

# What would you do if you were unfortunately stuck in a time loop?

If you accidentally fall into a time loop trap, what will you do to escape? Here are some tips to help you escape the endless time loop.

**If you accidentally fall into the "time loop" trap, what will you do to escape? Here are some tips to help you escape the endless time loop .**



Imagine if your days were the same, over and over again. Then tomorrow. Then the day after that. And no one seemed to notice except you. What would you do to break the cycle? Would it repeat itself every time? What would happen if you died?

These seemingly movie-only questions actually have something to do with Albert Einstein's general theory of relativity. It's basically the idea that three dimensions of space and one dimension of time are connected in a continuum called space-time. Gravity can bend this space-time, which theoretically makes time travel possible. That is, if you can get close enough to a large enough black hole, or a time machine like the Tipler cylinder. It creates a closed curve in time. In this system, a molecule could travel back in time to where it started. We don't understand enough about quantum physics to know whether these closed curves in time could exist. But if the theory is true, and you find yourself stuck in a time loop, there are ways to get out.

**Prevent the event from happening**

You're stuck in a time loop and you know what caused it. If the event keeps happening, then it's obvious. Let's say at the end of each day, you die. Easy peasy, just don't die one day and you'll be out of the loop. Easier said than done, sure. Especially if the loop is short, or the event is out of your control. But hey, you have an infinite number of tries. Plus, a time loop means your money and resources will reset, so go crazy and waste them. Just don't do anything you might regret if the loop suddenly breaks. If the loop happens when you go to sleep, don't sleep. Even chase the sun around the world if you have to.



## **Compensation for events that cause time loops**

Let's say the event that caused the time loop only happened once. And maybe it happened the day before the loop, or just on the first iteration. Then, you can still make amends, hit the undo edit button.

The statistical probability of YOU being the first person to get stuck in a time loop is almost zero. If you are in a time loop now, that means that others have probably been in it too, and may have entered and exited in the same way. And some of them have to get out, allowing time to continue and trapping you in your time loop today. So track down that evil time witch and apologize, or find a scientist who can study that alien blood you are covered in. Have them take notes, then when the time loop ends, memorize it, and refer back to it when the next loop begins. Remember, you are the only one who can retain information/progress at the end of each loop. Only you can take care of yourself, but maybe science, medicine has the answer.

## **Prevent and compensate for anything that could have caused this event**

Maybe you don't know why you're stuck in a time loop. Try this. Go through a list of everything you did the day before the loop, and the first time you did it. Focus on the things you said, the places you went, the things you saw, the things you thought about. It's important to do this before the loop repeats itself so many times that you forget what happened the first time. One of those things, even something as small as not hanging out with your friends, could be the cause... at least according to movies and TV. In reality, the time loop is most likely caused by a passing black hole, or by a scientist's invention. But hey, if it's not something that has to do with your personal life and daily activities, then you're in trouble. So completely change your routine, do things you never thought you would, break the habit of repeating each time the timeline repeats, and hope that this loop is just a relief from your morning coffee addiction. Now is the time to fix anything you might regret, to make amends, to become a better person.



## Watch TV series related to time

Watching some time-based sci-fi is also a good idea. Of course, if you're reading this, you're probably already on the right track, and working your way through the harder stuff. That's fine, a lot of mainstream sci-fi is meant to make you feel better than actually discussing the consequences of time loops. But you never know, you might find inspiration. In fact, getting out of the time loop is about finding the right inspiration. So take a break and binge on that bad TV show. You have all the time in the world to do what you love. Just make sure you eventually quit watching TV if the time loop doesn't improve.

## Find a mentor

Okay, so by basic logic, there's only one person on the planet who knows the most about time loops, and it's most likely not you. At least, it's not you when you're stuck. Who knows, the person walking down the street next to you might know more. Well, maybe they're stuck in a time loop too. So go ahead and ask. What's the worst that could happen?

You are stuck in a time loop, any social awkwardness you show will be forgotten by the next loop. Go and talk to random people, find the one who knows a lot about science fiction. Spend a loop learning all you can about a person, just be friendly and nice to them. Next time, start the conversation with a message.

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