi. So I heard y'all want disclosure? Alright, hope you have time for this because there's a LOT. Grab a coffee or maybe get comfy with a pillow somewhere.\n\nI've been watching the news and hearing a lot of things I know to be tru...

https://www.reddit.com/r/UFOs/comments/1p92xe7/you_wanted_disclosure_i_am_a_whistleblower/

go outside

Count: 378 | Percent: 0.28%

Variants: step outside, go out

Note: Leaving indoor environment for fresh air or light.

1. (post, votes=17268) Boys, my cancer just won't give up and I'm fading here a bit. Let me live vicariously through you. My people,\n\nIt's been a minute since I've checked in and I still get messages from you asking if I'm alive. What a community. Some of you may [remember me](

https://www.reddit.com/r/golf/comments/umkqpz/boys_the_cancer_is_back_help_me_plan_a_killer_no/) as...

https://www.reddit.com/r/golf/comments/xvh17r/boys_my_cancer_just_wont_give_up_and_im_fading/

2. (post, votes=13367) Jason Kidd canceled Christmas, worked Larry Sanders to the point of convulsions In a new biography of Giannis Antetokounmpo a number of claims are reported regarding Jason Kidd. This is from tweets by @FakeTJHawke, linked where applicable.\n\n<https://twitter.com/FakeTJHawke/status/1424849460543295499> But the Bucks were struggling, dropping a game to ...

https://www.reddit.com/r/nba/comments/p2ikl8/jason_kidd_canceled_christmas_worked_larry/

3. (post, votes=12682) AITA for cancelling a couple of streaming services and telling my wife to get a job if she wants them back? I (32m) have been married to my wife (33f) for close to five years. We have two children (3m, 1.5f). \n\nWhen we got married we both had jobs. However maybe about a year after we were married my wife tearfully confessed to me that she was miserable ...

https://www.reddit.com/r/AmItheAsshole/comments/prsbhx/aita_for_cancelling_a_couple_of_streaming/

4. (post, votes=11237) In light of the controversy surrounding The Fabulous Moolah and her life, I decided to find everything I could on the subject and typed up this 6,000 word super post listing every terrible thing that Moolah has ever done with videos, interviews, quotes, and different sources to back everything up. In the previous days following the WWE announcing a battle...

https://www.reddit.com/r/SquaredCircle/comments/84b2fe/in_light_of_the_controversy_surrounding_the/

5. (post, votes=11084) [CONCLUDED] OP spends five year believing her best friend tried to rape her, the truth is much more disgusting. **I was revisiting some of my old posts and found a BORU I had put together. When I checked OOPs profile, there was a new update. See the original BORU:

[HERE](https://old.reddit.com/r/BestofRedditUpdates/comments/tjtnig/op_spends_five_year_be...

https://www.reddit.com/r/BestofRedditUpdates/comments/1b7dnbm/concluded_op_spends_five_year_believing_her_best/

6. (post, votes=10732) [r/deadbedrooms] I'm severely panicking that I've ruined my life *I am not the OP. The OP is: u/cantdothis_anymore\n\nAcronyms: HL = high libido, LL = low libido\n[Original Post](https://www.reddit.com/r/DeadBedrooms/comments/7iik8k/im_severely_panicking_that_ive_ruined_my_life/?st=JB02OMJO&sh=d61bd781)\n\nLong time lurker on here. I \[HL 27 M] never...

https://www.reddit.com/r/BestofRedditUpdates/comments/twiijc/rdeadbedrooms_im_severely_panicking_that_ive/

7. (post, votes=10524) Theresa This is not my story; it is my daughter's. Her name was Theresa. She died two weeks ago, a suicide by overdose. She called me just prior to the act, informing me of her intentions and the reasons behind them. I of course pled with her, begging her through tears not to go through with what she had planned. But she was resolute in her decision, and ...

<https://www.reddit.com/r/nosleep/comments/otzjtz/theresa/>

8. (post, votes=9920) YSK: The symptoms of burnout before it causes irreparable damage to your career and/or relationships Burnout can sneak up on you before you know it. Particularly at risk are type-A personalities. If you find yourself experiencing any of the symptoms below, you may need to dial it back a bit with your workload or other commitments before it causes damage i...

https://www.reddit.com/r/YouShouldKnow/comments/635bbc/ysk_the_symptoms_of_burnout_before_it_causes/

9. (post, votes=9602) New Updates: How to end it with a girl who has nothing going for her and will become homeless **I am NOT the Original Poster. That is** u/CocoTub. He posted in r/self, r/relationship_advice and his own page.\n\nThanks to my friend [](<https://www.reddit.com/user/powerkickass/>) for letting me know about the update! \n\nPrevious BORU [here](https://www.reddit.com/r/BestofRedditUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has...

https://www.reddit.com/r/BestofRedditUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has/

10. (post, votes=9220) My wife admitted to having a drunken one night stand last week and it has turned me into a robot (New Update) **I am not The OOP, OOP is u/Far_Humor_1774** \n\n**My wife admitted to having a drunken one night stand last week and it has turned me into a robot** \n\n**Originally posted to r/Infidelity** \n\n**Thanks to u/jayesanctus for suggesting this BORU...**

https://www.reddit.com/r/BestofRedditUpdates/comments/1fnbuwm/my_wife_admitted_to_having_a_drunken_one_night/

write apology

Count: 377 | Percent: 0.28%

Variants: apologize, say sorry

Note: Expressing regret to someone.

1. (post, votes=14394) She's back: My (F50) Daughter in law (24F) gave birth and doesn't seem to want a relationship with me **I am not the Original Poster. That was** u/throwRA_rorotheMIL. She then created a second account: u/Throwawaydisownnedson. She posted in r/relationship_advice, r/AmltheAsshole and r/legaladvice. And her own page.\n\nhad changed letters to names in th...

https://www.reddit.com/r/BestofRedditUpdates/comments/13wsuoi/shes_back_my_f50_daughter_in_law_24f_gave_birth/

2. (post, votes=13301) Bridezilla and her extended family destroy 70 hotel rooms Who else loves Bridezilla stories? Because boi do I have one! Buckle up because it's a long one; it includes drunken adults and minors, shoplifting, the end of at least two relationships, a very long visit from your friendly neighborhood police officers, a few evictions, and a shit ton of overtime ...

https://www.reddit.com/r/TalesFromTheFrontDesk/comments/ap7lw8/bridezilla_and_her_extended_family_destroy_70/

3. (post, votes=12165) AITA for answering “sure!” when asked if I want lunch? EDIT:\n\nI want to say thank you to all of you who have reached out. Many of the comments here have been supportive and I’ve had quite a number of messages offering support and experience and I’ve actually been rather overwhelmed.\n\nI know my partner is... not the best. I’ve been thinking, maybe if ...

https://www.reddit.com/r/AmItheAsshole/comments/gkpzrv/aita_for_answering_sure_when_asked_if_i_want_lunch/

4. (post, votes=11084) [CONCLUDED] OP spends five year believing her best friend tried to rape her, the truth is much more disgusting. **I was revisiting some of my old posts and found a BORU I had put together. When I checked OOPs profile, there was a new update. See the original BORU:

[HERE](https://old.reddit.com/r/BestofRedditUpdates/comments/tjtnig/op_spends_five_year_be...

https://www.reddit.com/r/BestofRedditUpdates/comments/1b7dnbm/concluded_op_spends_five_year_believing_her_best/

5. (post, votes=10732) [r/deadbedrooms] I'm severely panicking that I've ruined my life *I am not the OP. The OP is: * u/cantdothis_anymore \n\nAcronyms: HL = high libido, LL = low libido\n\n[Original Post](https://www.reddit.com/r/DeadBedrooms/comments/7iik8k/im_severely_panicking_that_ive_ruined_my_life/?st=JB02OMJO&sh=d61bd781)\n\nLong time lurker on here. I \|HL 27 M] never...

https://www.reddit.com/r/BestofRedditUpdates/comments/twiijc/rdeadbedrooms_im_severely_panicking_that_ive/

6. (post, votes=10049) A final update concluding the three-year-long Baby Karen story *This is not the original post. This text has been copied and pasted into this subreddit for the purposes of curating the best Reddit updates in one subreddit. You can find the link to the OP below. I am posting this with the approval of the OP.*\n\nYou can find [the last compilation of update...

https://www.reddit.com/r/BestofRedditUpdates/comments/12xhdaw/a_final_update_concluding_the_threearlong_baby/

7. (post, votes=9602) New Updates: How to end it with a girl who has nothing going for her and will become homeless **I am NOT the Original Poster. That is** u/CocoTub. He posted in r/self, r/relationship_advice and his own page.\n\nThanks to my friend [](<https://www.reddit.com/user/powerkickass/>) for letting me know about the update! \n\nPrevious BORU [here](https://www.reddit.com/r/BestofRedditUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has/)

8. (post, votes=9279) My coworker wanted to micromanage me and didn't like that I talked back, so he reported me to our director I apologize as this came out to be a bit longer than I wanted it to~ \n\nFor a bit of context I (25F) work as part of the sanitization department for a hospital. We have multiple different positions, most of which work on upkeeping the cleanlin...

https://www.reddit.com/r/MaliciousCompliance/comments/145zo4r/my_coworker_wanted_to_micromange_me_and_didnt/

9. (post, votes=9220) My wife admitted to having a drunken one night stand last week and it has turned me into a robot (New Update) **I am not The OOP, OOP is u/Far_Humor_1774** \n\n**My wife admitted to having a drunken one night stand last week and it has turned me into a robot** \n\n**Originally posted to r/Infidelity** \n\n**Thanks to u/jayesanctus for suggesting this BORU...**

https://www.reddit.com/r/BestofRedditUpdates/comments/1fnbuwm/my_wife_admitted_to_having_a_drunken_one_night/

10. (post, votes=9205) [New Update] - My family forgot to invite me to my grandparents funeral, but they are convinced I was there. **I am NOT OOP. OOP is** u/justthrowaway282641 \n\n**Originally posted to** r/TwoHotTakes and her own page\n\n**Previous [BoRU #1](https://www.reddit.com/r/BestofRedditUpdates/comments/18bweb8/my_family_forget_to_invite_me_to_my_grandparents/) a...**

https://www.reddit.com/r/BestofRedditUpdates/comments/1926mek/new_update_my_family_forget_to_invite_me_to_my/

take deep breath

Count: 370 | Percent: 0.27%

Variants: deep breath, breathe

Note: Intentional breathing to calm or reset.

1. (post, votes=23307) [ESPN] Curry's second wind comes from his ability to lower his heart rate during short breaks, even in the middle of games. In workouts, his trainer places sandbag weights below his ribcage in order to overload, and train, his diaphragm. He can coax his heart rate below 80 in one 90 second timeout. Super interesting article on Steph's conditioning: https://www.reddit.com/r/nba/comments/l2d14c/espn_currys_second_wind_comes_from_his_ability_to/

2. (post, votes=16982) Because You Are My Baby My mother had the most beautiful teeth.\n\nHer teeth are my first memory. I remember them: long and white and bared in a ferocious grin, shining under the full moon as she told me a story. Not a fairy tale or picture book, but *my* the story. The story of how I'd come to her...or rather, how she'd come to me.\n\nWhen I was very smal...

https://www.reddit.com/r/nosleep/comments/ai41d3/because_you_are_my_baby/

3. (post, votes=12987) [Lloyd] It has been made clear to me by multiple people, Kyrie never wanted LeBron to come back in the first place. (After a Miami game) LeBron said keep doing what you're doing, you never know I could be back one day. Kyrie in the locker room said "What's he talking about? We don't need that guy." [Short clip of that story](<https://streamable.com/usdn1>) ...

https://www.reddit.com/r/nba/comments/8wfw96/lloyd_it_has_been_made_clear_to_me_by_multiple/

4. (post, votes=10794) Part 2 of 2. An absolute EPIC, entitled a'hole gets what's coming - "Do you know who I am" and "you're fired" until they realised their terrible mistake. /r/idontworkherelady. *Hopefully the mods will forgive a two-parter, this one is just that long. This is one of my favourite tales on reddit, I'm surprised it hasn't been posted here yet, however, WARNIN...

https://www.reddit.com/r/BestofRedditUpdates/comments/nrnhuo/part_2_of_2_an_absolute_epic_entitled_ahole_gets/

5. (post, votes=10524) Theresa This is not my story; it is my daughter's. Her name was Theresa. She died two weeks ago, a suicide by overdose. She called me just prior to the act, informing me of her intentions and the reasons behind them. I of course pled with her, begging her through tears not to go through with what she had planned. But she was resolute in her decision, and ...

<https://www.reddit.com/r/nosleep/comments/otzjtz/theresa/>

6. (post, votes=9602) New Updates: How to end it with a girl who has nothing going for her and will become homeless **I am NOT the Original Poster. That is** u/CocoTub. He posted in r/self, r/relationship_advice and his own page.\n\nThanks to my friend [](<https://www.reddit.com/user/powerkickass/>) for letting me know about the update! \n\nPrevious BORU [here](<https://www.reddit.com>)...

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7. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/ifsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

8. (post, votes=8603) [New Update]: My family forgot to invite me to my grandparents funeral, but they are convinced I was there. **I am NOT OOP. OOP is** u/justathrowaway282641\n\nOriginally posted to** r/TwoHotTakes + her own page\n\nPrevious BoRUs: [1](<https://www.reddit.com/r/BestofRedditUpdates/s/L4pt7LRKNb>), [2](<https://www.reddit.com/r/BestofRedditUpdates/s/Cj07g>)...

https://www.reddit.com/r/BestofRedditUpdates/comments/1j7q6mi/new_update_my_family_forgot_to_invite_me_to_my/

9. (post, votes=8365) I'm so fed up with the ignorance of conservatives. "The left is obsessed with identity politics instead of real issues." Recognizing identity isn't an obsession, it's addressing inequities that affect people's daily lives...\n\nLiberals care more about being "woke" than about common sense.\n\n" Wokeness" means awareness of injustice; being informed and...

https://www.reddit.com/r/complaints/comments/1ohqeyy/im_so_fed_up_with_the_ignorance_of_conservatives/

10. (post, votes=7552) [New Update] AITA for breaking up with my fiancee for telling her best friend she was not engaged?
edit - fixed typo in the title
\n\nI am not OP. That is u/Visible-Broccoli-381 who posted to AITAH
\n\n[Original BORU](<https://www.reddit.com/r/BestofRedditUpdates/s/nwyjpTROzE>)\n\n[BORU Part 2](<https://www.reddit.com/r/BestofRedditUpdates/s/h0xWEGf...>

https://www.reddit.com/r/BestofRedditUpdates/comments/1hgcvg8/new_update_aita_for_breaking_up_with_my_fiancee/

solution_principle

Total keyword hits (denominator): 3225

Rank	Keyword	Count	Percent
1	address mental health	1553	48.16%
2	practice relaxation techniques	231	7.16%
3	set boundaries with others	187	5.80%
4	improve sleep quality	175	5.43%
5	use routines	148	4.59%
6	plan recovery days	130	4.03%
7	manage stress	128	3.97%
8	plan meals ahead	110	3.41%
9	take short naps	86	2.67%
10	take regular breaks	74	2.29%
11	ergonomic desk setup	56	1.74%
12	expose to daylight	44	1.36%
13	time blocking tasks	25	0.78%
14	use checklists	24	0.74%
15	reframe expectations	23	0.71%
16	improve posture	19	0.59%
17	stay hydrated	17	0.53%
18	improve communication	16	0.50%
19	consistent sleep schedule	15	0.47%
20	use structured work blocks	14	0.43%
21	use movement breaks	14	0.43%
22	reduce sugar intake	14	0.43%
23	address adhd symptoms	14	0.43%
24	optimize caffeine timing	13	0.40%
25	use social support	12	0.37%
26	optimize bedtime routine	11	0.34%
27	manage caffeine tolerance	11	0.34%
28	seek professional help	9	0.28%
29	improve office ergonomics	8	0.25%
30	use accountability	7	0.22%

address mental health

Count: 1553 | Percent: 48.16%

Variants: therapy, treat mental health

Note: Using professional or structured support for psychological issues.

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https://www.reddit.com/r/BestofRedditUpdates/comments/1b7dnbm/concluded_op_spends_five_year_believing_her_best/

3. (post, votes=10587) New Update: AIO for threatening to take my sister to court after her toddler destroyed my \$2,000 gaming setup because she said I should've "baby-proofed my apartment"? **I am still NOT the Original Poster. That is** [Ok-Jelly-6298](<https://www.reddit.com/user/Ok-Jelly-6298/>)**.** She posted in r/AmIOverreacting, r/relationship_advice and her own page.\n\n...

https://www.reddit.com/r/BestofRedditUpdates/comments/l1pvulr/new_update_aio_for_threatening_to_take_my_sister/

4. (post, votes=10242) OOP's fiancé got breast enhancement surgery and he is no longer attracted to her. **THIS IS A REPOST SUB. THIS IS NOT MY STORY. I am NOT OP. Original post by**u/ augmentedthrowawayy **in** r/relationship_advice\n\n[*Original BORU post with only the first update*](https://www.reddit.com/r/BestofRedditUpdates/comments/txurig/my32m_fian%C3%A99f_got_breas...)

https://www.reddit.com/r/BestofRedditUpdates/comments/xoiexx/oops_fianc%C3%A9_got_breast_enhancement_surgery_and_he/

5. (post, votes=10185) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\n**My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditUpdates/comments/1jr2xtt/my_wife_returned_from_a_work_retreat_with_a/

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https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

9. (post, votes=8574) What will happen if I am honest with my pediatrician? Can they force me in a hospital? **I am NOT the Original Poster. That is** u/throwawayteen_06. She posted in r/AskDocs, r/UnsentLetters and r/LifeAdvice\n\nThanks to u/chromaticluxury for finding this and recommending it.\n\n**I have OOP's permission to share her posts.**\n\n# Do NOT comment on Origina...

https://www.reddit.com/r/BestofRedditUpdates/comments/1dqatkf/what_will_happen_if_i_am_honest_with_my/

10. (post, votes=8462) Hey Reddit! 8 years ago, after 2 close friends died of cancer, I quit my job and started travelling around the world on a motorcycle. In Dec 2021, after riding across 3 continents, I found out I had cancer. Here to answer

any questions about travelling, cancer..and talk about life's irony. Hello!\nI am Paolo, Italian born but Australian citizen since 2010...

https://www.reddit.com/r/IAmA/comments/1022ewb/hey_reddit_8_years_ago_after_2_close_friends_died/

practice relaxation techniques

Count: 231 | Percent: 7.16%

Variants: breathing exercises, relaxation

Note: Using methods like deep breathing to lower arousal.

