

Forum:[Hack Forums](#)

Thread: [How do you cope with loneliness?](#)

Lynchings - January 20, 2016, 3:04 pm

I've been having more and more issues coping with loneliness recently, and it's because I honestly have nobody I trust. Is there anyway to cope with this feeling? Things like video games are just boring most of the time, I lack motivation to start working out, so most of the time I'm just sitting down in my room doing nothing if I'm sober. When I'm high I feel fine naturally, but drugs aren't going to be my cure for this because I don't have the money to spend to be high 24/7.

Anyways I can cope with this? Making new friends is kind of hard and pointless because it seems most people end up being fake.

poppingbubbles - January 20, 2016, 3:07 pm

I'm unsure of what drugs you're using, but when you constantly get high, at least for me, reality starts to lose its pleasures; thus the need to get high more. So I'd discontinue, or at the very least, restrict your usage of drugs as a starting point to some of your issues.

Lynchings - January 20, 2016, 3:10 pm

(Jan 20, 2016 04:07 PM)poppingbubbles Wrote: [\[CITE\]](#) I'm unsure of what drugs you're using, but when you constantly get high, at least for me, reality starts to lose its pleasures; thus the need to get high more. So I'd discontinue, or at the very least, restrict your usage of drugs as a starting point to some of your issues. I smoke weed just once a day, I use other drugs in moderation. It's not like I'm a burn out who is stoned all day, just at night an hour before I sleep.

SIM-2502833 - January 20, 2016, 3:11 pm

When I was single I had similar problems, then I started reading philosophy books (just books about metaphysics that I doubt you would take interest in, but if you do let me know.)

Then I got a job and started working.

Then I started coding.

Then I started reaching out to family to do things with (Me and my cousin would watch Arrested Development on netflix and skype at the same time and talk about it)

So basically, I'd say start trying to find things to occupy yourself. Books, coding projects, work, and family that you can enjoy time with without having high tensions.

Or you could look for a girlfriend. Either works really.

Edit: As for people being fake, not many people are this characteristic of fake, it's more that they are just wishy washy. If you are afraid someone is gonna be fake, be brutally honest about how you feel about things except for something that can get you nailed. Don't insult others, don't admit crushes to people you don't trust.

I found the more I confess about how I feel to people openly, the less I have to hide, the less I have to worry about people being fake, because it doesn't matter as long as I don't hide anything.

Greatness - January 20, 2016, 3:11 pm

"I lack motivation to start working out" - How bad can it really be then? You need to find the motivation. Focus on being confident and everything else will fall into place.

Lynchings - January 20, 2016, 3:12 pm

(Jan 20, 2016 04:11 PM)MrMcShroom Wrote: [\[CITE\]](#) When I was single I had similar problems, then I started reading philosophy books (just books about metaphysics that I doubt you would take interest in, but if you do let me know.)

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So basically, I'd say start trying to find things to occupy yourself. Books, coding projects, work, and family that you can enjoy time with without having high tensions.

Or you could look for a girlfriend. Either works really. Honestly I already code sometimes but just not as often as I used to because I'm slowly losing interest. I have a job but lately they've been fucking me over and giving me no hours, which is probably a good reason why I'm starting to feel lonely again because the more I work the less lonely I feel I notice. I'm not really interested in a girlfriend because even though I'm not bad at talking to girls at all, I just find they are often fake like the friends I tried making.

TrenTrain - January 20, 2016, 3:13 pm

Find your passion and pursue it, become self reliant.

Edit: also I'd recommend kicking the drugs

SIM-2502833 - January 20, 2016, 3:14 pm

(Jan 20, 2016 04:12 PM)Lynchings Wrote: [\[CITE\]](#) Honestly I already code sometimes but just not as often as I used to because I'm slowly losing interest. I have a job but lately they've been fucking me over and giving me no hours, which is probably a good reason why I'm starting to feel lonely again because the more I work the less lonely I feel I notice. I'm not really interested in a girlfriend because even though I'm not bad at talking to girls at all, I just find they are often fake like the friends I tried making.

