

Forum:[Hack Forums](#)

Thread: [If you're having a bad day, read this. I promise it to make your day better.](#)

Wirt - July 22, 2015, 11:33 pm

Everyone has those days, right? Where you just feel sad, angry, or somewhere in between. But I just want to tell you there's no point in staying like that for long. For every reason to feel down, there are at least 2 reasons to feel happy. Feeling sad, angry, or depressed only wastes your time. The days in our lives are limited, believe it or not, so try to make the most of it. If you spend a lot of your life feeling down, in the end you will regret all of it and want that time back. It may seem "hard" at first to not be sad or angry about what happened, but it's well worth it to get in a good mindset. Why waste your limited time being down, when you can ALWAYS feel happy. Do what makes you happy (as long as it doesn't make other people sad). Know that someone always loves you or cares for your well being, be it a relative or a friend. Life is not measured by how many time you get knocked down, it's measured by how many times you get back up and keep going. Happiness is the number one cure for almost any ailment. Just be happy and content with your life, don't let sadness, depression, and anger control you and determine who you are. You're in control of your own life. Live it with happiness and enthusiasm everyday, because you never know when your days might end.

If you guys are sad or down and need someone to talk to, hit me up. I am always free. I will try to respond as soon as possible but depending on what I am doing at the time it could take a couple hours.

r3tsquad - July 22, 2015, 11:34 pm

You my friend are a beautiful beautiful man. Thanks for the read ?

Meow - July 22, 2015, 11:35 pm

What are you on about? ?

Dr House - July 22, 2015, 11:39 pm

Plus, Life is balanced, it can never be all bad, or all good. Life fluctuates between neutral, good, and bad. Neutral being that some things are good and some things are bad. Bad being most things are bad, and good being most things are good.

If you happen to find yourself in the bad zone, you just have to remember life will work itself out, and you will find yourself back at good before you know it.

Life doesn't stay bad, unless you make it stay there.

AnonymousIII - July 22, 2015, 11:42 pm

Down to earth. So many suicides could've been prevented if they'd read this. Gz OP, you've pulled at my heart strings

EDIT: just read your last line, I take back what I said about preventing suicides: They know exactly when their life is ending

Wirt - July 22, 2015, 11:42 pm

(Jul 22, 2015 11:39 PM)Mitch18 Wrote: [\[CITE\]](#) Plus, Life is balanced, it can never be all bad, or all good. Life fluctuates between neutral, good, and bad. Neutral being that some things are good and

some things are bad. Bad being most things are bad, and good being most things are good.

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It seems like the reason people get more sad than happy is because we take all the things in life that COULD make us happy for granted. You're alive. You're in a house, with food and water. You have people that care for you, etc etc. But bad things don't seem to happen as often as the good things do, so they tend to make more of an impact. Just let it roll off of your back, it'll be fine.

LuvXo72 - July 22, 2015, 11:45 pm

Thanks I really needed someone today just to say something like this once again thanks.

Wirt - July 22, 2015, 11:45 pm

(Jul 22, 2015 11:42 PM)AnonymousIII Wrote: [\[CITE\]](#) Down to earth. So many suicides could've been prevented if they'd read this. Gz OP, you've pulled at my heart strings

EDIT: just read your last line, I take back what I said about preventing suicides: They know exactly when their life is ending

That wasn't really the point of this thread. The point of this thread was to not be extremely sad or depressed at all. Regardless of what the last line insinuates, the rest of the thread shows that life has meaning so don't let emotions overcome it.

B33N - July 22, 2015, 11:48 pm

I am a homeless cat living in a cold ass storm drain. Luckily, the guy that lives near my storm drain has no WiFi password.

Schatten - July 22, 2015, 11:49 pm

This seems really inspirational to people who consider suicide and such.

While we're all here everybody be on the look out for that Dirty Drugs & Doxes mixtape on Soundcloud I'm dropping it soon so be patient.

AnonymousIII - July 22, 2015, 11:53 pm

^ really using your advertising skills to the fullest aren't ya :D lol

The Rook - July 22, 2015, 11:54 pm

If it were only so simple to just set yourself on a positive mind set. But the read helped a little, thanks OP.

b?xxy - July 23, 2015, 12:04 am

I read the first few words and then my dyslexia said fuck you.

B33N - July 23, 2015, 12:12 am

Some asshole just threw two Dos XX beer bottles into my storm drain, and they hit me in the head. WTF is this madness?

King of Clubs - July 23, 2015, 12:40 am

Thanks for this OP. Really appreciated!

Vaze - July 23, 2015, 1:40 am

Nice thread, it really helped me to feel better :)

Sharkky - July 23, 2015, 2:03 am

You're so right mate ! Thanks, you enlightened my day

Taft - July 23, 2015, 2:42 am

Good read homie, thanks for this. Wasn't going to head to the gym today cause I was tired AF, you've changed my mind.