1. (post, votes=9514) Does Anyone Else Feel Like We (Americans) are in a Constant State of Burnout? I was watching this documentary on Finland's education system and how their children score drastically higher than most other countries. Mainly the difference being shorter school hours, less homework (if any), and no multiple choice exams. It got me thinking about how the Ameri...

https://www.reddit.com/r/antiwork/comments/12tg2bq/does_anyone_else_feel_like_we_americans_are_in_a/

2. (post, votes=4949) The redditor and her IUD [LONG] I am NOT OP. Original post by [u/Thisellim](<https://www.reddit.com/u/Thisellim/>). The story was posted in [r/france](<https://www.reddit.com/r/france/>)\n\nTW: >!Cancer!<\n\nMood spoilers : >!Bittersweet then brutal ending!<\n\n[My IUD may have saved my life](https://www.reddit.com/r/france/comments/qrg5l7/mon_sterilet_ma_pot...

https://www.reddit.com/r/BestofRedditUpdates/comments/xrftmc/the_redditor_and_her_iud_long/

3. (post, votes=4810) (New update) AITA For breaking my Number 1 sex rule with a handicapped guy? Thank you again to for letting me know of this update!\n\n**I am NOT OOP, OOP is** [Throwra_JessComeOn](https://www.reddit.com/user/Throwra_JessComeOn/)\n\n**Originally posted to** r/AITA\n\nOriginal BORU Post\n\n[AITAH For breaking my Number 1 sex rule with a handicapped guy?]

https://www.reddit.com/r/BestofRedditUpdates/comments/1eolo01/new_update_aitah_for_breaking_my_number_1_sex/

4. (post, votes=4754) If you do these 16 simple things, you will live a high quality life I've gone off the deep end researching what makes a best life.\n\nI wrote this all out basically for myself to organize my thoughts and give myself guidance, but figured it could be very useful to people who like the "Rules for Life" approach to things.\n\nHow I see it, life breaks down i...

https://www.reddit.com/r/selfimprovement/comments/1n80w74/if_you_do_these_16_simple_things_you_will_live_a/

5. (post, votes=3183) Wearing Power Armor to a Magic School (42/?) [First](https://www.reddit.com/r/HFY/comments/yd3cu3/wearing_power_armor_to_a_magic_school_1/) | [Previous](https://www.reddit.com/r/HFY/comments/15jup0s/wearing_power_armor_to_a_magic_school_41/) | [Next](https://www.reddit.com/r/HFY/comments/15wgso1/wearing_power_armor_to_a_magic_school_43/)\n\n[Patreon](http://www.reddit.com/r/HFY/comments/15wgso1/wearing_power_armor_to_a_magic_school_43/)\n\n[Patron](https://www.reddit.com/r/HFY/comments/15wgso1/wearing_power_armor_to_a_magic_school_43/)

https://www.reddit.com/r/HFY/comments/15q48dt/wearing_power_armor_to_a_magic_school_42/

6. (post, votes=2237) A Simplified List of All Protocols Most episodes on this podcast go way more in-depth than the average person may want to learn. They also include some impractical protocols intent on neurotically "optimizing" one's life. Here is a list of simplified protocols that the average person can implement in a flexible and practical way. If a topic is not mentioned...

https://www.reddit.com/r/HubermanLab/comments/135weq7/a_simplified_list_of_all_protocols/

7. (post, votes=2207) [OC] Coach Ty Lue's Leave of absence and chronic stress: The insidious killer Hey what's up everyone, this is my latest piece from my sports injury blog and resource – theinjuryinsight.com. I've formatted it below for reddit and if you want the original formatting, there's a link at the bottom. Additionally, on the site, you can sign-up for the email I...

https://www.reddit.com/r/nba/comments/88kgbz/oc_coach_ty_lues_leave_of_absence_and_chronic/

8. (post, votes=1509) "Why am I so tired all the time? How serious is it? Do I just need a better pillow?" Stop searching the internet for answers. Start knowing with real answers from real board-certified doctors.\n\n**TLDR**: We all get tired. But there are big differences between tiredness and fatigue. Learn what they are and when to talk to a doctor.\n\n<https://i.redd.it/e...>

https://www.reddit.com/r/u_MDLIVE-INC/comments/1fp9z07/why_am_i_so_tired_all_the_time_how_serious_is_it/

9. (post, votes=1377) Nova Wars - Chapter 69 \[[First Contact](https://www.reddit.com/r/HFY/comments/f94rak/oc_pthok_eats_an_ice_cream_cone/)\] \[[Dark Ages](https://www.reddit.com/r/HFY/comments/16hzgya/the_dark_ages_01/)\]
\[[First](https://www.reddit.com/r/HFY/comments/1aeebjr/nova_wars_prologue/)\]
\[[Prev](https://www.reddit.com/r/HFY/comments/1d8evj6/nova_wars_chapter_68...)

https://www.reddit.com/r/HFY/comments/1d8y4t2/nova_wars_chapter_69/

10. (post, votes=1274) Is it weird to incorporate martial arts at my job? **Is it weird to incorporate martial arts at my job?**\n\nOriginally posted to Ask A Manager**\n\n[Original Post](https://www.askamanager.org/2022/03/using-martial-arts-at-work-i-saw-my-job-posted-online-and-more.html) **March 4, 2022**\n\nWhen I saw your recent post about the kneeling coworker, I start...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1hx5aff/is_it_weird_to_incorporate_martial_arts_at_my_job/

set boundaries with others

Count: 187 | Percent: 5.80%

Variants: say no, limit demands

Note: Protecting time and energy by limiting obligations.

1. (post, votes=16416) How do I share my baking with strangers without weirding them out? Hi pals! I really love to bake but struggle with finding people who want to eat all the baked goods. I swear they are good but everyone around me either doesn't have a sweet tooth or only eats healthy foods. Until we moved to this new city I used to send my baking to work with my husband a...

https://www.reddit.com/r/Baking/comments/1in7421/how_do_i_share_my_baking_with_strangers_without/

2. (post, votes=15735) AITA for still going to the Dr. Appointment my husband cancelled behind my back just so I could host dinner for his friends? Excuse my bad english...\n\nThis might sound petty but hear me out please... I want to say that I'm a very generous host, I do most of the hosting as part of my stay-at-home-mom duty. DH works a very stressful and demanding job an...

https://www.reddit.com/r/AmItheAsshole/comments/rzpwwr/aita_for_still_going_to_the_dr_appointment_my/

3. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/ifsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

4. (post, votes=8579) AITA by not inviting a slow eater to dinner night out? I am NOT OP. Original post from r/AmItheAsshole by u/Mata187\n\nNote: minor adjustments for readability\n\n[Original Post](https://www.reddit.com/r/AmItheAsshole/comments/co6v0c/aita_by_not_inviting_a_slow_eater_to_dinner_night/)\n\nSo, me (35 M) and my wife (37 F) are making plans to go to dinner wit...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1e9ywa5/aita_by_not_inviting_a_slow_eater_to_dinner_night/

5. (post, votes=8408) My boss and coworkers are constantly at my house From [Ask a Manager](https://www.askamanager.org/2023/01/my-boss-and-coworkers-are-constantly-at-my-house.html) - January 3rd 2023:\n\nI need your help in reclaiming my home. I am an employee at a small consulting company (my boss plus three employees). We all live in the same small town and I often see my ...

https://www.reddit.com/r/BestofRedditorUpdates/comments/13iei2f/my_boss_and_coworkers_are_constantly_at_my_house/

6. (post, votes=7778) I (23M) broke up with my girlfriend (21F) of 3 years because she wanted to remain a virgin. Now she wants to get back together but told me she had sex with someone else when we were broken up. How should I proceed? (New update) **I am not The OOP, OOP posted from 2 accounts: ** u/THROWRA1010102 & u/THROWRA1010102a \n\n**I

(23M) broke up with my girlfriend...

https://www.reddit.com/r/BestofRedditUpdates/comments/1dsjv4h/i_23m_broke_up_with_my_girlfriend_21f_of_3_years/

7. (post, votes=7274) I Helped My Husband Sell His Body The butcher knife slammed down, echoing once, twice, and again in the basement as I dismembered my husband.\n\nI hung his head in a harness above a simmering cauldron and got to work deboning, slicing, and wrapping the rest of the body for shipping.\n\n"Don't cut me in smaller portions than usual," he said, basking in the...

https://www.reddit.com/r/nosleep/comments/kz8jn4/i_helped_my_husband_sell_his_body/

8. (post, votes=6843) AITA for not wanting to change my clothes for a 4th time thus ruining our date night? I am not OOP. OOP is u/Imaginary_Guide8273 on r/AITA\n\n[AITA for not wanting to change my clothes for a 4th time thus ruining our date night?](https://www.reddit.com/r/AITA/comments/15ibg4o/aitah_for_not_wanting_to_change_my_clothes_for_a/) August 4, 2023\...

https://www.reddit.com/r/BestofRedditUpdates/comments/15wevx0/aitah_for_not_wanting_to_change_my_clothes_for_a/

9. (post, votes=5892) [UPDATE] Bad Roommate threw a 5 AM Rager on a Monday, and I signed a new lease 3 days later. Hey everyone! This is a follow-up to my original post about my roommate (Roommate 1 / "Bad Roommate") who neglected her cat, disrespected shared spaces, and clashed with me any time I tried to set a boundary or compromise.\n\nAbout 5 days after I texted her asking...

https://www.reddit.com/r/badroombmates/comments/1k4pa6x/update_bad_roommate_threw_a_5_am_rager_on_a/

10. (post, votes=5260) I'm a cop and I keep getting called to the same house I'm a local rookie cop in a small town in Pennsylvania currently stuck working night shift. I work the normal patrol shift, driving around, pulling traffic, responding to your normal domestic disputes and whatever other wonderful calls dispatch sends my way. But ever since this past weekend, every sing...

https://www.reddit.com/r/nosleep/comments/95pp9r/im_a_cop_and_i_keep_getting_called_to_the_same/

improve sleep quality

Count: 175 | Percent: 5.43%

Variants: better sleep, fix sleep, sleep hygiene

Note: Using consistent routines and environment to enhance restorative sleep.

1. (post, votes=3208) "I slept through an entire day of work"- a 5 year story **I am NOT the Original Poster. That was someone on Ask A Manager.**\n\nThanks to u/greeniestbean for the rec!\n\n# Do NOT comment on Original Posts. This is a longer post.\n\n**Trigger Warning:** >some sort of chronic illness that is initially misdiagnosed!<\n\n**Mood Spoiler:** >ups and downs- ju...

https://www.reddit.com/r/BestofRedditUpdates/comments/1j1j60q/i_slept_through_an_entire_day_of_work_a_5_year/

2. (post, votes=2889) Feeling bone dead tired all the time lately. Can anyone else relate? *I'm not the original poster. This is a repost with very minor edits.*\n\n7 months ago*\n\n[Feeling bone dead tired all the time lately. Can anyone relate?](https://www.reddit.com/r/australia/comments/t5m1zf/feeling_bone_dead_tired_all_the_time_lately_can/)\n\nI wake up in the morning a...

https://www.reddit.com/r/BestofRedditUpdates/comments/xoeq4k/feeling_bone_dead_tired_all_the_time_lately_can/

3. (post, votes=2417) Why I was fat for 15 years and how I solved it Do you also feel like you are trying to get in shape forever? You do stuff. Go to the gym. Try these fancy diets everyone seems to have so much success with. But it feels like a 10, maybe 20 or even 30 year journey of trying to lose weight. And you never get there?\n\nI have been there. Failing every attempt ...

https://www.reddit.com/r/loseit/comments/5m5wid/why_i_was_fat_for_15_years_and_how_i_solved_it/

4. (post, votes=2104) A Decade of Working on My Sleep I've had a Garmin for over a decade, and I've been working on sleep hygiene for years. In the last six months, I've hit more than 100 sleep scores than I have in the last five years since I

started getting a Garmin sleep score.\n\nI started reflecting on what actions I took over the last decade that have improved both my **...

https://www.reddit.com/r/Garmin/comments/1nvagyu/a_decade_of_working_on_my_sleep/

5. (post, votes=1914) One drug-fueled night killed me. January 12th, 2024, will forever live in infamy. \n\nThat Friday night irreversibly turned my happy, healthy, successful life upside down. \n\nThis is a tale of party drugs. It's also a life-and-death journey I could've never imagined in my wildest dreams. \n\nCall it a harrowing dive into extremes of the human condition o...

https://www.reddit.com/r/confessions/comments/1hbjng8/one_drugfueled_night_killed_me/

6. (post, votes=1509) "Why am I so tired all the time? How serious is it? Do I just need a better pillow?" Stop searching the internet for answers. Start knowing with real answers from real board-certified doctors.\n\n**TLDR**: We all get tired. But there are big differences between tiredness and fatigue. Learn what they are and when to talk to a doctor.\n\n<https://i.redd.it/e...>

https://www.reddit.com/r/u_MDLIVE-INC/comments/1fp9z07/why_am_i_so_tired_all_the_time_how_serious_is_it/

7. (post, votes=1485) The Only Productivity Hack That Really Matters - Sleep Optimization I get it, the productivity space is all about using tools and shortcuts to get as much sh*t done as quickly and effectively as possible. \n\nHowever, let me tell you that **Sleep is the key to unlock effective and sustainable productivity**. \n\nThere's an abundance of information across S...

https://www.reddit.com/r/productivity/comments/mftdrm/the_only_productivity_hack_that_really_matters/

8. (post, votes=1394) [Method] Stanford neuroscientist Andrew Huberman explains how to break procrastination and be more productive ■\n\nI used to be so depressed in school that I didn't even bother to pay rent nor leave my apartment for 6 months. The only reason the landlord didn't kick me out was because he was a friend of my relative.\n\nNow I'm leading an AI team, h...

https://www.reddit.com/r/getdisciplined/comments/lxfrrw/method_stanford_neuroscientist_andrew_huberman/

9. (post, votes=1283) The Low Hanging Fruit of Injury Prevention Part 1: Recovery. **Some background to start:**\n\nThis will be a weekly run down of some of the real basics to start to nail in terms of preventing injuries. Broadly speaking it's going to be discussing, week by week:\n\n1. Recovery (Sleep, Food, Stress)\n\n2. Training\n\n3. Strength Training & Mythbusting\n\n**Who ...

https://www.reddit.com/r/running/comments/n5r3hf/the_low_hanging_fruit_of_injury_prevention_part_1/

10. (post, votes=1208) [Advice] I Asked A World-Renowned Sleep Expert Everything You Can Imagine About Optimising Sleep. What He Had To Say Was Mindblowing Earlier this week, I asked GetDisciplined members what they wanted to know about optimising sleep before meeting independent sleep expert, Dr Neil Stanley.\n\n[Here are the answers to your questions](<http://www.30figured.c...>)

https://www.reddit.com/r/getdisciplined/comments/7s7zq7/advice_i_asked_a_worldrenowned_sleep_expert/

use routines

Count: 148 | Percent: 4.59%

Variants: daily routine, consistent routine

Note: Creating predictable patterns to reduce decision fatigue.

1. (post, votes=8422) Every 20 years an alarm goes off in my town Every place has its own strange traditions. Customs that seem normal when you're there but completely outrageous or downright bizarre to anyone outside the circle. But when bonding with others from small provinces, my village always tops the conversation. My trump card for this is the alarm that sounds every 20 ...

https://www.reddit.com/r/nosleep/comments/tbu3ls/every_20_years_an_alarm_goes_off_in_my_town/

2. (post, votes=2784) An in-depth guide to improving in Valorant. #

Introduction\n\n-----\n\nHey guys, before I jump into my analysis of training methods and optimal routines for competitive gaming, I'll introduce myself briefly. Just to be clear, I don't

believe achievements / citations matter...

https://www.reddit.com/r/VALORANT/comments/gr93wz/an_indepth_guide_to_improving_in_valorant/

3. (post, votes=2474) From 400 to 175, thankful for IF for helping me lose and maintain. I've been doing intermittent fasting since before I knew what intermittent fasting was. Like Pete Campbell with direct marketing, "Intermittent fasting—I thought of that. Turned out it already existed, but I arrived at it independently." \n\nThe year was 2011 and I was 19, and, having been...

https://www.reddit.com/r/fasting/comments/1p4zqsl/from_400_to_175_thankful_for_if_for_helping_me/

4. (post, votes=2215) I discovered a way to avoid burnout, and I wish I knew this back in university [Story] Back in high school I was that person studying 8-hour days, and yet couldn't crack any of the competitive exams I wanted to. When I started working and building my business, I tried to keep the same intensity out of guilt, for not performing well academically and honestl...

https://www.reddit.com/r/GetMotivated/comments/1ldwg6d/i_discovered_a_way_to_avoid_burnout_and_i_wish_i/

5. (post, votes=1914) One drug-fueled night killed me. January 12th, 2024, will forever live in infamy. \n\nThat Friday night irreversibly turned my happy, healthy, successful life upside down. \n\nThis is a tale of party drugs. It's also a life-and-death journey I could've never imagined in my wildest dreams. \n\nCall it a harrowing dive into extremes of the human condition o...

https://www.reddit.com/r/confessions/comments/1hbjng8/one_drugfueled_night_killed_me/

6. (post, votes=1586) My 1 Year Anniversary of Full Time Day Trading. 3 Years In The Business. What I Wish I Could Tell Myself Years Ago. Part 1: [https://www.reddit.com/r/Daytrading/comments/fw82ow/after_2_years_of_daytrading_7_months_full_time/] (\n\nPart 3:...)

https://www.reddit.com/r/Daytrading/comments/j3zlqi/my_1_year_anniversary_of_full_time_day_trading_3/

7. (post, votes=1173) A Guide to Getting Started with UPSC CSE 2024 Greetings!\n\nI hope everybody is doing well. This post has been long-due from my end. Let's get right into it.\n\n**Introduction**\n\nIn life, there are challenges that test our mettle, push our limits, and demand unwavering dedication. Among such trials, there exists a realm that holds the power to shape des...

https://www.reddit.com/r/UPSC/comments/141nzc8/a_guide_to_getting_started_with_upsc_cse_2024/

8. (post, votes=930) How much "content" is there actually in Genshin Impact? Showcase of potential playtime that's ruined by a terrible NRG system. Thoughts and discussion. \n\nThe post is being edited right now due to data loss, the initial post was weirdly cut by a lot but I managed to get most of it back. I will be going further into detail with the drops etc. as I edit, but...

https://www.reddit.com/r/Genshin_Impact/comments/jcyszfh/how_much_content_is_there_actually_in_genshin/

9. (post, votes=576) What I've learned about pain and fatigue in my 7 years as a runner. I have to admit that when I first started running 7 years ago I didn't think I would be able to keep going until now. There is a true mental aspect that comes with running, but the physical aspect can take away a lot of confidence. I believe that running requires a certain level of motiva...

https://www.reddit.com/r/running/comments/vhayqd/what_ive_learned_about_pain_and_fatigue_in_my_7/

10. (post, votes=548) My exact daily routine as a full-time trader Most people only focus on what happens during the trading session.\n\nBut what I do before the market opens is what actually keeps me consistent.\n\nHere's the exact routine I follow every single morning:\n\n**- 4:30 AM – Wake up (2 hours before the market opens)**\n\nI don't touch my phone. No emails. No chart...

https://www.reddit.com/r/Trading/comments/1m7v4ga/my_exact_daily_routine_as_a_fulltime_trader/

plan recovery days

Count: 130 | Percent: 4.03%

Variants: rest days, recovery days

Note: Scheduling low demand days after intense periods.