Read edit in post I made :P Reply again please.

firedragon - January 20, 2016, 3:17 pm

same for me man. I'm lonely practically all the time. I'm always thinking about what could I do to pass the time, and sometimes it take me a while just to figure what activity I want to do. And yes people are fake, and friendship is 95% of the time fake and base on necessity. Sometimes I feel like the loneliness person alive, I work alone, play alone, sleep alone. I have friends but often I prefer staying alone but then I get lonely. So for me its like a love/hate relationship with solitude. But damn I feel alive when I'm alone, I'M like the center of the universe, I think about me and anything, and I do what I want when I want. I'm sorry for people who can't stand to be alone, for me its a waste of life to never be alone. And for the rest of my life I will certainly take time to be alone, but I just wish I could social just a little bit more.

Vellichor - January 20, 2016, 3:18 pm

When I feel lonely, I work. It stops the thinking.

Vibe - January 20, 2016, 3:19 pm

I like to listen to some uplifting music, make friends on forums I can check in on daily or something just to see whats up and talk to people.

I also spend a lot of time on TripSit.me it's pretty cool chat room lots of cool people there

Lynchings - January 20, 2016, 3:21 pm

(Jan 20, 2016 04:14 PM)MrMcShroom Wrote: [\[CITE\]](#) Read edit in post I made :P Reply again please. Oh believe me it's not like I hold back on information or whatever, I don't feel like I have to hide things about myself at all. That's not exactly what I mean by fake. I mean when people act like they are your friend when you have weed or money they can mooch off of in their time of need, and in your time of need you get simply ignored by them. I would hangout with people who don't smoke but then that makes me the only person getting high, and most people who don't smoke don't associate with those who do.

That's just one example honestly. Anyway people can mooch they always take full advantage of it.

SIM-2502833 - January 20, 2016, 3:32 pm

(Jan 20, 2016 04:21 PM)Lynchings Wrote: [\[CITE\]](#) Oh believe me it's not like I hold back on information or whatever, I don't feel like I have to hide things about myself at all. That's not exactly what I mean by fake. I mean when people act like they are your friend when you have weed or money they can mooch off of in their time of need, and in your time of need you get simply ignored by them. I would hangout with people who don't smoke but then that makes me the only person getting high, and most people who don't smoke don't associate with those who do.

That's just one example honestly. Anyway people can mooch they always take full advantage of it. Ahh, just don't get yourself in a position where people can mooch off of you. Don't give shit away.

Lynchings - January 20, 2016, 3:34 pm

(Jan 20, 2016 04:32 PM)MrMcShroom Wrote: [\[CITE\]](#) Ahh, just don't get yourself in a position where people can mooch off of you. Don't give shit away. I guess you're right man. My problem is I'm considered a dick if I don't share my weed with people, and if I do I'm easy to mooch off of. It's hard to make friends in this town too. It's very small, and my school has less than 500 people in it. Everyone is comfortable in their groups.

?Boom - January 20, 2016, 3:34 pm

I dress as Unicorn and run around the house screaming

I am a single lady I am a single lady Ohh ohh oh ohhh

SIM-2502833 - January 20, 2016, 3:41 pm

(Jan 20, 2016 04:34 PM)Lynchings Wrote: [\[CITE\]](#) I guess you're right man. My problem is I'm considered a dick if I don't share my weed with people, and if I do I'm easy to mooch off of. It's hard to make friends in this town too. It's very small, and my school has less than 500 people in it. Everyone is comfortable in their groups.

Don't smoke with people. I only vape and drink so I guess I don't understand, (both easy to share) But is it so hard to lie and say you don't got weed? :P

Try hanging out with people who don't want anything from you?

SOSA_ - January 20, 2016, 3:47 pm

How I cope with it, I just realize I'm going to be lonely forever, I eat a bunch of un-healthy foods and think about how I probably fucked up enough that karma has cursed me to be lonely forever.

And I code shit, whenever I know I'm going to get a depression attack, I just start coding something, or hack something.

Lynchings - January 20, 2016, 3:54 pm

(Jan 20, 2016 04:41 PM)MrMcShroom Wrote: [\[CITE\]](#) Don't smoke with people. I only vape and drink so I guess I don't understand, (both easy to share) But is it so hard to lie and say you don't got weed? :P

Try hanging out with people who don't want anything from you?Man, if I have no weed people ignore me lol. Literally got asked to hangout one time and I said sure. He asked if I have weed, I said no. He asked if I have money to pitch, I said no so he ignored me. I smoked this kid up tons of times before.

Misty - January 20, 2016, 3:57 pm

(Jan 20, 2016 04:18 PM)Vellichor Wrote: [\[CITE\]](#) When I feel lonely, I work. It stops the thinking.Until you finish work and then you feel it again.