Wirt - July 23, 2015, 6:29 am

If you guys are sad or down and need someone to talk to, hit me up. I am always free. I will try to respond as soon as possible but depending on what I am doing at the time it could take a couple hours.

Mr.Robots - July 23, 2015, 6:57 am

Nice thread OP

I made quotation related to this hehe

"You are is the one who responsible for your own happiness, do not expect somebody to make you happy. Always live the way you want to be, because YOLO"

-Mr.Robots-

mokkacyan - July 23, 2015, 7:05 am

You made my day :)

"DONT LET YOUR DREAMS BE DREAMS"

wellager - July 23, 2015, 7:10 am

What if there is nothing that makes you happy

Linkin™ - July 23, 2015, 8:01 am

(Jul 23, 2015 07:10 AM)Black Soul Wrote: [\[CITE\]](#) What if there is nothing that makes you happy
Lmao I laughed more than I should on that. Pahaha

Vaporizer - July 23, 2015, 8:05 am

Nope, still didn't make my day better

Wirt - July 23, 2015, 8:44 am

(Jul 23, 2015 07:10 AM)Black Soul Wrote: [\[CITE\]](#) What if there is nothing that makes you happy
There is always something that makes you happy. Just think about it. I am sure you will find something. ?

(Jul 23, 2015 07:05 AM)mokkacyan Wrote: [\[CITE\]](#) You made my day :)

"DONT LET YOUR DREAMS BE DREAMS"

Don't let you dreams be dreams, make them a reality. Emotions are only fake. We can control them but most people let their emotions get to them. The key to a happy life is not a lot of money or anything like that. Hell, you can be poor and have a happy life. It all just depends on what makes you happy.

There was this millionaire in my town that donated all of his money to charity and quit his job, and lived in a small run down house. He donates every penny he gets to charity. He's happy too. Want to know why? Because donating to charity makes him happy. ?

B33N - July 23, 2015, 9:40 am

Lite, I have a problem. The storm drain I live in seems to be running out of food for me to eat. I ate all the rats already, and don't know what else I could use for a food source. Can you send me some

Meowmix to my address?

1 Storm Drain Ln
Only Storm Drain
Dallas, Texas

SIM-2562043 - July 23, 2015, 10:05 am

That was beautiful to read man, thanks for that.

Holy Maxim - July 23, 2015, 12:27 pm

Felt good reading this, thank you op.

Meow - July 23, 2015, 9:34 pm

YOU LAZY DICKNOSE CROTCHBOX

Ha Haaa - July 23, 2015, 9:44 pm

I just got kicked out. So depressed right now.

iLogic™ - July 24, 2015, 11:16 am

Really interesting reading ?

Caliban - January 25, 2017, 6:01 am

Awesome advice i am happy 24/7 now no matter what

not even 1 minute of the day i feel down

because thats a waste of time and u should be happy like 24/7

so im happy 24/7 now, thank u OP!!!

Zeus - January 25, 2017, 6:26 am

I am depressed lost £220 on bustabit and wasn't even my fault :(

Formal - March 28, 2017, 8:50 am

I want to be happy but it's really hard to be and I try but I can't. I do appreciate the OP though.

rifbl00d3 - March 28, 2017, 9:03 am

I'm only happy in the weekends, drinking and going out with friends.

Than 5 days of bad days

Flaxpicker - June 18, 2017, 10:16 am

This hit me right in the feels

Obli - June 18, 2017, 10:18 am

Funny how, seemingly, the only persons that can say stupid shit like what you said are the ones at the peak of the emotional spectrum.

"Just do this, just do that, don't let depression harm you.".

Just fucking stop it with that shit. You made my day even worse with your high and mighty attitude. You're making people feel like shit because they look at you and then they say 'Why can't I be as strong and successful?'.

It's like shining a fucking golden olympic medal in the face of paraplegics who once aspired to be athletes.

It's like flashing a painting in the face of people who lost their hands after a freak accident, the same people that once aspired to be artists.

It's easy to say 'do this, do that'. Without pain, you forget your place, you forget how easy it is to fall back into this fucking cesspit of depression and frustration. Some people can barely get up from bed and you go around acting as if it was just as simple as 'don't let this'.

It's not entirely psychological. Depression is more chemical than psychological.

You will never uplift truly depressed people with an attitude like that.

Side Effects - August 23, 2017, 11:56 am

(Jul 22, 2015 11:39 PM)Dr House Wrote: [\[CITE\]](#) Plus, Life is balanced, it can never be all bad, or all good. Life fluctuates between neutral, good, and bad. Neutral being that some things are good and some things are bad. Bad being most things are bad, and good being most things are good.

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That's exactly what I tell myself when I see things are not going exactly good. Life is something that has ALWAYS something new to show you and the best part is that it happens when you don't expect it at all. I've been depressed/sad/angry last weeks, now I feel more happy about life because something GREAT finally happened for once to me. ?