1. (post, votes=8052) Breaking down Jaylen Brown's Concussion: His brain in crisis and the recovery Hey ya'll – my latest piece is taking a look at Jaylen Brown's concussion – specifically, what happens in the brain and his recovery. \n\nThis is the first piece from my blog and sports injury resource, theinjuryinsight.com. \n\nI started it due to the encouragement of many diff...

https://www.reddit.com/r/nba/comments/86c18e/breaking_down_jaylen_browns_concussion_his_bra_in/

2. (post, votes=3534) 34 M [160lbs to 165lbs] [10 to 12 months] [After/Before, After/Before, etc.] – How I Learned to Dial In 34M here. Felt stuck in my "after" photos for a long time. I was lifting consistently, eating "healthy," and convincing myself my discipline was just enough. It wasn't. Soft lower abs, minimal vascularity, feeling of lethargy. In my 20s I could wing it ...

https://www.reddit.com/r/GYM/comments/1nud1g4/34_m_160lbs_to_165lbs_10_to_12_months_afterbe_fore/

3. (post, votes=3155) [Progress] M/29/5'4", from skinnyfat to aspiring Supermanlet I hadn't planned on making a Year 2 progress post, but my comment in [this thread about skinnyfat transformations](http://www.reddit.com/r/Fitness/comments/2byb1m/are_there_any_real_skinnyfat_transformations/) got more replies than I would have expected. One of them dubbed me Supermanlet, an epi...

https://www.reddit.com/r/Fitness/comments/2cz87v/progress_m2954_from_skinnyfat_to_aspiring/

4. (post, votes=2696) 1,000 Workouts Without a Rest Day **TLDR**\n\nAge: 36\n\nYears lifting: 13\n\nHeight: 5'5"\n\nWeight: 158 to 196.\n\n1,000 consecutive workouts without a rest day.\n\nIn this period I accomplished numerous goals. Including a [1RM Press of 235 lbs](<https://www.instagram.com/p/B5i4OGAAyl/>). (+10 lbs. PR), a [315 lbs. 20-rep max squat](<https://www.instagram.com/p/B5i4OGAAyl/>).

https://www.reddit.com/r/Fitness/comments/sb7tbh/1000_workouts_without_a_rest_day/

5. (post, votes=2399) I worked out consistently for 365 days straight and here's what nobody tells you set a goal to not miss a single workout for an entire year. ended up completing 365 consecutive days of training across lifting, cardio, mobility work, and whatever else i felt like doing.\n\nhere's what worked, what completely backfired, and the counterintuitive lessons i le...

https://www.reddit.com/r/motivation/comments/1oz1gl9/i_worked_out_consistently_for_365_days_straight/

6. (post, votes=1592) No Rest Days I have surpassed 1,300 consecutive workouts. That's exercising every day without missing a day for over 3.5 years. Because I have seen such good results, ranging from muscle and strength development to quality-of-life improvements, I suggest you do the same.\n\nWhile some may argue that such an approach is not optimal, their opinion is founde...

https://www.reddit.com/r/Fitness/comments/yaw8qa/no_rest_days/

7. (post, votes=1463) F/24/5'3" [170 > 124.5 = 45.5 lbs] Obese -> Healthy in 2 years : what I've learned along the way This is gonna be a bit long because I'm dropping 2 years of knowledge bombs on you. Soak it up.\n\n[Music to get you in the mood](https://www.youtube.com/watch?v=l1NuCWfYeYc&list=PL4ILE3f-6iDIRtniP-uqkDzBY6wwoUV_I) (those are some of my running greatest hits!)...

https://www.reddit.com/r/loseit/comments/3c743h/f2453_170_1245_455_lbs_obese_healthy_in_2_years/

8. (post, votes=1392) Progress: 42/M/5'11 300lbs to 183lbs Hi all. u/boeingman737 's progress post finally gave me the courage to share my progress. Bit nervous but my hope is that my results, and the things I did both right and wrong, can provide a more "average dude" sort of view. I'm not jacked, I'm not swole, I can't bench 5 plates, but I feel I've made decent progress des...

https://www.reddit.com/r/Fitness/comments/zn0sou/progress_42m511_300lbs_to_183lbs/

9. (post, votes=1290) I worked out consistently for 365 days straight and here's what nobody tells you set a goal to not miss a single workout for an entire year. ended up completing 365 consecutive days of training across lifting, cardio, mobility work, and whatever else i felt like doing.\n\nhere's what worked, what completely backfired, and the counterintuitive lessons i le...

https://www.reddit.com/r/LockedInMan/comments/1ptig07/i_worked_out_consistently_for_365_days_straight/

10. (post, votes=1136) One Year Progress: 365 to 220 at 6'2 from 35 to 36 years old (June 2024 to now) Complete write up I know this is a book, but this wasn't an overnight transition. Because my first post got so many positive reactions, I want to be as detailed and transparent as I can. That way, my story can reach as many people as possible and maybe someone can relate to on...

https://www.reddit.com/r/workouts/comments/1m0dsf5/one_year_progress_365_to_220_at_62_from_35_to_36/

manage stress

Count: 128 | Percent: 3.97%

Variants: stress management, reduce stress

Note: Using coping strategies to lower chronic stress load.

1. (post, votes=2104) A Decade of Working on My Sleep I've had a Garmin for over a decade, and I've been working on sleep hygiene for years. In the last six months, I've hit more than 100 sleep scores than I have in the last five years since I started getting a Garmin sleep score.\n\nI started reflecting on what actions I took over the last decade that have improved both my **...

https://www.reddit.com/r/Garmin/comments/1nvagyu/a_decade_of_working_on_my_sleep/

2. (post, votes=1452) I stopped trying to manage my time — and became insanely productive. Here's how. This may seem a strange suggestion. Please bear with me. I found, when I made this switch, I could easily fit a day's worth of work into a couple of hours. How? Here's the epiphany:\n\nI had to **match my task** **to my** **mood**. Yes. Instead of spending all those years try...

https://www.reddit.com/r/productivity/comments/1h07n68/i_stopped_trying_to_manage_my_time_and_became/

3. (post, votes=1173) A Guide to Getting Started with UPSC CSE 2024 Greetings!\n\nI hope everybody is doing well. This post has been long-due from my end. Let's get right into it.\n\n**Introduction**\n\nIn life, there are challenges that test our mettle, push our limits, and demand unwavering dedication. Among such trials, there exists a realm that holds the power to shape des...

https://www.reddit.com/r/UPSC/comments/141nzc8/a_guide_to_getting_started_with_upsc_cse_2024/

4. (post, votes=916) Everything I did to glow up in 2 years Warning this will be a long post, it has everything I've learnt in the past couple of years from hair growth, to styling, to weightloss, to nervous system regulation and more.\n\nI'm in my early 30s, I have 3B hair, tall, two years ago I was obese, prediabetic, I had anxiety problems, now I'm just a tall \[seemingly ...

https://www.reddit.com/r/vindictapoc/comments/1cp5fif/everything_i_did_to_glow_up_in_2_years/

5. (post, votes=835) I met with a naturopath today - sharing what I was advised after a 2hr, \$300 appointment with the community I am 32F and am diagnosed with PCOS (>5 years ago) and more recently ADHD (officially 1.5 years ago). I tried medication for a month and did not like the side effects. To help combat my symptoms, throughout the past year I have: \n\n-quit coffee (wi...

https://www.reddit.com/r/PCOS/comments/1ip146v/i_met_with_a_naturopath_today_sharing_what_i_was/

6. (post, votes=548) Down 86 pounds in a year! For the first time I stuck with it. Maybe what worked for me will work for you! I promised myself I would make this post when I started my weightloss journey. I am someone who has been a constant yo-yo'er (my myfitnesspal weight history can confirm). I basically would get up to about 310lbs and then I would be disgusted with myself...

https://www.reddit.com/r/loseit/comments/1ofvu31/down_86_pounds_in_a_year_for_the_first_time_i/

7. (post, votes=516) ■ [\$99.99 → Lifetime FREE] Mental Health App Alera is Free for 24 Hours! *Alera is an AI-powered mental-health app built with clinicians that creates personalized weekly therapy plans and routines → It's* ***Lifetime FREE for the next 24 hours*** *(normally \$99.99) →* ***Limited Promo Codes*** *available* ***(read below)***.*\n\nHey folks ■\n\nIn 2018, I...

https://www.reddit.com/r/ProductivityApps/comments/1oewtrn/9999_lifetime_free_mental_health_app_alera_is/

8. (post, votes=508) The Methylene Blue Hype: Methylene blue was discovered 149 years ago.\n\nAnd for decades, the medical industry mostly ignored it.\n\nNow it's one of the most talked-about compounds in biohacking.\n\nSome people say it sharpens focus, boosts energy, and even slows aging. Others think it's overhyped, risky, or just unnecessary if you already have the basics...

https://www.reddit.com/r/Biohackers/comments/1j3p02v/the_methylene_blue_hype/

9. (post, votes=479) 1.0 Tips for the easily overwhelmed I posted this about half a year ago because I had seen some threads seeking guidance on how to avoid burnout, or, how to handle being overwhelmed when reaching Oil or even Coal. I figure this is a great time to post it again. \n\nTips for beginners & the easily overwhelmed\n\nWelcome to Satisfactory!\n\nTips:\n1. Noth...

https://www.reddit.com/r/SatisfactoryGame/comments/1fvgzgf/10_tips_for_the_easily_overwhelmed/

10. (post, votes=475) My personal Testosterone Booster Manual I have seen so many topics regarding how to increase or improve testosterone levels. Let's be honest. Besides TRT there are no supplement that can increase your levels as much as TRT/steroid level. Don't be naive. Don't go shopping fancy labels claiming to make you the next testo-Brian. It's not going to happen mate...

https://www.reddit.com/r/Biohackers/comments/184vxco/my_personal_testosterone_booster_manual/

plan meals ahead

Count: 110 | Percent: 3.41%

Variants: meal prep, plan meals

Note: Preparing food in advance to ensure regular, balanced eating.

1. (post, votes=5843) I once lived off random family breakfasts for a month and nobody questioned it A while back I was broke, hungry, and desperate. I'd already burned through all the obvious free food hacks—Costco samples, hotel lobbies, church potlucks. Then I had the dumbest idea that somehow... worked.\n\nEvery morning, I'd just... walk into random houses around my neighborho...

https://www.reddit.com/r/confession/comments/1mv7gz6/i_once_lived_off_random_family_breakfasts_for_a/

2. (post, votes=5553) What is CICO? CICO means Calories In, Calories Out and it is not a diet, it is a description for how your body stores energy (gains weight) or burns stored energy (loses weight). *I posted this a couple months ago and I thought it may be helpful to repost for the new year.*\n\nCICO means Calories in, Calories out. CICO is not a diet and is not new,...

https://www.reddit.com/r/loseit/comments/7nobqw/what_is_cico_cico_means_calories_in_calories_out/

3. (post, votes=5016) Breaking the habit of going out to eat I had a huge long post typed up, trying to figure out where all of my money is going, why I'm so broke, and why I can't pay down my credit cards. After looking through my bank statements I realized that the problem is 100% without a doubt how often I'm eating out. After calculating, I've spent over \$300 on dinners, f...

https://www.reddit.com/r/personalfinance/comments/cdy52k/breaking_the_habit_of_going_out_to_eat/

4. (post, votes=3684) The 9 Habits of Socially Anxious People (and How to Change Them) This is my first post. I also posted in r/socialanxiety. Hopefully, it can help someone out here too.\n\nI had severe social anxiety until I was about 28. As a man, I was embarrassed that I had to go to a therapist because I was so nervous about talking to people.\n\nI used to read about how...

https://www.reddit.com/r/socialskills/comments/jllnas/the_9_habits_of_socially_anxious_people_and_how/

5. (post, votes=2714) Have visible abs for the first time in my life and I feel amazing (187->200->172->160->165) ## [5'10/M/165LB]\n\nI posted [this thread](https://www.reddit.com/r/Fitness/comments/97j1y6/my_progress_so_far_21m/) back in August; at that point I had cut down to 172 from a record high of 200 pounds. I looked and felt amazing, and got a lot of positive feedback...

https://www.reddit.com/r/Fitness/comments/9o3uj5/have_visible_abs_for_the_first_time_in_my_life/

6. (post, votes=2494) WIBTA for asking my husband to stop cooking most nights? **I am NOT OOP, OOP is**
u/Important_Salad_5158\n\n**Originally posted to r/TwoHotTakes**\n\n**WIBTA for asking my husband to stop cooking
most nights?**\n\n**Thanks to u/queenlegolas + u/Direct-Caterpillar77 for suggesting this
BoRU**\n\n-----\n\n[Ori...]

https://www.reddit.com/r/BestofRedditUpdates/comments/1e9ygkz/wibta_for.asking_my_husband_to_stop_cooking_most/

7. (post, votes=1463) F/24/5'3" [170 > 124.5 = 45.5 lbs] Obese -> Healthy in 2 years : what I've learned along the way This is gonna be a bit long because I'm dropping 2 years of knowledge bombs on you. Soak it up.\n\n[Music to get you in the mood](https://www.youtube.com/watch?v=l1NuCwfYeYc&list;=PL4ILE3f-6iDIRtniP-uqkDzBY6wwoUV_I) (those are some of my running greatest hits!)...

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https://www.reddit.com/r/Fitness/comments/zn0sou/progress_42m511_300lbs_to_183lbs/

9. (post, votes=945) I thought someone at work was stealing my lunch. I was very, very wrong So, I'm just a regular guy. Your coworker, your roommate, your weekend hiking buddy. I had a good job, a boring but healthy routine, and a manageable case of the Sunday scaries living in a big city.\n\nOr I was that guy.\n\nNow, I'm starving. And nothing I do can stop it.\n\nI used to...

https://www.reddit.com/r/nosleep/comments/1ku3xoc/i_thought_someone_at_work_was_stealing_my_lunch_i/

10. (post, votes=377) 3 kids- oldest is 6. Getting way too fat. Hot dads, how do you do it? Basically- I work from home and find my entire day is spent at work, then getting the kids to bed, then crashing. Basically grazing on kids snacks all day. Wife is a stay at home mom but has her hands full. Tips tricks advice appreciated. How are you organizing your time? How are you se...

https://www.reddit.com/r/daddit/comments/1c8w00z/3_kids_oldest_is_6_getting_way_too_fat_hot_dads/

take short naps

Count: 86 | Percent: 2.67%

Variants: power nap, minute nap

Note: Using brief daytime sleep to restore alertness without grogginess.

1. (post, votes=1208) [Advice] I Asked A World-Renowned Sleep Expert Everything You Can Imagine About Optimising Sleep. What He Had To Say Was Mindblowing Earlier this week, I asked GetDisciplined members what they wanted to know about optimising sleep before meeting independent sleep expert, Dr Neil Stanley.\n\n[Here are the answers to your questions](<http://www.30figured.c...>)

https://www.reddit.com/r/getdisciplined/comments/7s7zq7/advice_i_asked_a_worldrenowned_sleep_expert/

2. (post, votes=1139) You'll kill it if you can wake up early. Here's how I do it 100% of the time with a bunch of biohacking. Waking up early has been a constant struggle for me.\n\nWell, to give you some motivation right off the bat, it's DOES get easier, and you may actually look forward to it. Fortunately, waking up early has all the benefits in the world: increased free t...

https://www.reddit.com/r/productivity/comments/8bjeli/youll_kill_it_if_you_can_wake_up_early_heres_how/

3. (post, votes=1079) [Method] The 22 ways I used to motivate myself to do the things I believe I need to do - long post Most people believe that motivation comes from just getting yourself to do something.\n\nLet's be real: if you already are able to get yourself to do something then you'd be doing it by now.\n\nPushing yourself to do something is more than just going out, ...

https://www.reddit.com/r/getdisciplined/comments/8067rj/method_the_22_ways_i_used_to_motivate_myself_to/

4. (post, votes=919) One secret I learned from high performing remote workers I'm an indiehacker who's been working remotely for a while. At first, I thought productivity equals hours at the desk. But I kept burning out by midweek. Then, I started co-working remotely with some of high performer indiehackers and people who work remotely for other organization.
\n\nOne thing I...

https://www.reddit.com/r/remotework/comments/1nvask6/one_secret_i_learned_from_high_performing_remote/

5. (post, votes=692) Legion all-nighter tips, prepare wisely! As Legion looms in, and we have less than a week before finally getting our favorite drug back in full swing, I thought I'd post a thread about how best to prepare to the all-nighter some people will take, either to get realm or class unofficial firsts, get a head start on gearing up, or just enthusiasts in general...

https://www.reddit.com/r/wow/comments/4zetgs/legion_allnighter_tips_prepare_wisely/

6. (post, votes=559) Most people are using caffeine completely wrong \nHere's the thing nobody tells you about caffeine, it's not just a morning ritual or a pick me up. It's a powerful cognitive enhancer when used correctly, and a productivity destroyer when abused. After diving deep into neuroscience research, particularly Dr. Andrew Huberman's work on caffeine and dopamine ...

https://www.reddit.com/r/ArtOfPresence/comments/lqlzaau/most_people_are_using_caffeine_completely_wrong/

7. (post, votes=164) How do you manage the afternoon slump at work? I'm a fairly early riser. I have an office job and things start to wind in my brain down post-lunch. \n\nCoffee and red bull do nothing for me. A power nap usually sorts me out but I wouldn't do that in the office. \n\nHow do you mange the afternoon slump (edit: in the office)?\n\nThx for all the replies. I c...

https://www.reddit.com/r/AskLondon/comments/15eg6uw/how_do_you_manage_the_afternoon_slump_at_work/

8. (comment, votes=111) I usually workout, shower, and eat over my lunch hour. If you don't workout too hard and don't eat too much (of the wrong foods) you'll be pretty much reset for the rest of the day. Throw in a 15 minute nap whenever you need it. Make sure to stay hydrated as well.

https://www.reddit.com/r/datascience/comments/nwww2s/what_do_you_do_to_combat_the_afternoon_slump/h1brf39/

9. (post, votes=111) [QLD] Driver fatigue and napping in your car for an hour. Just the other week, my niece has applied for additional night shifts at Maccas, she used to only work at the one shop close to our home, but they only had her rostered for a single shift or three a week to her that wasn't satisfactory. So the solution was to work at restaurants 7 to 8km away. Fast...

https://www.reddit.com/r/AusLegal/comments/rxbk6c/qld_driver_fatigue_and_napping_in_your_car_for_an/

10. (comment, votes=95) Where do you sleep? Under a blanket in bed is a 2-3 hour nap. On the carpeted floor with a pillow is a good 20 minute nap.\n\nMaybe try mixing up your sleep location and temperature. Sleep on top of the sheets instead of under a blanket, sleep just laying on your back on the couch?

https://www.reddit.com/r/productivity/comments/p0pycn/how_to_avoid_afternoon_energy_slump_on_5am10pm/h88r3xo/

take regular breaks

Count: 74 | Percent: 2.29%

Variants: pomodoro, scheduled breaks

Note: Structuring work with periodic rests to maintain performance.

1. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

2. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/ifsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

3. (post, votes=1896) Heads up for anyone thinking about getting into webdev in 2025... Been coding for almost 30 years now, started as a kid. Used to tell everyone to jump in bootcamps, self taught, whatever... Tons of demand, building cool stuff all day\n\nBut damn things have changed. Market's rough as hell now and you're fighting hundreds of other people for every position...

https://www.reddit.com/r/webdev/comments/1ndavug/heads_up_for_anyone_thinking_about_getting_into/

4. (post, votes=1173) A Guide to Getting Started with UPSC CSE 2024 Greetings!\n\nI hope everybody is doing well. This post has been long-due from my end. Let's get right into it.\n\n**Introduction**\n\nIn life, there are challenges that test our mettle, push our limits, and demand unwavering dedication. Among such trials, there exists a realm that holds the power to shape des...

https://www.reddit.com/r/UPSC/comments/141nzc8/a_guide_to_getting_started_with_upsc_cse_2024/

5. (post, votes=844) How I studied 8-9 hours a day for 6 weeks If I did it, anyone can !!!\n\n**TL;DR:**\n\n* Get the forest app and find your own Pomodoro method\n* Take care of your body and mind\n* Discipline > motivation\n* Quality > quantity\n\nI would like to preface this by saying that just because these things worked for me, it doesn't mean they will work for everyone...

https://www.reddit.com/r/GetStudying/comments/et53p0/how_i_studied_89_hours_a_day_for_6_weeks/

6. (post, votes=378) My list of best/most useful MacOS Apps to have * [**Alfred**](<https://www.alfredapp.com/>) | *Must have*. Spotlight on steroids: much, much better. (Above the best workflows)\n* atop\n* Banner Be Gone\n* Calculate Anything\n* Emoji Mate\n* IP Address\n* Low Power Mode\n* Menu Bar Search\n* Switch Appearance\n* System Settings\n* [**Flux**](<https://fluxapp.com/>)

https://www.reddit.com/r/macapps/comments/1c0mo33/my_list_of_bestmost_useful_macos_apps_to_have/

7. (post, votes=376) This is how you can study for 10 hours + Hii All , So I've seen few posts jaha log apna RR kar rahe the ki 10 hours+ study nahi ho rahi etc etc aur kai chutiye ye bhi keh rahe the ki don't be pussy be strong (typical Gay behavior)\n\nSo in real you can't study for 10 hours + straight\n\nmost effective time tumhara avg 25-30 min hi rahega (agar screen tim...

https://www.reddit.com/r/JEENEETards/comments/1fltcce/this_is_how_you_can_study_for_10_hours/

8. (post, votes=345) *Love* Your Productivity System. Seriously. *Love* your Notion templates that took longer to set up than actually doing the work - because sometimes organizing your thoughts is actually part of the process, Karen.\n\n*Love* your 27 different colored highlighters for "time blocking" - sure, you're not mapping the genome, but if color-coding your grocery li...

https://www.reddit.com/r/productivity/comments/1hvrvk9/love_your_productivity_system_seriously/

9. (post, votes=296) Tools, Tactics, and Habits of Highly Successful People You can't just become highly successful through 'life hacks' and shortcuts, but there are some habits and tools that are too good not to use. That's why I've assembled a list of the top 16 tools, tactics and routines that I've come across from my research. Integrating these won't necessarily make you ...

https://www.reddit.com/r/startups/comments/8ams2n/tools_tactics_and_habits_of_highly_successful/

10. (post, votes=290) Americans, how the hell do you go back to work at 12 weeks?! Edit: to be clear, I have childcare. I work the same way I did before having a baby, in 2-3 2-3 hour chunks Pomodoro style. I just choose to work when baby is sleeping when able to maximize the time I can spend with his awake self. The issue is that when I'm sleep deprived, I can't just power th...

https://www.reddit.com/r/beyondthebump/comments/16193gr/americans_how_the_hell_do_you_go_back_to_work_at/

ergonomic desk setup

Count: 56 | Percent: 1.74%

Variants: better desk setup, ergonomics

Note: Optimizing posture and workspace to reduce physical strain and fatigue.

1. (post, votes=1896) Heads up for anyone thinking about getting into webdev in 2025... Been coding for almost 30 years now, started as a kid. Used to tell everyone to jump in bootcamps, self taught, whatever... Tons of demand, building cool stuff all day\n\nBut damn things have changed. Market's rough as hell now and you're fighting hundreds of other people for every position...

https://www.reddit.com/r/webdev/comments/1ndavug/heads_up_for_anyone_thinking_about_getting_into/

2. (post, votes=1737) In need of a mouse that fits big/long hands. Hello, I'm in a pretty tricky situation. \n\nI have pretty weird long noodle hands (approx. 25 cm x 12 cm), and I can't seem to find a mouse that would allow me to use a "normal" or traditional grip style that doesn't cause fatigue or feel uncomfortable after a few hours.\n\nI currently own the biggest mouse I ...

https://www.reddit.com/r/MouseReview/comments/11v9dtf/in_need_of_a_mouse_that.fits_biglong_hands/

3. (post, votes=348) Anyone else feel like desk jobs are slowly wrecking their body? Hey, not sure if this is just me or if others feel the same.\nI work an office job and I sit a LOT. Sometimes it's 30–60 min without moving, other days it's like 6–8+ hours even if I have a "good" chair. Lately my neck, shoulders and lower back are always sore. By the end of the day I feel dr...

https://www.reddit.com/r/careerguidance/comments/1qjbgv0/anyone_else_feel_like_desk_jobs_are_slowly/

4. (post, votes=155) You've got \$500 to improve your work life what would you buy and why? Imagine you've got \-\$500 and it has to go toward something that helps you work better. What are you getting?\n\nI love seeing threads like this because people always suggest stuff I've never thought of but immediately want.\n\nI recently moved and realized how much I'd underestimated t...

https://www.reddit.com/r/webdev/comments/1n0i8lp/youve_got_500_to_improve_your_work_life_what/

5. (post, votes=18) Libernovo Omni Chair – Honest Review After 3 Days (More Expected) I've been using the **Libernovo Omni chair** for about three days now, and I'd like to share an honest first impression. Going in, my expectations were very high due to the price point and the amount of hype surrounding this chair. So far, my overall experience has been... somewhat disappoint...

https://www.reddit.com/r/LiberNovo/comments/1qfo70p/libernovo_omni_chair_honest_review_after_3_days/

6. (post, votes=17) "MauiScript" RFC: I am designing a Roslyn-based DSL to replace XAML. Thoughts on this syntax? Hey everyone,\n\nI've been experimenting with a concept to solve "X(A)ML fatigue" in .NET MAUI without losing the power of the platform.\n\nI am currently detailing the specification for **MauiScript**—a terse, indentation-based DSL that transpiles 1:1 into C# Fl...

https://www.reddit.com/r/dotnetMAUI/comments/1pbwthk/mauiscript_rfc_i_am_designing_a_roslyn_based_dsl/

7. (post, votes=11) How do you deal with anxiety from full time corporate work? how to be financially free to afford to be unemployed , where work becomes hobby and optional instead ? I recently started a full-time job and I'm struggling to adjust, both mentally and physically. I've noticed a significant increase in anxiety since starting, along with difficulty sleeping and ...

https://www.reddit.com/r/findapath/comments/1qfywx6/how_do_you_deal_with_anxiety_from_full_time/

8. (post, votes=10) Best Standing Desk - need reddit recommendations I'm hoping this community can help me figure out what the best standing desk actually is for someone in my situation. I work as a software developer, so I'm at my desk for 8-10 hours a day, sometimes more when I'm deep into a project. I've got a dual monitor setup (27" screens), plus my laptop, mechanical k...

https://www.reddit.com/r/buyforlifetips/comments/1n2521t/best_standing_desk_need_reddit_recommendations/

9. (comment, votes=9) Because in case of an engine fire you want to be able to reach them quickly. \n\nThe ergonomics of touching the fuel switches while operating the throttle and flaps make the odds of touching them by accident nil. It's like accidentally pulling the handbrake in your car when trying to operate the gear shifter. They're close to each other yes, but

you do...

https://www.reddit.com/r/airplanes/comments/11z7y0z/how_the_engine_cutoff_switches_work_in_the_boeing/n32g5bm/

10. (post, votes=6) The most overlooked founder skill is selfish. Dial your battlestation with FluidStance's athlete mentality at work... Movement, Flow, Battle. TL;DR Most founders run high-stakes companies from low-quality work setups. Upgrading my "battlestation" changed my clarity, posture, and daily performance more than any new strategy or productivity hack. Using move...

https://www.reddit.com/r/FounderReviews/comments/1pjfdxt/the_most_overlooked_founder_skill_is_selfish_dial/

expose to daylight

Count: 44 | Percent: 1.36%

Variants: sunlight exposure, natural light

Note: Using light to anchor circadian rhythm and improve alertness.

1. (post, votes=4754) If you do these 16 simple things, you will live a high quality life I've gone off the deep end researching what makes a best life.\n\nI wrote this all out basically for myself to organize my thoughts and give myself guidance, but figured it could be very useful to people who like the "Rules for Life" approach to things.\n\nHow I see it, life breaks down i...

https://www.reddit.com/r/selfimprovement/comments/1n80w74/if_you_do_these_16_simple_things_you_will_live_a/

2. (post, votes=3175) I spent 40 hours sifting through research papers to fix my mental clarity, focus, and productivity - I ended up going down a rabbit hole and figuring out it was all tied to sleep, even though I felt I sleep well - here's what I found. If you're feeling scattered and heavy with mental clutter/thoughts, I know how you feel - I was there a few weeks ago.\n\n...

https://www.reddit.com/r/productivity/comments/ihu8rg/i_spent_40_hours_sifting_through_researh_papers/

3. (post, votes=2237) A Simplified List of All Protocols Most episodes on this podcast go way more in-depth than the average person may want to learn. They also include some impractical protocols intent on neurotically "optimizing" one's life. Here is a list of simplified protocols that the average person can implement in a flexible and practical way. If a topic is not mentioned...

https://www.reddit.com/r/HubermanLab/comments/135weq7/a_simplified_list_of_all_protocols/

4. (post, votes=733) The 10 things that have helped fibromyalgia sufferers the most (that don't get talked about enough)\nFibro can feel like your body has turned against you. Constant pain, deep fatigue, brain fog, poor sleep... and often being told "everything looks normal."\nAfter years of listening to people with fibromyalgia, certain themes come up again and again. These ...

https://www.reddit.com/r/Fibromyalgia/comments/1pvgyfn/the_10_things_that_have_helped_fibromyalgia/

5. (post, votes=508) The Methylene Blue Hype: Methylene blue was discovered 149 years ago.\nAnd for decades, the medical industry mostly ignored it.\nNow it's one of the most talked-about compounds in biohacking.\nSome people say it sharpens focus, boosts energy, and even slows aging. Others think it's overhyped, risky, or just unnecessary if you already have the basics...

https://www.reddit.com/r/Biohackers/comments/1j3p02v/the_methylene_blue_hype/

6. (post, votes=475) My personal Testosterone Booster Manual I have seen so many topics regarding how to increase or improve testosterone levels. Let's be honest. Besides TRT there are no supplement that can increase your levels as much as TRT/steroid level. Don't be naive. Don't go shopping fancy labels claiming to make you the next testo-Brian. It's not going to happen mate...

https://www.reddit.com/r/Biohackers/comments/184vxco/my_personal_testosterone_booster_manual/

7. (post, votes=352) Why do I feel so tired all the time? It's horrible. I feel tired every day and it's really effecting my productivity, at work by the time it hits lunch I am already feeling lethargic and feel like I could sleep through the rest of the day. I have no idea what is wrong as I believe that I'm quite a healthy 26-year-old man. Here what I do in a day/life:\n\n...

https://www.reddit.com/r/productivity/comments/1cu9z8k/why_do_i_feel_so_tired_all_the_time_its_horrible/

8. (post, votes=211) Best sleep practices to significantly increase lifespan. Here is scientific evidence and practical tips. Sleep is not just rest, it is repair. When we sleep well, the body fixes what the day slowly breaks. Science is very clear on this now: people who sleep enough, at the right time, live longer and stay healthier. Sleep is one of the strongest anti-aging...

https://www.reddit.com/r/immortalists/comments/1pr08ct/best_sleep_practices_to_significantl_y_increase/

9. (post, votes=169) Trip Report: ■■■ Baku - Hard to justify prioritising a visit I just finished up a windy month working from Baku, Azerbaijan. For context, I am a 35-year-old male Product Designer from the UK and have been working remotely for the last 3-4 years.\n\nSummary: Baku is not a *bad* place. On reflection, I actually had a great time. Yet when you're considering a...

https://www.reddit.com/r/digitalnomad/comments/1kuvjss/trip_report_baku_hard_to_justify_prioritising_a/

10. (post, votes=160) I Spent 6 Months Reading 200+ Research Papers Across Sleep Medicine, Neuroscience, and Endocrinology to Understand My Bruxism. Here's What Actually Works. Hey everyone. After years of dentists just handing me night guards and telling me to "reduce stress," I decided to dig into the actual scientific literature myself. What I found completely changed how I...

https://www.reddit.com/r/bruxism/comments/1nuaq3l/i_spent_6_months_reading_200_research_papers/

time blocking tasks

Count: 25 | Percent: 0.78%

Variants: time blocking, schedule blocks

Note: Allocating specific time slots for focused work to reduce overwhelm.

1. (post, votes=53466) F*ck your productivity system. Seriously. Fuck your Notion templates that took longer to set up than actually doing the work.\n\nFuck your 27 different colored highlighters for "time blocking" - you're not mapping the genome, you're writing a grocery list.\n\nFuck your morning routine that starts at 4AM. The only thing you're optimizing is your caffeine a...

https://www.reddit.com/r/productivity/comments/1hvbeel/fck_your_productivity_system_seriously/

2. (post, votes=1394) [Method] Stanford neuroscientist Andrew Huberman explains how to break procrastination and be more productive ■■■\nI used to be so depressed in school that I didn't even bother to pay rent nor leave my apartment for 6 months. The only reason the landlord didn't kick me out was because he was a friend of my relative.\n\nNow I'm leading an AI team, h...

https://www.reddit.com/r/getdisciplined/comments/lxfrrw/method_stanford_neuroscientist_andrew_huberman/

3. (post, votes=345) *Love* Your Productivity System. Seriously. *Love* your Notion templates that took longer to set up than actually doing the work - because sometimes organizing your thoughts is actually part of the process, Karen.\n\n*Love* your 27 different colored highlighters for "time blocking" - sure, you're not mapping the genome, but if color-coding your grocery li...

https://www.reddit.com/r/productivity/comments/1hvrvk9/love_your_productivity_system_seriously/

4. (post, votes=209) Stanford professor and neuroscientist, Andrew Huberman explains how to optimize your brain to be more productive ■■■\nIncredible podcast again from world renowned professor Andrew Huberman about changing your brain and increasing productivity.\n\nI decided to summarize the [new episode](<https://youtu.be/uuP-1ioh4LY?t=293>) to save you 1+ hours and d...

https://www.reddit.com/r/productivity/comments/lwsevy/stanford_professor_and_neuroscientist_andrew/

5. (post, votes=148) Burned out founder here. The productivity advice made it worse. What actually helped was doing less. Six months ago I was working 70 hour weeks and proud of it. Optimizing every minute. Time blocking. Pomodoro. Wake up at 5am. Cold showers. The whole performative productivity thing. And I was miserable and Ailog, the business, wasn't even

growing that fas...

https://www.reddit.com/r/Entrepreneur/comments/1psd8n9/burned_out_founder_here_the_productivity_advice/

6. (post, votes=135) I am 28 years old, make \$235,000, live in NYC, and work in tech. This week I wrangle a work deadline
Hi all! Longtime lurker, first time money diarist.\n\n**Section One: Assets and Debt**\n\n**Retirement Balance**: \n\n*\$118,247 in a Roth IRA\n*I have been maxing this out every year that I had sufficient earned income. I contribute via backdoor Roth (an...*

https://www.reddit.com/r/MoneyDiariesACTIVE/comments/1qpehaq/i_am_28_years_old_make_235000_live_in_nyc_and/

7. (post, votes=73) Most time management problems are really decision fatigue in disguise People spend so much time trying to “optimize” their schedule. \nNew calendars, new apps, time-blocking templates, color-coded systems.\n\nBut most of the time, the real problem isn’t lack of structure—it’s too many open decisions.\n\nYou wake up and already your brain is juggling:\n\n*...

https://www.reddit.com/r/TimeManagement/comments/1jk24hk/most_time_management_problems_are_really_decision/

8. (post, votes=68) Learning to listen to my body made me way more productive, kinda Lately I am rethinking how I treat my body during the workday. I used to just push through stuff like brain fog, low energy or stress assuming it was just part of the grind but I started paying closer attention to what my body was actually telling me. \nI am experimenting with food as a kind...

https://www.reddit.com/r/Vent/comments/1nug17w/learning_to_listen_to_my_body_made_me_way_more/

9. (post, votes=57) Burned out founder here. The productivity advice made it worse. What actually helped was doing less. Six months ago I was working 70 hour weeks and proud of it. Optimizing every minute. Time blocking. Pomodoro. Wake up at 5am. Cold showers. The whole performative productivity thing. And I was miserable and the business wasn't even growing that fast. The b...

https://www.reddit.com/r/SaaS/comments/1ps9jg6/burned_out_founder_here_the_productivity_adv/

10. (post, votes=22) How to Use AI Prompts to Break Annual Goals Into Daily Tasks ? # \n\n **Why Annual Goals So Often Fail (and How AI Fixes That)**\n\nEvery January, professionals set ambitious annual goals: *publish 100 blog posts, double organic traffic, launch a content system, master SEO, grow revenue.* \nAnd every December, many of those goals remain frustratingly unfi...

https://www.reddit.com/r/NextGenAITool/comments/1ql2opx/how_to_use_ai_prompts_to_break_annual_goals_into/

use checklists

Count: 24 | Percent: 0.74%

Variants: to do lists, task lists

Note: Externalizing tasks to reduce cognitive load and forgetfulness.