Lynchings - January 20, 2016, 5:40 pm

(Jan 20, 2016 04:57 PM)Misty Wrote: [\[CITE\]](#) Until you finish work and then you feel it again.That's when I normally smoke a bowl, chill for an hr, then pass the fuck out.

Beef Jerky - January 20, 2016, 5:41 pm

Loud music, beer, weed, and video games.

Deany - January 20, 2016, 5:43 pm

anime, gaming, etc. the little things.

Lynchings - January 20, 2016, 6:43 pm

(Jan 20, 2016 06:43 PM)Japanese Wrote: [\[CITE\]](#) anime, gaming, etc. the little things.Definitely not a fan of anime but right now I don't even feel lonely because I'm high and I'm talking to a girl I probably shouldn't be talking to lol.

I'm an idiot but oh well.

Kuso - January 20, 2016, 6:49 pm

The best to cope is simple in answer but can be a journey in self spirituality.

Acceptance.

Acceptance of who you are, what you do you in life, and how you react with society. Understand that this is who you are, yeah I may be lonely because I tend to do this, act this way, dress this way, etc.

When you care less about looking for somebody or something, rather realize and focus on doing you, what you enjoy, you'll be happier. You will end up meeting people of your own very kind as well.

He B TeMy - January 20, 2016, 6:53 pm

Is the age on your profile correct?

If yes, don't you go to school?

I'm sorry you feel this way, i do too sometimes but i'm a little older than you.

Deany - January 20, 2016, 6:54 pm

(Jan 20, 2016 07:43 PM)Lynchings Wrote: [\[CITE\]](#) Definitely not a fan of anime but right now I don't even feel lonely because I'm high and I'm talking to a girl I probably shouldn't be talking to lol.

I'm an idiot but oh well.

Give it a try. So much to watch so little time. ?

Ricky™ - January 20, 2016, 6:59 pm

If I feel lonely and I am by myself for awhile I like to meditate more.

Also enjoy reading/writing and/or learning something new in a distraction free environment.

Caliban - January 20, 2016, 7:03 pm

You will need to push through it ? I've been lonely alot in my life but i actually enjoy being lonely most of the time, i guess you can call that being introverted.

Learn to be happy by yourself, and even tho there may not be alot of good persons in your life, there are some. Most of the time its your family members. They are always gonna be there for you. Also be mindful that MANY other persons are as lonely or even lonelier than you, and even the people that seem to have a great social circle may feel lonely inside.

And if you really feel like socializing more, go out there and maybe learn a new sport, join a club or just do something with people around. good luck ?

Forsche - January 20, 2016, 7:17 pm

I am in the same position as you. It seems like during class or clubs my friends are cool but I rarely see any of them outside of school. Now it is different for everybody for what they like, but what I found works good is I go to the gym 4-7 days a week sometimes with a friend but mainly alone. I work a decent amount of hours (don't want to pick up more because the chef on those days is a shaft head) just to save up for a motorcycle. I just watch [Querly](#) on youtube and it makes me happy as fuck.

Edit: Half the time talking to people I don't know what the fuck to say. Like yup the walk between classes is long huh?

Lynchings - January 20, 2016, 7:31 pm

(Jan 20, 2016 07:49 PM)Bender™ Wrote: [\[CITE\]](#) The best to cope is simple in answer but can be a journey in self spirituality.

Acceptance.

Acceptance of who you are, what you do you in life, and how you react with society. Understand that this is who you are, yeah I may be lonely because I tend to do this, act this way, dress this way, etc.

When you care less about looking for somebody or something, rather realize and focus on doing you, what you enjoy, you'll be happier. You will end up meeting people of your own very kind as well.I wish I could do that. I just don't know how to learn to accept myself more I guess. Kind of a hard process.

(Jan 20, 2016 07:53 PM)He B TeMy Wrote: [\[CITE\]](#) Is the age on your profile correct?

If yes, don't you go to school?

I'm sorry you feel this way, i do too sometimes but i'm a little older than you.Yes my age is correct.

I'm a senior in high school and the only thing I Want now is to get the fuck out of this school.

ogRizah - January 20, 2016, 11:39 pm

I can understand how you feel. I used to be by myself most of the time and nowadays things can get pretty lonely. The only way to deal with it is get out more or do what @Bender was saying. A spiritual journey will help, I went through one myself a few years ago and it helped me out. Things have just spiraled more downwards and I'm back in a place where there isn't much going on for myself right now. Don't get too down and fall into a depression, find something to keep yourself busy and find a way to get out and meet people.