1. (post, votes=2207) [OC] Coach Ty Lue's Leave of absence and chronic stress: The insidious killer Hey what's up everyone, this is my latest piece from my sports injury blog and resource – theinjuryinsight.com. \n\nI've formatted it below for reddit and if you want the original formatting, there's a link at the bottom. Additionally, on the site, you can sign-up for the email l...

https://www.reddit.com/r/nba/comments/88kgbz/oc_coach_ty_lues_leave_of_absence_and_chronic/

2. (post, votes=722) I don't want another app! I'm so angry at the self-optimization culture we're living in. If I see another influencer telling me how this app or that planer will help me manage my ADHD symptoms, I'll get furious! \n\nI'm so done with all of that nonsense. I feel like I've been self-helping, self-tracking, manifesting, sleep-regulating, planing, bullet jour...

https://www.reddit.com/r/adhdwomen/comments/1f6c4ii/i_dont Want_another_app_im_so_angry_at_the/

3. (post, votes=479) 1.0 Tips for the easily overwhelmed I posted this about half a year ago because I had seen some threads seeking guidance on how to avoid burnout, or, how to handle being overwhelmed when reaching Oil or even Coal. I figure this is a great time to post it again. \n\nTips for beginners & the easily overwhelmed\n\nWelcome to Satisfactory!\n\n\nTips:\n1. Nothi...

https://www.reddit.com/r/SatisfactoryGame/comments/1fvgzgf/10_tips_for_the_easily_overwhelmed/

4. (post, votes=296) Tools, Tactics, and Habits of Highly Successful People You can't just become highly successful through 'life hacks' and shortcuts, but there are some habits and tools that are too good not to use. That's why I've assembled a list of the top 16 tools, tactics and routines that I've come across from my research. Integrating these won't necessarily make you ...

https://www.reddit.com/r/startups/comments/8ams2n/tools_tactics_and_habits_of_highly_successful/

5. (post, votes=182) Unable to focus on work or even basic chores for months. Looking for ideas that actually helped others
Since around November end, I've been struggling to focus on my work and even on basic daily chores. This isn't a one-off bad week. It's been consistent since then now.\n\nI've tried the usual productivity techniques Pomodoro, to-do lists, breaking task...

https://www.reddit.com/r/productivity/comments/1r035j7/unable_to_focus_on_work_or_even_basice_chores_for/

6. (post, votes=178) Energy-based to-do lists helped me more than priority lists as a dev As an ADHD dev I used to obsess over priority:\n\n- A, B, C tasks\n\n- "most important thing first"\n\n- complex kanban boards\n\nIn reality my days looked like:\n\n- random meetings\n\n- broken focus\n\n- energy all over the place\n\n- guilt at 17:00 because the "important" thing is sti...

https://www.reddit.com/r/ADHD_Programmers/comments/1p0py51/energybased_todo_lists_helped_me_more_than/

7. (post, votes=47) Why My ADHD Made Work Feel Hard Even When I Was Trying My Best For a long time, my biggest struggle at work wasn't skill or motivation. It was time. Entire days would disappear and I couldn't explain where they went. I would be busy from morning to evening, yet feel like I had accomplished almost nothing meaningful.\n\nAs a woman with ADHD, this was espec...

https://www.reddit.com/r/ADHD_Programmers/comments/1pv0h4h/why_my_adhd_made_work_feel_hard_even_when_i_was/

8. (post, votes=25) Why My ADHD Made Work Feel Hard Even When I Was Trying My Best For a long time, my biggest struggle at work wasn't skill or motivation. It was time. Entire days would disappear and I couldn't explain where they went. I would be busy from morning to evening, yet feel like I had accomplished almost nothing meaningful.\n\nAs a woman with ADHD, this was espec...

https://www.reddit.com/r/AdultADHDSupportGroup/comments/1pv0lgw/why_my_adhd_made_work_feel_hard_even_when_i_was/

9. (post, votes=22) How to Use AI Prompts to Break Annual Goals Into Daily Tasks ? # \n\n **Why Annual Goals So Often Fail (and How AI Fixes That)**\n\nEvery January, professionals set ambitious annual goals: *publish 100 blog posts, double organic traffic, launch a content system, master SEO, grow revenue.* \nAnd every December, many of those goals remain frustratingly unfi...

https://www.reddit.com/r/NextGenAITool/comments/1ql2opx/how_to_use_ai_prompts_to_break_annual_goals_into/

10. (post, votes=21) Need advice: £130k from house sale after divorce – what should I do? \nEDIT!!!\nTo Everyone Telling Me to Buy a Flat: STOP. READ THIS.\n\nI am exhausted. I have explained this over and over again, yet people still insist:\n\n"It's just part of being an adult."\n\n"It's a good investment."\n\n"Everyone figures it out."\n\nIf you can be a charge nurse, you...

https://www.reddit.com/r/UKPersonalFinance/comments/1ibdv07/need_advice_130k_from_house_sale_after_divorce/

reframe expectations

Count: 23 | Percent: 0.71%

Variants: lower expectations, be realistic

Note: Adjusting standards to reduce self imposed pressure.

1. (post, votes=5928) I think my boyfriend is trying to babytrap me. (New Updates) **I am not The OOP, OOP is** u/ThrowRA00900090 \n\n**I think my boyfriend is trying to babytrap me.** \n\n**Originally posted to** r/sex + r/offmychest + r/DerechoGenial + r/JustNoSO + r/TwoXChromosomes + r/TrueOffMyChest \n\n**Previous**

[BoRU](<https://www.reddit.com/r/BestofRedditUpdates/s/9...>

https://www.reddit.com/r/BestofRedditUpdates/comments/17vm6w7/i_think_my_boyfriend_is_trying_to_babytrap_me_new/

2. (post, votes=4972) The general guide you need to start your weight loss journey that answers most questions people put on here: Volume/Attempt 2! Edit: Thank you for all the awards I very much appreciate them. I also added a quote from a diet I met and thought it would be cool to add.\n\nEdit 2: I removed the intro about me as since its been a while for this being up and th...

https://www.reddit.com/r/WeightLossAdvice/comments/j9i8ag/the_general_guide_you_need_to_start_your_weight/

3. (post, votes=4544) Reached \$1 million. No windfalls, slow and steady wins the race. I just wanted to say that everybody here on /r/personalfinance is really great. I think the tips and advice given here really does help a lot of people from all walks of life. This past weekend I roughly added up all my assets (minus liabilities) and was pleasantly surprised that my total ne...

https://www.reddit.com/r/personalfinance/comments/616taz/reached_1_million_no_windfalls_slow_and_steady/

4. (post, votes=4183) [New Update]: I 16(M) have a 4 month old daughter - ex gf wants to go to College and I am worried **I am NOT OOP. OOP is** u/YoungDad_sucks \n\n**Originally posted to** r/parenting + r/offmychest + his own page\n\nPrevious BoRUs:\n[1](<https://redd.it/zkgxya>) originally posted by u/toohottooheavy\n[2](<https://redd.it/12tlh1w>) originally pos...

https://www.reddit.com/r/BestofRedditUpdates/comments/1cgjjgv/new_update_i_16m_have_a_4_month_old_daughter_ex/

5. (post, votes=4046) [New Update - 10 months later]: I 16(M) have a 4 month old daughter - ex gf wants to go to College and I am worried **I am NOT OOP. OOP is** u/YoungDad_sucks \n\n**Originally posted to** r/parenting + r/offmychest + his own page\n\nPrevious BoRUs: [1](<https://www.reddit.com/r/BestofRedditUpdates/s/D97wGZ8b8O>) originally posted by u/toohottooheavy, [2]...

https://www.reddit.com/r/BestofRedditUpdates/comments/1javdkd/new_update_10_months_later_i_16m_have_a_4_month/

6. (post, votes=3306) If I'm expected to work 8 hours or more daily for the rest of my life then I don't want to live long. It's a sick joke. Older gen Z posting, I hope that's alright. So obviously I'm talking about 40 hour work weeks, so not working weekends. If I'm expected to do that for the rest of my life then what's the fucking point? We ALL know that working 8 hours a ...

https://www.reddit.com/r/lostgeneration/comments/12pahc4/if_im_expected_to_work_8_hours_or_more_daily_for/

7. (post, votes=2644) [New Final Update]: AITA for not wanting to walk her down the aisle or lie in a speech? **I am NOT OOP, OOP is u/GreatestThrow-man**\n\n**Originally posted to r/AmItheAsshole & r/AITAH**\n\nPrevious BoRUs: [1](<https://www.reddit.com/r/BestofRedditUpdates/s/0UFbyVxiQ>), [2](<https://www.reddit.com/r/BestofRedditUpdates/s/OJTcirAqIP>). [3](<https://www.reddit.com/r/BestofRedditUpdates/s/0UFbyVxiQ>)

https://www.reddit.com/r/BestofRedditUpdates/comments/1pb3y00/new_final_update_aita_for_not_wanting_to_walk_her/

8. (post, votes=302) The underlying root of PDA I'm making this its own post because I keep explaining it in comments and I'm getting tired of typing it out. So I will type it out one last time and link people to it hereafter. It is my hope that this will make PDAers feel seen, and give caregivers deeper understanding and empathy. Gird your attention spans for a long post--at...

https://www.reddit.com/r/PDAAutism/comments/1pj09q7/the_underlying_root_of_pda/

9. (post, votes=207) I am 25 years old, make \$22,000 living in a small town in Appalachia, work as a preschool teacher, and next week I start my last semester of college! Title: I am 25 years old, make \$22,000 living in a small town in Appalachia, work as a preschool teacher, and next week I start my last semester of college.\n\nSection One: Assets and Debt** Use this secti...

https://www.reddit.com/r/MoneyDiariesACTIVE/comments/15wf39r/i_am_25_years_old_make_22000_living_in_a_small/

10. (post, votes=152) SUBARU VON DEGURECHAFF ("AU"/"AS") FANFIC [FANFIC] SUBARU "AS/AU"\n\nGood morning, good afternoon or good evening everyone from the community my nickname is "ANI-DES-ANIM" but you can just call me "P", well I discovered the existence of this group and a few months ago I was there maybe four months ago I had created an "AU/AS" of Re:zero and I wanted to kno...

https://www.reddit.com/r/ReZero/comments/1gndhp1/subaru_von_degurechaff_auas_fanfic/

improve posture

Count: 19 | Percent: 0.59%

Variants: better posture, sit properly

Note: Aligning body to reduce muscular strain and headaches.

1. (post, votes=1681) How to Unf*ck your brain after months of feeling like shit I spent a solid chunk of last year feeling like my brain is totally f*cked. My energy was none existent. So, I went full mad scientist on myself and researched like crazy, tried a ton of stuff, and actually figured out how to fix my my brain again\n\n(There are sections, but honestly, it all kinda...)

https://www.reddit.com/r/getdisciplined/comments/l14vlph/how_to_unfck_your_brain_after_months_of_feeling/

2. (post, votes=883) What 2+ years of practicing semen retention actually did for me (long post) I've been off porn and all the mindless, addiction-driven sexual stuff for over 2 years now. No masturbation to orgasm, no random hookups just to release (well — I'm married now), nothing degenerate. Just focused on building myself and staying out of that cycle.\n\nEarly on in my ...

https://www.reddit.com/r/Semenretention/comments/1k2e6ho/what_2_years_of_practicing_semen_retention/

3. (comment, votes=22) Yea, this post to me shows a big focus on visual change but sleeping better, more energy, decreased anxiety, better mood, brighter eyes, better posture, craving healthier foods, improved digestion, lowered blood pressure, etc are all some differences that could happen really quickly! Those differences are what made me stick with working out.

https://www.reddit.com/r/Fitness/comments/i85vdg/is_it_true_it_takes_at_least_8_weeks_of_dail/g175og5/

4. (comment, votes=4) When OP said:\n> I might have made a huge mistake by telling them all to leave. \n\nThe first thing I thought was, fuck no...the only "mistake" that was made here was her husband walking out that fucking door with his parents. And let's be honest. It's not really a "mistake" per se, but more like a monumental fuck up that could end his marriage. \n\nAlso, w...

https://www.reddit.com/r/AITAH/comments/1qj1jv0/aitah_for_telling_my_husband_to_go_stay_in_a/o0zmlif/

5. (post, votes=3) Standing Desk vs. Traditional Desk: Which Suits Your Workflow? <https://preview.redd.it/8360iiet2ayf1.jpg?width=1000&format=pjpg&auto=webp&s=83b7358f69eac7f83c06ed3bd24ae1db7e746f6b>\n\nAlright, so let's talk about something that's quietly changed how a lot of us work — standing desks. Whether you've seen those sleek adjustable ones on Instagram or you've t...

https://www.reddit.com/r/OfficeFurniture_UAE/comments/1ok4ub0/standing_desk_vs_traditional_desk_which_suits/

6. (post, votes=2) Is a Standing Desk Good for You? Here's What Science (and Real Life) Says <https://preview.redd.it/hdyzhjx6vtxf1.jpg?width=1000&format=pjpg&auto=webp&s=6e4fa329f9310a2d3800ef823c4ae6976817ccdf>\n\nSo, I've been down the rabbit hole of "ergonomic living" lately — mostly because my back finally had enough of me sitting for 8–10 hours a day. You've probably se...

https://www.reddit.com/r/OfficeFurniture_UAE/comments/1oi5gkr/is_a_standing_desk_good_for_you_heres_what/

7. (comment, votes=2) You are not imagining things. It's because prolonged sitting compresses your spine vertebrae. And you're most likely turning your head left and right all day long with multiple monitors. That's a spine rotation that starts at the base of the skull and reaches all the way down to your tailbone. Which is why standing is better for you. But guess what is eve...

https://www.reddit.com/r/Ergonomics/comments/1qupm99/how_i_finally_fixed_my_3_pm_afternoon_slump/o3glptj/

8. (post, votes=1) Maximize Space with Small Corner Standing Desk Let's face it — working from home isn't going away any time soon. And with tiny apartments, shared spaces, and awkward corners, finding the *perfect* workstation can feel impossible. Enter the [small corner standing desk](<https://pureluxy.com/best-small-corner-standing-desks/>)— the unsung hero of compact wor...

https://www.reddit.com/r/PureLuxy/comments/1m0e04g/maximize_space_with_small_corner_standin_g_desk/

9. (post, votes=1) Effective Strategies to Stay Active Throughout the Day <https://preview.redd.it/u6lr8qq02id1.jpg?width=500&format=pjpg&auto=webp&s=4a59ca7ab5f083d5d4c9f2b7eb00a4acae14f00d># Introduction\n\nMaintaining an active lifestyle throughout the day is crucial for overall health and well-being. In our increasingly sedentary world, finding ways to integrate move...

https://www.reddit.com/r/healthybuzz/comments/1epnmof/effective_strategies_to_stay_active_throughout/

10. (post, votes=1) Embrace Productivity with Fezibo Standing Desk: A Game-Changer in Your Work Setup Are you ready to revolutionize your work routine? Dive into the world of productivity with Fezibo Standing Desk, the ultimate companion for your office or home workspace. In today's fast-paced environment, optimizing productivity is key, and having the right tools can make a...

https://www.reddit.com/r/Feizbostandingdesk/comments/1d380wb/brace_productivity_with_fezibo_standing_desk_a/

stay hydrated

Count: 17 | Percent: 0.53%

Variants: proper hydration, drink enough water

Note: Maintaining adequate fluid intake to support energy and cognition.

1. (post, votes=2417) Why I was fat for 15 years and how I solved it Do you also feel like you are trying to get in shape forever? You do stuff. Go to the gym. Try these fancy diets everyone seems to have so much success with. But it feels like a 10, maybe 20 or even 30 year journey of trying to lose weight. And you never get there?\n\nI have been there. Failing every attempt ...

https://www.reddit.com/r/loseit/comments/5m5wid/why_i_was_fat_for_15_years_and_how_i_solved_it/

2. (post, votes=1269) Half the man I used to be - 1 year on Mounjaro This will be long, as I kind of intend for this to be a document for myself to provide to people close to me who are considering taking this journey themselves. The TLDR is I did well, you don't have to read this novel. =)\n\n\n**The Journey**\n\nIn November of 2024, I was trying to make a change and ...

https://www.reddit.com/r/Mounjaro/comments/1pk1ua5/half_the_man_i_used_to_be_1_year_on_mounjaro/

3. (post, votes=932) Fuck Cancer. It's a long post please bare with me. I don't have anyone to talk to or listen to me either.\n\nMy parents went to Vellore a few weeks ago to get a proper diagnosis about their deteriorating health. \n\nMy dad smokes cigerate, one day he just coughed a few times and collapsed on the floor unconscious. My mother yelled and I rushed out of my ...

https://www.reddit.com/r/india/comments/1n2x50o/fuck_cancer/

4. (post, votes=204) I'm chronically dehydrated, and I'm noticing parallels to diet culture Note before anyone goes there: I am not diabetic. No really, I promise I am not diabetic. I have had multiple rounds of bloodwork that confirm I am super, totally, definitely not diabetic, I also have dealt with these symptoms for several years and I think if I were diabetic, I'd just ...

https://www.reddit.com/r/MaintenancePhase/comments/1jwjesn/im_chronically_dehydrated_and_im_noticing/

5. (post, votes=76) Proper nutrition is a game changer! Hey everyone, just wanted to make a quick post to highlight the importance of solid nutrition. \n\nJust yesterday, I had a game and I decided I would use the day to practice solid nutrition, as I've been anyway. But I've never actually thought about meal timing, proper hydration, getting enough carbs etc. \n\nSo I start...

https://www.reddit.com/r/bootroom/comments/1jh5be5/proper_nutrition_is_a_game_changer/

6. (comment, votes=74) I see you don't drink enough water so maybe try water filled foods like a cucumber or fruit to help boost you

https://www.reddit.com/r/foodhacks/comments/1253a9r/snack_for_afternoon_slump/je2b78e/

7. (post, votes=55) Small win: Proper hydration is helping manage my lupus fatigue I have SLE. The fatigue is crushing most days. I take my meds, rest when needed, avoid triggers. But the fatigue never fully goes away.\n\nMy rheumatologist

mentioned at my last appointment that many lupus patients are chronically dehydrated and it makes fatigue worse. She asked me to track wa...

https://www.reddit.com/r/lupus/comments/1p2xals/small_win_proper_hydration_is_helping_manage_my/

8. (post, votes=41) Seriously, hydrate for fatigue I'm almost through my 4th month of Kisqali after finishing active treatment for stage 2A node negative +- early this year, and the fatigue has been the worst side effect since starting exemestane and kisqali. Everyone says it's the kisqali that causes it and my onc made a comment to drink enough water because it metabolizes...

https://www.reddit.com/r/breastcancer/comments/1gsqr1z/seriously_hydrate_for_fatigue/

9. (comment, votes=21) Yeah, I don't drink enough water. I need to start making it a habit to drink enough.

https://www.reddit.com/r/foodhacks/comments/1253a9r/snack_for_afternoon_slump/je2a9g7/

10. (comment, votes=6) Oh, well I did eat lunch too, I'm trying to not skip meals because I need them, I'm trying to drink enough water, but it could also be due to the fact that I'm just not used to eating the food at FSY. \nDay 3 was where we got to eat fast food stuff, it was what they had for breakfast and Dinner.\nI don't think I'd be used to eating like that. \n\nAlso, I ...

https://www.reddit.com/r/exmormon/comments/113ph3u/my_social_battery_is_so_dead_fsy_day_3/mw4ltnc/

improve communication

Count: 16 | Percent: 0.50%

Variants: communicate needs, talk it out

Note: Clear discussion to align expectations and reduce conflict.

1. (post, votes=10185) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\n**My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1jr2xtt/my_wife_returned_from_a_work_retreat_with_a/

2. (post, votes=9376) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\n**My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1jg886x/my_wife_returned_from_a_work_retreat_with_a/

3. (post, votes=6461) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\n**My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1k1vzio/my_wife_returned_from_a_work_retreat_with_a/

4. (post, votes=6040) My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward? (New Update) **I am not The OOP, OOP is u/ThrowRASunflowerBuff**\n\n**My wife returned from a work retreat with a hickey. She swears it's a bug bite but I'm not convinced. I'm at loss. How do I move forward?**\n\n**OOP ...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1kcs3ta/my_wife_returned_from_a_work_retreat_with_a/

5. (post, votes=5895) Have any other wives/partners realized that the other person is the 'default' in the relationship? **I am NOT the Original Poster. That is** [Valis_Monkey](https://www.reddit.com/user/Valis_Monkey/). She posted in r/TwoXChromosomes\n\n# Do NOT comment on Original Posts. Latest update is 7 days old. Please read trigger warnings.\n\n**Trigger warnings:** >...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1q8v6u6/have_any_other_wivespartner_s_realized_that_the/

6. (post, votes=579) My [17f] mum disappeared for 24hrs and i ended up reporting her missing In case the title isn't clear, I'm 17 and my mum is somewhere in her forties, although idk how youd mistake her for being the 17 year old one unless you think I'm a particularly precocious toddler. But i digress.
...
Basically the situation is that she left at about five pm yesterday

https://www.reddit.com/r/relationships/comments/77wddz/my_17f_mum_dissappeared_for_24hrs_and_i_ended_up/

7. (comment, votes=343) I have two kids of my own and I'm a single mom. My parents have two small children as well that are adopted close relation to us. My parents have had them most of their lives. When I started talking to my now boyfriend before we were even together i explained to him that I don't just have two kids. I have four, if something were to happen to my parents I ...

https://www.reddit.com/r/BestofRedditUpdates/comments/sp6e6b/aita_for_getting_my_job_back_to_get_out_of_taking/hwe7nnny/

8. (comment, votes=17) The point is that her stress is her job. She mitigates it by relaxing, which is totally cool.
But I feel like most people would feel their partner had changed if they started doing totally different things around them. People bond over different things, and share moments like that.
OP may feel like she's the same person, but she's not showing it. ...

https://www.reddit.com/r/relationships/comments/ed3pua/im_26_wanting_to_turn_my_brain_off_after_work_now/fbguxql/

9. (comment, votes=15) MIL doesn't want to talk it out with you. She did her few months of being nice to make her son happy and now she can't keep up the fakeness anymore and is back to riling you and needling you for fun. She will never like you. It's not you, it's anyone who has taken her son away. It's not personal she just hates you and always will.
This lunch will be her...

https://www.reddit.com/r/JUSTNOMIL/comments/m6zf0w/what_do_i_do_about_my_mother_in_law/gr8kw1c/

10. (comment, votes=13) I kinda did that to a really shitty ex. He was a narcissist, verbal and emotional abuser and he's always been able to talk me out of leaving him in the past bc he convinced me I need to talk it out with him. Finally I realized he wasn't owed a "final discussion" so I met him in a public place, gave him his stuff he'd left at my apartment, told him it was ...

https://www.reddit.com/r/BestofRedditUpdates/comments/1jwh3ka/aita_for_planning_on_leaving_him_without_a/mmqlqgne/

consistent sleep schedule

Count: 15 | Percent: 0.47%

Variants: regular sleep, same bedtime

Note: Going to bed and waking up at similar times to stabilize circadian rhythm.

1. (post, votes=2118) Don't speak to the wandering man
The final walk through had been going great until it was said. We were standing by the barn away from the realtors, my husband and I along with the couple we were purchasing the property from, Ralph and Marie.
"I know how it sounds. You'll think I have a screw lose until you see him yourself," the old man smiled aw...

https://www.reddit.com/r/nosleep/comments/w8iipa/dont_speak_to_the_wandering_man/

2. (post, votes=1681) How to Unf*ck your brain after months of feeling like shit I spent a solid chunk of last year feeling like my brain is totally f*cked. My energy was none existent. So, I went full mad scientist on myself and researched like crazy, tried a ton of stuff, and actually figured out how to fix my my brain again
(There are sections, but honestly, it all kinda...)

https://www.reddit.com/r/getdisciplined/comments/114vlph/how_to_unfck_your_brain_after_months_of_feeling/

3. (post, votes=1509) "Why am I so tired all the time? How serious is it? Do I just need a better pillow?" Stop searching the internet for answers. Start knowing with real answers from real board-certified doctors.
TLDR: We all get tired. But there are big differences between tiredness and fatigue. Learn what they are and when to talk to a doctor.
<https://i.redd.it/e...>

https://www.reddit.com/r/u_MDLIVE-INC/comments/1fp9z07/why_am_i_so_tired_all_the_time_how_serious_is_it/

4. (post, votes=1029) My psychiatrist nearly killed me AKA Genetic Vindication! CYP2D6 EDIT: for anyone that needs more info about these genes: [https://en.wikipedia.org/wiki/Cytochrome_P450_\(individual_enzymes\)](https://en.wikipedia.org/wiki/Cytochrome_P450_(individual_enzymes))
I have tested as a

zero/near zero metabolizer for the CYP2D6 gene. This means psych meds do not work the same for me. When I read the results, I literally screamed o...

https://www.reddit.com/r/adhdwomen/comments/1liv4mm/my_psychiatrist_nearly_killed_me_aka_genetic/

5. (post, votes=916) Everything I did to glow up in 2 years Warning this will be a long post, it has everything I've learnt in the past couple of years from hair growth, to styling, to weightloss, to nervous system regulation and more.\n\nI'm in my early 30s, I have 3B hair, tall, two years ago I was obese, prediabetic, I had anxiety problems, now I'm just a tall \[seemingly ...

https://www.reddit.com/r/vindictapoc/comments/1cp5fif/everything_i_did_to_glow_up_in_2_years/

6. (post, votes=475) My personal Testosterone Booster Manual I have seen so many topics regarding how to increase or improve testosterone levels. Let's be honest. Besides TRT there are no supplement that can increase your levels as much as TRT/steroid level. Don't be naive. Don't go shopping fancy labels claiming to make you the next testo-Brian. It's not going to happen mate...

https://www.reddit.com/r/Biohackers/comments/184vxco/my_personal_testosterone_booster_manual/

7. (post, votes=264) Why Stress Hits Harder With PMDD: HPA-Axis Dysregulation Overview Hi all - if you've been in the sub long enough, you know that I like to periodically delve into the research and give an overview of recent findings and what they might mean for PMDD and the larger umbrella of Menstrual-Related Affective Disorders. A few months ago, I mentioned research on ...

https://www.reddit.com/r/PMDD/comments/1qc37kk/why_stress_hits_harder_with_pmdd_hpaaxis/

8. (post, votes=33) Benign Fasciculation Syndrome (BFS) in Adults : A Comprehensive Scientific Review Found that there were little to no scientific posts about BFS so here's a comprehensive view from academic literature:\n\nIntroduction\n\nBenign Fasciculation Syndrome (BFS) is a neurological condition characterized by frequent involuntary muscle twitches (fasciculations) in...

https://www.reddit.com/r/BFS/comments/1pjx8db/benign_fasciculation_syndrome_bfs_in_adults_a/

9. (post, votes=10) [Table] I am a board-certified clinical sleep psychologist with expertise in sleep, here to answer all your questions about insomnia. Ask Me Anything! [Source](/r/IAmA/comments/o63lr8/)\n\n# For proper formatting, please use [Old Reddit](https://old.reddit.com/r/tabled/comments/qnossrw/)\n\nThe AMA ended with the below message:\n\n>Thank you for all of the...

https://www.reddit.com/r/tabled/comments/qnossrw/table_i_am_a_boardcertified_clinical_sleep/

10. (post, votes=2) How has applying Huberman's research on sleep cycles improved your overall health and productivity? I've been diving into Dr. Huberman's insights on sleep cycles and their impact on our health and productivity. Initially, I underestimated the importance of consistent sleep patterns, often staying up late and waking up irregularly. However, after implement...

https://www.reddit.com/r/HubermanLab/comments/1qhd1fu/how_has_applying_hubermans_research_on_sleep/

use structured work blocks

Count: 14 | Percent: 0.43%

Variants: focus blocks, deep work blocks

Note: Dedicated periods for concentrated work to reduce context switching.

1. (post, votes=589) I summarized top Reddit Self-Help Posts... this is the cheatsheet I went through a ton of top self-help, productivity, and "get your life together" type subreddits, looking at their all-time best posts and what's been popping off these past years and mashed it all into the cheatsheet below. \n\n*(Disclaimer: This is a mashup of what Reddit collectively th...

https://www.reddit.com/r/productivity/comments/1153wli/i_summarized_top_reddit_selfhelp_posts_this_is/

2. (post, votes=97) Let's share the best prompts, the ones that delivered real results. I replaced my \$4,000/month team with these 15 ChatGPT prompts (full breakdown + prompts included) I was burning \$4k/month on contractors, VA, copywriter, social media manager, researcher. Nearly went broke in January 2025.\n\nThen I spent 6 obsessive months turning ChatGPT into my entire ...

https://www.reddit.com/r/ChatGPTPromptGenius/comments/1nzvyqk/lets_share_the_best_prompts_the_ones_that/

3. (post, votes=53) How I went from a loser to completely rebuilt in 60 days OK so I need to share this because I spent years spinning my wheels trying to “get my life together” and nothing worked until I completely changed my approach.\n\nI was 26, making \$1400/month doing gig work, living in a studio I could barely afford, waking up at 1pm, going to bed at 4am, accomplish...

https://www.reddit.com/r/Beingabetterperson/comments/1qsh7xi/how_i_went_from_a_loser_to_completely_rebuilt_in/

4. (post, votes=47) How to get more work done in less time with this technique (used it for 3 years) After running multiple online businesses, I created a system that doubled my productivity while actually working fewer hours.\n\nI've used this for 3 years (a lot of research into this) and it transformed how I manage work and energy.\n\nHere's the complete breakdown:\n# ...

https://www.reddit.com/r/EntrepreneurRideAlong/comments/1hrd3jq/how_to_get_more_work_done_in_less_time_with_this/

5. (post, votes=40) 20 Top Rated ChatGPT Prompts that will 10X your Productivity (Backed by Science + Psychology)
TLDR\n\nMost productivity systems fail because your brain is doing the planning work while also trying to do the work.\n\nUse AI as your executive assistant: structure, prioritize, schedule, break down, and review.\n\nCopy/paste the 20 prompts below. Each one...

https://www.reddit.com/r/ThinkingDeeplyAI/comments/1q8vj8h/20_top_rated_chatgpt_prompts_that_will_10x_your/

6. (post, votes=36) 20 Top Rated ChatGPT Prompts that will 10X your Productivity (Backed by Science + Psychology)
TLDR\n\nMost productivity systems fail because your brain is doing the planning work while also trying to do the work.\n\nUse AI as your executive assistant: structure, prioritize, schedule, break down, and review.\n\nCopy/paste the 20 prompts below. Each one...

https://www.reddit.com/r/promptingmagic/comments/1q8vjjg5/20_top_rated_chatgpt_prompts_that_will_10x_your/

7. (post, votes=22) How to Use AI Prompts to Break Annual Goals Into Daily Tasks ? # \n\n **Why Annual Goals So Often Fail (and How AI Fixes That)**\n\nEvery January, professionals set ambitious annual goals: *publish 100 blog posts, double organic traffic, launch a content system, master SEO, grow revenue.* \nAnd every December, many of those goals remain frustratingly unfi...

https://www.reddit.com/r/NextGenAITool/comments/1ql2opx/how_to_use_ai_prompts_to_break_annual_goals_into/

8. (post, votes=11) Overstimulated Habits, Undermotivated Mind: The Psychology of Why You Can't Start (and How to Actually Rewire It) Your brain's reward system is cooked. Not broken, just completely recalibrated to expect instant gratification from scrolling, binging shows, or doom refreshing news feeds. Meanwhile, starting that project, hitting the gym, or learning a new s...

https://www.reddit.com/r/MomentumOne/comments/1qz5fwf/overstimulated_habits_undermotivated_mind_the/

9. (comment, votes=8) I like this. Another suggestion if the company culture defaults to folks having public calendars is to set all your focus blocks to private. I found when someone wants to book something with me and they see “Focus Time” or “Deep Work” they’ll schedule right over it. With the busy blocks they’re less likely to schedule without checking with you first IME.

https://www.reddit.com/r/ProductManagement/comments/1dkt039/whatre_you_doing_to_reduce_meeting_fatigue/l9kealc/

10. (comment, votes=6) This is the right answer. If they book over your focus time, DM them them asking what they want to talk about. And let them know that you have the time blocked off to complete another task. Offer to find another time that works for both of you.\n\nYou could also politely decline and let them know why. Learning to say no is a crucial skill.\n\nAnd recipr...

https://www.reddit.com/r/ProductManagement/comments/1dkt039/whatre_you_doing_to_reduce_meeting_fatigue/l9m5ufy/

use movement breaks

Count: 14 | Percent: 0.43%

Variants: movement breaks, walk breaks

Note: Short bouts of physical activity to boost circulation and energy.

1. (post, votes=37) How I improved my energy level working 12-hour shift I work pretty brutal 12-hour shifts, and for the longest time I felt like a zombie halfway through the day. I'd rely on coffee, energy drinks, or just push through the fatigue — which usually ended up making me feel worse.\n\nAfter a lot of trial and error, here's what actually helped me stay energized ...

https://www.reddit.com/r/Nightshift/comments/1nwjqoo/how_i_improved_my_energy_level_working_12hour/

2. (post, votes=15) The 2-Minute “Metabolic Reboot” for desk days Sitting for hours pushes the body into a low-demand state: less muscle activity, slower glucose clearance, and that familiar post-lunch crash.\n\nThe simplest fix isn't “more caffeine” it's micro-interruptions. Research shows that brief movement breaks (easy walking or repeated sit-to-stands) can meaningfully ...

https://www.reddit.com/r/Biohackers/comments/1qwvzok/the_2minute_metabolic_reboot_for_desk_days/

3. (comment, votes=11) If it works for you, that's great! It's just not my recommendation, because I find it has a few pitfalls for beginners.\n\nToo many people turn it into interval training, sprinting and recovering, and never learn to regulate their pace. Some also get in their head about the format, and view walk breaks as some kind of failure. They'll get stuck on that we...

https://www.reddit.com/r/Fitness/comments/tgqi27/cardio_for_lifters_and_anyone_else_who_hates/i15ik0m/

4. (post, votes=9) How to ACTUALLY Quiet Mental Noise: The Psychology of 10 Tricks That Work When Everything Else Fails been studying this for months because the constant mental chatter was driving me insane. turns out most advice is recycled BS that doesn't address the actual problem.\n\nhere's what actually works (tested, researched, zero fluff):\n\n**1. stop trying to si...

https://www.reddit.com/r/MomentumOne/comments/1qvparj/how_to_actually_quiet_mental_noise_the_psychology/

5. (post, votes=2) Visceral fat: The afternoon habits secretly making belly fat harder to lose, according to a dietitian Dieters seeking to shed pounds around their midsection may benefit from paying closer attention to the hours between lunch and dinner, which may be quietly contributing to a dangerous type of fat building up around their organs.\n\nVisceral fat isn't like...

https://www.reddit.com/r/KeltoiWellness/comments/1p7zv4u/visceral_fat_the_afternoon_habits_secretly_making/

6. (post, votes=2) What I Learned After Using a Standing Desk for Months I've been using a standing desk for a while now and honestly, it took me some time to figure out how to use it *properly*. At first, I thought “just stand more” was the whole point — nope. ■\n\nAfter some trial and error, here are a few habits that genuinely improved my focus and productivity\n\n**1. D...

https://www.reddit.com/r/OfficeFurniture_UAE/comments/1pdv3w9/what_i_learned_after_using_a_standing_desk_for/

7. (comment, votes=2) Not imagining it at all, being able to change posture mid-meeting plus those short movement breaks is huge for keeping energy up, and it's wild how much difference a stable desk makes when it actually encourages you to move instead of distracting you.

https://www.reddit.com/r/Ergonomics/comments/1qupm99/how_i_finally_fixed_my_3_pm_afternoon_slump/o3btvm0/

8. (post, votes=2) Remote work wellness hack... "exercise snacks" solving the sedentary challenge Remote work community! Love the flexibility of working from home, but struggling with the physical aspects of long computer hours. The sedentary lifestyle challenge is real.\n\nI've been experimenting with "exercise snacks" and integrating micro-workouts throughout the remote w...

https://www.reddit.com/r/remotework/comments/114cvrz/remote_work_wellness_hack_exercise_snacks_solving/

9. (post, votes=1) exercise snacking routines for busy work■from■home lifestyles # Exercise Snacking: The Perfect Fitness Hack for Busy Work-From-Home Lifestyles\n\nWorking from home brings many perks—no commute, flexible hours, and a more comfortable environment. But it also comes with a hidden cost: long hours of sitting, fewer steps taken, and often, exercise slipping do...

https://www.reddit.com/r/HealthfulMama/comments/118pv6y/exercise_snacking_routines_for_busy_workfromhome/

10. (comment, votes=1) So good. Switching between sitting and standing really does help. It's not just about the desk, but the movement breaks you build around it. I've noticed the same thing with short walks. Good reminder that ergonomics is a whole system, not just one piece of gear.

https://www.reddit.com/r/Ergonomics/comments/1qupm99/how_i_finally_fixed_my_3_pm_afternoon_slump/o3uc38o/

reduce sugar intake

Count: 14 | Percent: 0.43%

Variants: less sugar, cut sugar

Note: Lowering simple sugars to prevent spikes and crashes.