Tando - January 21, 2016, 4:22 am

That's not good dude you don't want to fall into a depression. Play a spot or join a boys n girls club? Make a thread in the chat section and ask if anybody wants to Skype you? You can make 2-3 friends like that very shortly.

Ramsey - January 21, 2016, 4:26 am

Listen to the song Me, Myself and I by G easy

Melees - January 21, 2016, 4:30 am

What games do you play op, is it Xbox one or ps4 or pc?

patthechat - January 21, 2016, 6:14 am

Firstly I would say try and lay off the drugs. I went through a pretty low time myself a few years back and found drugs were my only source of release.

The worst thing about loneliness is being aware of it.

You need to find a social activity (mental or physical) that you have an interest in and be strong minded to go for it. Through that you will find likeminded individuals who you'll bond over.

For me it was local animal charity work - had never considered it before but love animals and went for it. Made me feel much better about myself and now have a group of friends from it.

Good luck OP

Lynchings - January 21, 2016, 12:10 pm

(Jan 21, 2016 05:22 AM)Tando Wrote: [\[CITE\]](#) That's not good dude you don't want to fall into a depression. Play a spot or join a boys n girls club? Make a thread in the chat section and ask if anybody wants to Skype you? You can make 2-3 friends like that very shortly. I'm not an athletic person at all haha. I got people on Skype already to chat with, I just prefer having some real IRL friends to do shit with if you know what I mean?

(Jan 21, 2016 05:26 AM)xRamsey Wrote: [\[CITE\]](#) Listen to the song Me, Myself and I by G easy Great song by a great artist, just not trying to be alone right now.

You Are Free - January 21, 2016, 12:14 pm

To combat the loneliness I distract myself from it. Also, drugs - but those are primarily for other reasons.

Lynchings - January 21, 2016, 3:28 pm

(Jan 21, 2016 01:14 PM)You Are Free Wrote: [\[CITE\]](#) To combat the loneliness I distract myself from it. Also, drugs - but those are primarily for other reasons. Yeah feeling pretty damn lonely right now so I may do some pregabalin

Tando - January 21, 2016, 4:03 pm

Oh you need some irl friends, I've gone through periods where I cut off my friends. Honestly if worse comes to worse, you have to be comfortable being alone sometimes. Love yourself.

Lynchings - January 21, 2016, 4:39 pm

(Jan 21, 2016 05:03 PM)Tando Wrote: [\[CITE\]](#) Oh you need some irl friends, I've gone through periods where I cut off my friends. Honestly if worse comes to worse, you have to be comfortable being alone sometimes. Love yourself. Truth be told for a while I thought I did love myself, and maybe I actually did. But I definitely don't anymore.

Blue Moon - January 21, 2016, 4:43 pm

Well I broke up with my girlfriend at the end of high school, it was mildly serious where we were dating from 9-12 and were around each other most of the day. When I was accepted to a school away from home and she wasn't it really crushed me.

I had no friends because they all stayed at home or went elsewhere, and she was gone too, I ended up joining a team at university to keep my mind off shit and ended up making new friends and gaining some pretty strong bonds.

I recommend joining a club or a team, get out there, leave your comfort zone and make things happen, don't expect them to just happen with you sitting around all day!

WeedSlayingNinja - January 22, 2016, 12:15 pm

I've been socially anxious and depressed since being bullied in middle school. It's my senior year of high school and I've made a decent amount of friends but I still feel lonely at times and I get depressed about it.

Some friendships are bullshit, believe me man. I've had so many friends in middle school who I thought were cool until I realized only until my freshman year of high school that they've bullied me and put me down the entire time just because of my physical appearance and the way I dressed.

Find a job or a hobby to do aside from the computer and put passion into it. It's the best way to get rid of all of that shit.

Lynchings - January 22, 2016, 6:43 pm

(Jan 22, 2016 01:15 PM)WeedSlayingNinja Wrote: [\[CITE\]](#) I've been socially anxious and depressed since being bullied in middle school. It's my senior year of high school and I've made a decent amount of friends but I still feel lonely at times and I get depressed about it.

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Find a job or a hobby to do aside from the computer and put passion into it. It's the best way to get rid of all of that shit. I'm taking some sober time personally because drugs are weakening how I deal with stress when sober.