1. (post, votes=2417) Why I was fat for 15 years and how I solved it Do you also feel like you are trying to get in shape forever? You do stuff. Go to the gym. Try these fancy diets everyone seems to have so much success with. But it feels like a 10, maybe 20 or even 30 year journey of trying to lose weight. And you never get there?
nl have been there. Failing every attempt ...

https://www.reddit.com/r/loseit/comments/5m5wid/why_i_was_fat_for_15_years_and_how_i_solved_it/

2. (post, votes=644) My ultimate PCOS guide Edit: I am taking courses now to educate myself more and I've just started an instagram with tips and tricks so if you're interested feel free to follow me on ig: @hormonal_haven
nl have been following this polish dietitian on ig for a few months (I'm from Poland), I applied a few changes here and there and I've seen major result...

https://www.reddit.com/r/PCOS/comments/1guwx0y/my_ultimate_pcoss_guide/

3. (post, votes=552) My journey with Candida and healing the overgrowth I know to many of you suffering with Candida this story will feel unbelievable. You can't possibly cure the overgrowth, can you?
nl Well let me tell you I did and my annual Pap smear came back clear of infections to prove it.
nl During my suffering I would read success stories and I would be filled with moti...

https://www.reddit.com/r/Candida/comments/hgepl4/my_journey_with_candida_and_healing_the_overgrowth/

4. (post, votes=240) 21yrs, 85kg to 77kg in 2 years (Stopped chasing shortcuts. Fixed my training, diet, and habits and my body finally changed) Starting a new year made me reflect a lot on what actually moved the needle for me physically and mentally. For years I trained "hard" but didn't look how I expected. I lifted, sweated, tried different programs but my body compositio...

https://www.reddit.com/r/GYM/comments/1q5t1s8/21yrs_85kg_to_77kg_in_2_years_stopped_chasing/

5. (post, votes=22) Understanding Candida Overgrowth Triggers and Drivers Greetings friends, here is an excerpt from my upcoming new book about Candida cleansing. Most people talk about a cause. **Did you know there are actually two types of causes??
nl Candida overgrowth affects millions each year. It's one of the most common gut-related problems I've seen in more than thr...

https://www.reddit.com/r/Candida/comments/1n6vy1f/understanding_candida_overgrowth_triggers_and/

6. (comment, votes=3) Eat more protein and less sugar/carbs in the morning

https://www.reddit.com/r/remotework/comments/1mq8om/how_do_you_handle_that_midday_energy_crash_at_work/n8sx91z/

7. (comment, votes=2) Ssugar is doing this to you. More fiber, less sugar = no afternoon crashes. It will take you 3 weeks to kick the sugar habit and then you won't crave it. All you need to cut out is foods that have added sugar. Best of luck. It sounds like you are putting in the effort, it's the sugar.

https://www.reddit.com/r/GenX/comments/1fxtu6w/how_do_you_deal_with_afternoon_energy_slump/lqpknmf/

8. (comment, votes=2) Milk chocolate is my Achilles heel!
nl definitely agree that I am craving way less sugar/ sweets. But it's something I will continue to work on with how I can enjoy special treats without spiraling.

<https://www.reddit.com/r/whole30/comments/1n4v5vi/d31/nbozqrq/>

9. (comment, votes=2) Cut sugar completely (not just snacks, but fruit too and pasta), do basic push-ups and sit-ups every single day, increasing reps as you grow stronger and lighter, go on an occasional run and this is doable within 3 months, even while having occasional drunk nights. Eat high protein meat with vegetables and you're good, just don't overeat.

https://www.reddit.com/r/WeightLossAdvice/comments/1pcfngg/unorthodox_ways_to_lose_50_lbs_in_5_months/nsc703t/

10. (post, votes=2) Free AI for Personal Nutrition: Your 24/7 Diet Coach Without the \$200/Hour Price Tag <https://preview.redd.it/rcfntpm83s7g1.jpg?width=1600&format=pjpg&auto=webp&s=f7c361cfed02d4174fe1b52076140c73c207a37>\n\nThe nutrition landscape in 2025 presents a frustrating paradox: while Americans overwhelmingly understand that healthy eating matters, the gap between ...

https://www.reddit.com/r/jenova_ai/comments/1poz0f1/free_ai_for_personal_nutrition_your_247_diet/

address adhd symptoms

Count: 14 | Percent: 0.43%

Variants: adhd strategies, adhd treatment

Note: Using structure, medication, or tools tailored to ADHD.

1. (post, votes=373) Late diagnosed ladies: were you told your executive dysfunction was a sign of depression? Has anyone else had the same experience with doctors insisting it's depression when it's clearly not?\n\nMy executive function is (obviously?) worse when I'm exhausted and definitely worse in winter. Before I was diagnosed, I can't tell you how many times I went to t...

https://www.reddit.com/r/adhdwomen/comments/1hfdnn9/late_diagnosed_ladies_were_you_told_you_r/

2. (post, votes=157) A rundown of things that basically cured my severe anxiety/OCD/anhedonia I lived with 24/7 nonstop fight or flight from ptsd and other issues for years, dissociative symptoms and OCD symptoms due to extreme anxiety that would not go away no matter what I did. Ssri and buspirone did absolutely nothing. I also couldn't experience joy or most emotions.\n\nl ...

https://www.reddit.com/r/Supplements/comments/1n8qons/a_rundown_of_things_that Basically_cu red_my/

3. (post, votes=1) What is ADHD? Symptoms, Causes, and Effective Strategies Explained If you've ever walked into a room and completely forgotten why you're there, started ten projects without finishing a single one, or interrupted someone mid-sentence because your brain just HAD to share that brilliant thought RIGHT NOW—congratulations, you might be experiencing ADHD sympto...

https://www.reddit.com/r/Biomedtainment/comments/1p5gh76/what_is_adhd_symptoms causes_and_effective/

4. (comment, votes=1) I feel that this is way out of reddit's range to help you. I would suggest therapy but you said you already had one. Do you have a specialized one? Specifically for ADHD or such? I feel like the whole journey/rabbit hole of trying to find a cure is making things worse for you. I feel like you can list out all the effects but none of the causes, if that ma...

https://www.reddit.com/r/adhdwomen/comments/1jhk3nz/i_have_adhd_so_severe_its_destroying_my_life/mjbzfm3/

optimize caffeine timing

Count: 13 | Percent: 0.40%

Variants: caffeine timing, coffee timing

Note: Using caffeine earlier and strategically to avoid sleep disruption.

1. (post, votes=360) I finally figured out why I crash so hard in the afternoons working from home... and it wasn't caffeine. I've been working from home for years and always had the same pattern: \n*super productive in the morning → totally foggy by mid-afternoon → head clears instantly when I step outside.*\n\nI always blamed caffeine timing or diet... until I started tracking ...

https://www.reddit.com/r/homeoffice/comments/1pazssi/i_finally_figured_out_why_i_crash_so_hard_in_the/

2. (post, votes=180) A Guide to Unlocking Bevel Intelligence: Stop Getting Generic Advice # How to Actually Configure Bevel Intelligence (Beginner to Power User)\n\n*Last updated: 2/7/26 (Added a Asking Better Questions section and general edits for readability)| Bevel v2.5.2*\n\n*A guide for everyone from "I just downloaded this app" to "absolute data-driven power user"*\n\n...

https://www.reddit.com/r/bevelhealth/comments/1qvv0mt/a_guide_to_unlocking_bevel_intelligence_stop/

3. (post, votes=106) Drinking my morning coffee a little bit later helped me get rid of afternoon crashes I've been listening to the Andrew Huberman's podcast for 2-3 years and listened to the advice of not drinking your coffee right after you wake up. The reason being is that it can make it harder to wake up without it and also cause other issues such as; jitters, anxiety and ...

https://www.reddit.com/r/HubermanLab/comments/1qjye21/drinking_my_morning_coffee_a_little_bit_later/

4. (post, votes=24) Why you're always tired: the role of sleep, stress, metabolism, and blood sugar in your energy levels Hi all,\n\nThis is the first in a series of studies we'll be sharing with you. Think of it as a step toward collaborative care: sharing science in a way that supports you, sparks discussion, and helps us learn together.\n\nWe'd love to hear your thoughts ...

https://www.reddit.com/r/welltory/comments/1nrbg9q/why_youre_always_tired_the_role_of_sleep_stress/

5. (post, votes=9) How to Be So Productive It Feels ILLEGAL: The Science-Based Secrets High Performers Actually Use I spent two years studying productivity systems obsessively. Read 40+ books, binged every podcast from Cal Newport to Andrew Huberman, tested every method that promised to 10x my output.\n\nHere's what nobody tells you: most productivity advice is complete gar...

https://www.reddit.com/r/MomentumOne/comments/1qb5aw2/how_to_be_so_productive_it_feels_illegal_the/

6. (comment, votes=4) I spent years trying to understand why this was happening to me and now I've made this recommendation to so many people that have responded, it's starting to make me believe it's a miracle cure. \n\nIf you're crashing hard every mid-afternoon, it's very likely a metabolic issue rather than a motivation, discipline, or "sleep hygiene" problem.\n\nMost sugg...

https://www.reddit.com/r/Biohackers/comments/1prbmt7/why_do_i_crash_so_hard_at_3_pm_every_single_day/nv4absm/

7. (post, votes=4) You Do Not Need to Grind All Day to Be Successful \n*the science based truth that actually works*\n\nHustle culture sells one story.\nWake up early.\nWork endlessly.\nRest later.\n\nI believed it for years.\nBurned out twice.\nMade less progress than I expected.\n\nWhat finally changed things was research.\nNeuroscience.\nPerformance psychology.\nLong for...

https://www.reddit.com/r/psychesystems/comments/1q14ejr/you_do_not_need_to_grind_all_day_to_be_successful/

8. (post, votes=1) The Caffeine Timing Hack That Prevents Afternoon Crashes Most people reach for coffee as soon as they wake up. The problem is that your body is still clearing adenosine, the chemical that makes you feel sleepy. Drinking caffeine too early only masks that process, which is why the crash hits later in the day.\n\nThe fix is simple: wait 60 to 90 minutes aft...

https://www.reddit.com/r/DeepWorkClub/comments/1n4zn84/the_caffeine_timing_hack_that_prevents_afternoon/

9. (post, votes=0) How I hacked my way out of DSPD by going biphasic first After 2 months of being kinda between regular jobs (working hard though on some projects), I got back to DSPD my "main sleep" was happening in the late morning to afternoon, creeped back to ~8-15 let's say.\n\nHad to get back quickly to normal schedule for my new job.\n\nWhat helped was an innovativ...

https://www.reddit.com/r/DSPD/comments/1pnptpf/how_i_hacked_my_way_out_of_dspd_by_going_biphasic/

use social support

Count: 12 | Percent: 0.37%

Variants: lean on friends, family support

Note: Relying on relationships for emotional and practical help.

1. (post, votes=9602) New Updates: How to end it with a girl who has nothing going for her and will become homeless **I am NOT the Original Poster. That is** u/CocoTub. He posted in r/self, r/relationship_advice and his own page.\n\nThanks to my friend [](https://www.reddit.com/user/powerkickass/) for letting me know about the update! \n\nPrevious BORU [here](https://www.reddit...

https://www.reddit.com/r/BestofRedditorUpdates/comments/1fuz9ou/new_updates_how_to_end_it_with_a_girl_who_has/

2. (post, votes=3906) My husband (36M) just gave me (34F) an ultimatum: quit my side hustle teaching yoga or he's leaving our marriage buckle up, here we go. long-winded - enter at your own risk\n\nI got married a year and a half ago to the most incredible person. I'd just gotten out of a six year relationship, we were friends for a few months, and it quickly became every bit ...

https://www.reddit.com/r/relationship_advice/comments/1id1vsr/my_husband_36m_just_gave_me_34f_an_ultimatum_quit/

3. (post, votes=1816) I may be dying soon..should I give AF about my debt??? I have stage 4 esophageal/gastric cancer...it has reached the liver..I've had 11 chemo sessions already. Last CTScan determined there is some progress in tumor reduction...The next scan is on July 9th...\n\nBut I feel like shiite....Tired...can't chew properly anymore due to mouth sores as result of t...

https://www.reddit.com/r/povertyfinance/comments/1dodrrs/i_may_be_dying_soonshould_i_give_af_about_my_debt/

4. (post, votes=67) How do those of you who can't work pay the bills? I'm only a couple steps from ending up sitting at a gas station begging with a cardboard sign, I don't know what to do, and I'm terrified. I've already been homeless a couple times briefly over the last few years, and it's been years since I actually had my own residence.\n\nI worked until 2024, when I cou...

https://www.reddit.com/r/ChronicPain/comments/1olldkt/how_do_those_of_you_who_cant_work_pay_the_bills/

5. (post, votes=63) When is it time to quit? I'm wide awake at 2am - feeling anxious about work.\n\nsix months ago I took a role, overseeing a business unit for an investor. My background is engineering (software) and sales, with pretty extensive experience and success in growing software businesses.\n\nThe new role was a step up, oversight of an entire business, I wanted br...

https://www.reddit.com/r/HENRYUK/comments/1qw9ouw/when_is_it_time_to_quit/

6. (comment, votes=43) Your brother is one in a million. Most siblings will try to help another one but not at the cost of losing their family and paying room and board for several years.\n\nI hope you will be able to pay him back when you get a good job even if it takes you several years. His action of stepping up to the plate will change your whole life forever. He may not rea...

https://www.reddit.com/r/relationships/comments/110nofh/my_brother_m27_saved_me_f20_from_a_life_as_my/j8a42b8/

7. (post, votes=18) Am I being stalked, experiencing substance-related psychosis, or something medical (e.g., CO poisoning)? Background\n\n• Single female, living alone, no family support.\n\n• History of methamphetamine use since 2012.\n\n• Maintained long-term professional employment (6 years, then 3 years) during active use.\n\n• University-educated, professional back...

https://www.reddit.com/r/Advice/comments/1qwe26t/am_i_being_stalked_experiencing_substance_related/

8. (post, votes=7) Straight Incorporated Research I'm working on completing my manuscript about being kidnapped to and held at STRAIGHT INCORPORATED against my will when I was 18 (1988). I'm using AI, and it's coming up with some biased research about the "new Straight" (which has changed names at least two times) and I would like yalls feedback.\n\nI've been happy with how...

https://www.reddit.com/r/troubledteens/comments/1p9q052/straight_incorporated_research/

9. (post, votes=7) I'm so Confused I really need some insight because I'm at my breaking point and doctors haven't been much help.\n\nI've been getting B12 injections once a month for about 5 months now. My B12 was really low (under 100), so my doctor gave me the shot right on the spot. The problem is, every time I get the injection, I end up feeling worse extremely tired, ...

https://www.reddit.com/r/B12_Deficiency/comments/1olvkt7/im_so_confused/

10. (post, votes=5) Working part-time as a software engineer during school? tl;dr:\nI worked at a tech company for 4 years, left 6mos ago to begin grad school. The company just began allowing full-remote hiring, asked if I'd be interested in working for them again part-time, remote. I'll probably be in grad school for about the next 7 years and could use the boost in income....

https://www.reddit.com/r/GradSchool/comments/s2g568/working_parttime_as_a_software_engineer_during/

optimize bedtime routine

Count: 11 | Percent: 0.34%

Variants: wind down routine, night routine

Note: Pre sleep habits that signal body to prepare for rest.