Also I have a job but my hours have been fucked recently :/

I dunno what other hobbies I could find considering it's cold outside so nothing outside, and I'm certainly not athletic.

Supreme.tm - January 22, 2016, 6:44 pm

If you need someone to talk to PM me. Ill give you my kik.

damnsonWheredYouFindThis - January 22, 2016, 6:48 pm

Work out, eat healthy, live an active life, maintain relationships, be social.

Seriously if you do half the things on that list I'll be extremely impressed if you're still depressed. Start with working out, it will make you feel amazing, its scientifically proven to lessen depression. Drinking a lot of water and eating healthy will also make you feel so much better.

On top of all this find something you a really into that keeps you going. For me its music

WeedSlayingNinja - January 22, 2016, 7:04 pm

(Jan 22, 2016 07:43 PM)Lynchings Wrote: [\[CITE\]](#) I'm taking some sober time personally because drugs are weakening how I deal with stress when sober.

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I dunno what other hobbies I could find considering it's cold outside so nothing outside, and I'm certainly not athletic.

Make it a goal to become athletic. You don't need to be born athletic to be.... athletic.

Sajuuk - January 22, 2016, 11:36 pm

(Jan 22, 2016 01:15 PM)WeedSlayingNinja Wrote: [\[CITE\]](#) I've been socially anxious and depressed since being bullied in middle school. It's my senior year of high school and I've made a decent amount of friends but I still feel lonely at times and I get depressed about it.

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Vouch?¿

Aight, so...

The fake people shit is like what I've seen for years: way back a long time ago from around third to eighth grade I figured all the "friends" I had were legitimate. Wrong. So wrong. Only 'til two years ago did I realize every single one except maybe two or three were just fuckin' with me. Maybe. They didn't straight up tell me that, actually I haven't talked to them for years, but I do know that activity is key in dealing with loneliness. If you're like me: you want a decent girl but don't feel like going head-on into the little relationship bullshits (that might actually drive you to feel more lonely), I can help.

Bulgarian - January 22, 2016, 11:37 pm

Is it bad that when I get lonely, I smoke a blunt n go cuddle with my girl?

Niko - January 22, 2016, 11:38 pm

I haven't even seen someone lrl, other than family in over a year now.

Not sure why, but loneliness doesn't even effect me anymore.

Mr Kewl - January 23, 2016, 11:51 am

To be honest, I think the only way to deal with loneliness is connecting with someone. You don't need to connect with everyone. Find a friend/Make a friend with whom you can share anything/everything. Do that and it'll help you, try to be vulnerable it hurts of course, but will help you as well.

I'm not talking just IRL, it could be on the web too.

Making new friends is stupid, so just try to make one maybe? Try going out, I know you wouldn't feel like but try. Go on a trip/adventure or something.

Lynchings - January 23, 2016, 7:07 pm

(Jan 23, 2016 12:51 PM)Mr Kewl Wrote: [\[CITE\]](#) To be honest, I think the only way to deal with loneliness is connecting with someone. You don't need to connect with everyone. Find a friend/Make a friend with whom you can share anything/everything. Do that and it'll help you, try to be vulnerable it hurts of course, but will help you as well.

I'm not talking just IRL, it could be on the web too.

Making new friends is stupid, so just try to make one maybe? Try going out, I know you wouldn't feel like but try. Go on a trip/adventure or something. Just dunno where I would go ya know?

Mr Kewl - January 23, 2016, 9:09 pm

(Jan 23, 2016 08:07 PM)Lynchings Wrote: [\[CITE\]](#) Just dunno where I would go ya know?

That's the beauty, pick a thing you wouldn't generally go. Or always wanted to go at but didn't for various reasons.

Lynchings - January 24, 2016, 5:13 am

(Jan 23, 2016 10:09 PM)Mr Kewl Wrote: [\[CITE\]](#) That's the beauty, pick a thing you wouldn't generally go. Or always wanted to go at but didn't for various reasons. I don't drive yet so I certainly can't do this alone. I'll have to make a new friend first, and I have no idea how that'll happen

Lynchings - January 24, 2016, 5:13 am

(Jan 23, 2016 10:09 PM)Mr Kewl Wrote: [\[CITE\]](#) That's the beauty, pick a thing you wouldn't generally go. Or always wanted to go at but didn't for various reasons. I don't drive yet so I certainly can't do this alone. I'll have to make a new friend first, and I have no idea how that'll happen

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