1. (post, votes=9593) I went through 700 reddit comments and collected 131 ADHD pro-tips! So there was that awesome [Reddit thread](https://www.reddit.com/r/ADHD/comments/ifsln9/lets_share_lifechanging_adhd_tips_that_weve/?sort=top) with a bunch of ADHD'ers sharing **real tips** that have changed their life.\n\nI thought it was a great change from most advice on the internet w...

https://www.reddit.com/r/ADHD/comments/ioilmy/i_went_through_700_reddit_comments_and_collected/

2. (post, votes=1093) Mastery of the basics **TL:DR:** Rather than obsessing about protocols (minutes of sun or temperature of cold showers or type of magnesium), focus on the big things first. Exercise enough (both cardio and strength training); optimize sleep quality and quantity; eat a varied diet of high-quality and mostly unprocessed foods; and avoid addictive behaviors. ...

https://www.reddit.com/r/HubermanLab/comments/129uavk/mastery_of_the_basics/

3. (post, votes=1079) [Method] The 22 ways I used to motivate myself to do the things I believe I need to do - long post Most people believe that motivation comes from just getting yourself to do something.\n\nLet's be real: if you already are able to get yourself to do something then you'd be doing it by now.\n\nPushing yourself to do something is more than just going out, ...

https://www.reddit.com/r/getdisciplined/comments/8067rj/method_the_22_ways_i_used_to_motivate_myself_to/

4. (post, votes=916) Everything I did to glow up in 2 years Warning this will be a long post, it has everything I've learnt in the past couple of years from hair growth, to styling, to weightloss, to nervous system regulation and more.\n\nI'm in my early 30s, I have 3B hair, tall, two years ago I was obese, prediabetic, I had anxiety problems, now I'm just a tall \[seemingly ...

https://www.reddit.com/r/vindictapoc/comments/1cp5fif/everything_i_did_to_glow_up_in_2_years/

5. (post, votes=262) Things that have helped me 40% recover after being mostly housebound for 5 months Hey everyone,\n\nI just wanted to share what's been helping me, in case it helps someone else — because these kinds of posts have helped *me* immensely over the past few months. Everything I've tried has come from this sub, ME/CFS sub, chatGPT, TikTok, and I'm so grateful fo...

https://www.reddit.com/r/covidlonghaulers/comments/1jwmco2/things_that_have_helped_me_40_recover_after_being/

6. (post, votes=27) ■■ura Ring Optimized Sleep Hygiene ■ Hi everyone!\n\nIt's been almost a year since I purchased my ■ura Ring last year for Christmas. I got it because I was having some issues with my sleep, and wanted a way to get actionable data to improve my sleep. \n\nLong story short, I would say that it helped a lot and I was able to refine my sleep hygiene, routine...

https://www.reddit.com/r/ouraring/comments/zjkq6d/ura_ring_optimized_sleep_hygiene/

7. (post, votes=18) (Free CONTROVERSIAL 2021 Game Plan) How To Effortlessly Quit Caffeine With One Eye Closed Hey everybody, \n\nThis is my 4th post on here. Although all my previous posts have genuinely been my thoughts and experiences with caffeine, some might find them a bit "pro-caffeine". While many people do agree with me and my observations, I realized they might not ...

https://www.reddit.com/r/decaf/comments/k4utbs/free_controversial_2021_game_plan_how_to/

8. (post, votes=5) Cognitive Agility Under Pressure: Keeping Flexible Thinking When Stressed or Sleep-Deprived [Cognitive Agility Under Pressure Keeping Flexible Thinking When Stressed or Sleep-Deprived](<https://preview.reddit.it/nxt8tjd6lmwf1.jpg?width=1200&format=jpg&auto=webp&s=e3abf19a312e3ea59eddb679e23a8ee26defa04e>)\n\n**Preserving cognitive

flexibility during high-str...

https://www.reddit.com/r/cognitivesupport/comments/1od2u65/cognitive_agility_under_pressure_keeping_flexible/

9. (post, votes=3) Decoding the Ayurvedic Clock: Aligning Daily Routines with Body's Natural Rhythms ■\n\nHello there,\n\nHave you ever felt like your daily routine is somehow out of sync with your body's natural rhythm? Maybe you've noticed that some days you feel energized and focused, while others you feel out of sorts, no matter how much sleep you get or coffee you...

https://www.reddit.com/r/Ayurveda_in_daily_life/comments/195gnb3/decoding_the_ayurvedic_clock_aligning_daily/

10. (post, votes=1) Sleep Optimization for Peak Productivity r/OPTIMUSXSYSTEM , sleep shapes focus—7-8 hours boosts cognition by 20% (Sleep, 2019). Our AI Coach can suggest a wind-down routine; track it in Notion Hub for XP. \n\nCheck www.optimusx.co for OPTIMUS X to optimize your rest. How's your sleep routine? Share! #UnlockYourBestSelf

https://www.reddit.com/r/OPTIMUSXSYSTEM/comments/1lnfem9/sleep_optimization_for_peak_productivity/

manage caffeine tolerance

Count: 11 | Percent: 0.34%

Variants: caffeine tolerance, reset caffeine

Note: Limiting or cycling caffeine to maintain its effectiveness and reduce crashes.

1. (post, votes=4788) Review of Recent Fitness Studies IV: Caffeine Tolerance? Is Too Much Sleep Harmful? How Much Protein Per Meal? Hey guys, it's been awhile! Hope you are all having a wonderful Chinese new year for those who celebrate. As usual, I've collected a few interesting studies and wrote short summaries of them for all of you to read. All for educational purposes an...

https://www.reddit.com/r/Fitness/comments/aorzzi/review_of_recent_fitness_studies_iv_caffeine/

2. (post, votes=99) Is it normal for caffeine to make me sleepy without any energy boost? Recently I've been trying caffeinated energy bars that were recommended to me by someone who said they make him "bounce off the walls like crazy" because I struggle with feeling awake during the day. \n\nI've tried them at different times of day and different levels of awakeness, from r...

https://www.reddit.com/r/caffeine/comments/1n62z8m/is_it_normal_for_caffeine_to_make_me_sleepy/

3. (post, votes=5) Can you lower your caffeine tolerance without crashing? I never paid attention to how much caffeine I've been drinking until my diet assignment for a&p.; Apparently I've been drinking 700-780mg of caffeine a day for years. I would like to lower my bodys tolerance to caffeine so im not worried about my health, but I dont want to cut it out completly. I have...

https://www.reddit.com/r/Anatomy/comments/1beeuiq/can_you_lower_your_caffeine_tolerance_without/

4. (post, votes=5) Using No Doz caffeine pills for energy and weight loss? Looking for experiences, reviews, opinions I've been considering trying No Doz caffeine pills as a cheaper alternative to pre-workouts and fat burners. Each pill has 200mg of caffeine which seems like a solid dose for both alertness and potentially helping with weight loss through appetite suppressio...

https://www.reddit.com/r/NoFriendsFriendsClub/comments/1nrwos7/using_no_doz_caffeine_pills_for_energy_and_weight/

5. (post, votes=3) i drank far too much caffeine and im going to crash really hard, but boy is my caffeine tolerance far superior to most nan

https://www.reddit.com/r/teenagersnew/comments/1nqo7bf/i_drank_far_too_much_caffeine_and_im_going_to/

6. (post, votes=3) Master List of Top recommended caffeine pills for appetite suppression, weight management, energy and metabolism boost When you're on the hunt for ways to lose weight, you might have heard that caffeine is your friend. It's not just something to help you wake up; caffeine is a strong stimulant that can really give your fat burning and metabolism a kick. B...

https://www.reddit.com/r/NoFriendsFriendsClub/comments/1n9zrgo/master_list_of_top_recommended_caffeine_pills_for/

7. (post, votes=2) Using nicotine specifically to reduce caffeine tolerance (or flush caffeine out of system faster)? I bought a lot of nicotine pouches but they give me only little nausea ... But now I thought: Nicotine accelerates caffeine metabolism / shortens the half-life ...\\n\\n\\nI have a high tolerance to caffeine, but it is very hard to reduce it. The most dif...

https://www.reddit.com/r/Nicotine/comments/1en9bm3/using_nicotine_specifically_to_reduce_caffeine/

8. (post, votes=1) Is it possible for caffeine tolerance to build to the point where it has no noticeable effect on you without increasing the dose? As a parent of a toddler and an infant, I'm really struggling with sleep deprivation. I've managed to avoid caffeine dependence thus far, only drinking coffee a few days a week, but that's not quite cutting it currently. I've a...

https://www.reddit.com/r/self/comments/1jmrpfi/is_it_possible_for_caffeine_tolerance_to_build_to/

9. (comment, votes=1) Do you think that tolerance (that might be causing the plateau) to glp1 RAs simply works like caffeine tolerance? And do you believe (or have experience with) that pausing the meds for some time could be an effective way to overcome this? I know it's hard to tell, but just curious if you found any research on that.

https://www.reddit.com/r/Zepbound/comments/1in8bpp/im_a_neuroscientist_and_i_believe_glp1/mcbqf72/

seek professional help

Count: 9 | Percent: 0.28%

Variants: see specialist, consult professional

Note: Engaging experts (medical, legal, financial) for complex issues.

1. (post, votes=3906) My husband (36M) just gave me (34F) an ultimatum: quit my side hustle teaching yoga or he's leaving our marriage buckle up, here we go. long-winded - enter at your own risk\\n\\nI got married a year and a half ago to the most incredible person. I'd just gotten out of a six year relationship, we were friends for a few months, and it quickly became every bit ...

https://www.reddit.com/r/relationship_advice/comments/1id1vsr/my_husband_36m_just_gave_me_34f_an_ultimatum_quit/

2. (post, votes=1165) Canada should stop sending taxpayer money to foreign countries Mark Carney just announced that he will give away another \$47 million to the Palestinians living in the West Bank and Gaza. He [bragged](<https://www.pm.gc.ca/en/news/news-releases/2025/09/23/prime-minister-mark-carney-strengthens-canada-leadership-trade-energy-and-security>)about "bringing Can...

https://www.reddit.com/r/InCanada/comments/1npclh1/canada_should_stop_sending_taxpayer_money_to/

3. (post, votes=403) Tips to Game Harder and Faster than Blue Hairs - Healthy Habits and Tips to League Binge! Welcome to the regular gamer habits thread! Every league I write up some easy to take on advice that can help prevent some of the more destructive habits gamers often wind up in. These tips and tricks will help you play longer and be much more focused ensuring your a...

https://www.reddit.com/r/pathofexile/comments/a3390i/tips_to_game_harder_and_faster_than_blue_hairs/

4. (post, votes=304) Don't Cause Yourself Permanent Injury! Here is a guide to maintaining good health for long gaming sessions! Greetings Exiles!\\n\\nWith the upcoming weekend with the new league, I know there are bound to be many of you who will have a much longer gaming session than normal. It is important to remember good healthy habits and to take breaks so you do not cau...

https://www.reddit.com/r/pathofexile/comments/5xa6jd/dont_cause_yourself_permanent_injury_here_is_a/

5. (post, votes=80) Does Mitolyn Work According to Reddit? **Quick Verdict:** In my experience, **yes, Mitolyn works** – or at least it has for me and many others. It's not a gimmick. After a few weeks of taking this *mitochondria support* supplement, I noticed a solid boost in my energy and metabolism. I felt more awake in the mornings and had the stamina to work out consis...

https://www.reddit.com/r/SmartChainGems/comments/11aj9sw/does_mitolyn_work_according_to_reddit/

6. (comment, votes=1) Your brother is an exceptional man for allowing you to get out of this family prison so that you don't serve as nanny to your nephews and nieces. \nTo help you should advise him to see a specialist, a therapist who will be more inclined to help him because he may have some emotional difficulties. \nApart from that you could prepare activities, which he li...

https://www.reddit.com/r/relationships/comments/110nofh/my_brother_m27_saved_me_f20_from_a_life_as_my_j8biksg/

7. (post, votes=1) Energy Revolution System???? DOES IT WORK? Every ad looks fake. Can anyone help? The **Energy Revolution System** is a digital DIY guide that presents itself as a Tesla-inspired blueprint for creating home-generated electricity. The product claims users can reduce electricity bills significantly by following illustrated blueprints and assembly instruction...

https://www.reddit.com/r/YouTuber/comments/1oqvaz9/energy_revolution_system_does_it_work_every_ad/

improve office ergonomics

Count: 8 | Percent: 0.25%

Variants: better office chair, monitor height

Note: Adjusting office equipment to reduce physical fatigue.

1. (post, votes=10) I screwed up my JEE Main badly due to brain fog and burnout even after working extremely hard please help with JEE Advanced advice!! So I got 97 percentile in JEE Main Jan attempt and honestly I hadn't even completed the syllabus fully yet cause I studied from NS sir and his lectures were huge and I mostly relied on one shots and didn't give any tests at ...

https://www.reddit.com/r/JEENEETards/comments/1jv3t38/i_screwed_up_my_jee_main_badly_due_to_brain_fog/

2. (post, votes=6) The most overlooked founder skill is selfish. Dial your battlestation with FluidStance's athlete mentality at work... Movement, Flow, Battle. TL;DR Most founders run high-stakes companies from low-quality work setups. Upgrading my "battlestation" changed my clarity, posture, and daily performance more than any new strategy or productivity hack. Using move...

https://www.reddit.com/r/FounderReviews/comments/1pjfdxt/the_most_overlooked_founder_skill_is_selfish_dial/

3. (post, votes=3) Looking for 2.0 PC speakers in Australia to go on a sit/stand desk for gaming, music and watching videos
Budget and currency (seems like a given, but you'd be surprised)\n\n* ~\$600AUD (can stretch a little bit, but would prefer to stay at under \$600AUD)\n\n* In which country are you located*\n\n* Australia\n\n* Where can you buy from (ie which Amazon ...)

https://www.reddit.com/r/BudgetAudiophile/comments/pgfzdv/looking_for_20_pc_speakers_in_australia_to_go_on/

4. (post, votes=2) 6 Essential Ergonomic Tips for Standing at Your Desk This National Ergonomics Month, we're celebrating by sharing the best tips to help you find your perfect standing posture. Try practicing all six to see immediate improvements in your comfort and focus when using your standing desk.\n\n1. **Monitor Height:** Adjust your screen so the top of the display ...

https://www.reddit.com/r/upliftdeskofficial/comments/1of0aw3/6_essential_ergonomic_tips_for_standing_at_your/

5. (post, votes=1) Best Standing Gaming Desks Are you tired of hunching over a desk for hours on end? Standing gaming desks might just be the solution you're looking for. In this article, we explore a range of high-quality standing gaming desks, perfect for both gaming enthusiasts and those looking to improve their posture while working. We'll take a deep dive into the feat...

https://www.reddit.com/r/serpbest/comments/1blzacr/best_standing_gaming_desks/

6. (post, votes=1) Small Corner Standing Desk: Maximize Space and Boost Productivity In today's world of remote work and compact living, finding a desk that fits your space and supports your health can be challenging. That's where the [**small corner standing desk**](<https://pureluxy.com/best-small-corner-standing-desks/>) shines. Designed for efficiency and ergonomics, this...

https://www.reddit.com/r/PureLuxy/comments/1jtqk9s/small_corner_standing_desk_maximize_space_and/

7. (post, votes=1) Desk Comfort Made Simple: Choosing the Chair That Keeps You Pain-Free I used to think that any chair would do. After all, I was just sitting to get work done, right? But after months of constant back tension, sore shoulders, and tired legs, I realized that my chair was quietly sabotaging my productivity and wellbeing. That's when I decided it was time to ...

https://www.reddit.com/r/Technewsally/comments/1q7grv7/desk_comfort_made_simple_choosing_the_chair_that/

8. (post, votes=1) How long should you stand at a standing desk?\n Standing desks have gained popularity due to their potential health benefits, including reducing the risk of sedentary-related diseases like heart disease, obesity, and back pain. However, the key to effectively using a standing desk is finding the right balance between standing and sitting. This guide will ...

https://www.reddit.com/r/StandingDeskGuide/comments/1g47k73/how_long_should_you_stand_at_a_standing_desk/

use accountability

Count: 7 | Percent: 0.22%

Variants: accountability partner, check in with someone

Note: Leveraging social commitments to maintain habits.

1. (post, votes=3684) The 9 Habits of Socially Anxious People (and How to Change Them) This is my first post. I also posted in r/socialanxiety. Hopefully, it can help someone out here too.\n\nI had severe social anxiety until I was about 28. As a man, I was embarrassed that I had to go to a therapist because I was so nervous about talking to people.\n\nI used to read about how...

https://www.reddit.com/r/socialskills/comments/jllnas/the_9_habits_of_socially_anxious_people_and_how/

2. (post, votes=49) An extensive guide to CAT Prep: Part 1 This is an extremely long post because during my own preparation phases, I kept looking and looking for answers that I never found. Additionally, yes, I have and will use the names of certain coachings but I have provided the reasoning to it. And I do not believe that you need any coaching for CAT at all. \nLastly, p...

https://www.reddit.com/r/CATpreparation/comments/lplfzba/an_extensive_guide_to_cat_prep_part_1/

3. (post, votes=4) AI for Personal Nutrition: Your 24/7 Accountability Partner # The Problem: Why Most People Fail at Nutrition Goals\n\nNutrition is one of the most confusing and frustrating aspects of health. Despite the abundance of information available, most people struggle to maintain healthy eating habits. The statistics are sobering: [research shows that 95% of diet...

https://www.reddit.com/r/jenova_ai/comments/1o9rzkl/ai_for_personal_nutrition_your_247_accountability/

4. (comment, votes=2) Yes Atomic Habits COMPLETELY CHANGED MY LIFE. I'm going to go back to it and also start up again using bullet journaling and an accountability partner. My goal is stop being critical of my partner over this next year.

https://www.reddit.com/r/getdisciplined/comments/9t0gqz/method_how_i_went_from_rock_bottom_to_disciplined/kats4mf/

5. (comment, votes=1) I'm 43, too. So totally relating to all your words. I got a suggestion from a trusted business coach and it's helping.\n\nSTOP TRYING. Just stop trying to fix things. Put everything down that can be and do this.\n\nPick ONE thing a day for a month and be excited you can do it. For me, it's scoop my cat's litter box, refill her three water bowls, and get h...

https://www.reddit.com/r/adhdwomen/comments/1jhk3nz/i_have_adhd_so_severe_its_destroying_my_life/mjbx12m/

6. (post, votes=1) 6 TIPS TO KEEP HEALTH AND FITNESS GOALS AT THE TOP OF MIND WHEN RETURNING BACK TO WORK <https://preview.reddit.it/lo4itbns2dz71.jpg?width=723&format=pjpg&auto=webp&s=83ed6e167a64086973ec1f95819f1d90cf4edd79>\n\nMany organizations have started asking their employees to return to work onsite after they had been working remotely during the last year and a half ...

https://www.reddit.com/r/beautyskincare/comments/qt0ume/6_tips_to_keep_health_and_fitness_goals_at_the/

7. (post, votes=1) Calgary Psychologist Breaks Down Burnout: Signs, Causes, and the Path Back to High Performance
You've scaled another round. You've launched the product, weathered the investor questions, and led a high-stakes sprint. But right after the win, you feel frayed instead of energized. Emails pile up, your mind loops over what you *should* have done, and you jus...

https://www.reddit.com/r/NeuroPsychCounselling/comments/1ozqnvg/calgary_psychologist_breaks_down_burnout_signs/