

Forum:[Hack Forums](#)

Thread: [I feel like crying and feel angry at the same time.](#)

CatsCattail - September 24, 2016, 10:25 pm

Idk what going on with me, this has been going on for the past few years. But lately its gotten worst now it happens when Im around people and in school. I feel like crying but I also feel like beating the shit out of something, other times I feel like crying and giggly at the same time. I dont know whats causing this or why this is happening to me. Usually banging chicks chicks gets me happy for a bit, cooking for someone also makes me happy, helping people makes me feel a bit happy, and smoking ciggeretes make me happy. But most of the time when something tragic happens I dont feel sad, infact I dont feel much at all when around people but I try to. Ive gotten good at mimicking other peoples feelings. I could careless about someone else but I know if I dont show something people will think Im weird. Basically I feel nothing when around people or when I'm alone but I also feel like sobbing and beating the shit out of something or feel giggly when I'm alone. This is really hard for me to explain but this is as best as I can describe it. At night is when this hits me the hardest.

Secrets - September 24, 2016, 10:26 pm

are you unhealthy ? perhaps unfit or something ? mood swings like that could be caused by being overweight or not in shape.

SanctualProductions - September 24, 2016, 10:28 pm

Sounds like you have mental/emotional issues such as bipolar disorder that almost exactly fits you but hey I'm no doctor.

CatsCattail - September 24, 2016, 10:29 pm

(Sep 24, 2016 10:26 PM)Secrets Wrote: [\[CITE\]](#) are you unhealthy ? perhaps unfit or something ? mood swings like that could be caused by being overweight or not in shape.

I workout, with the police explorers and marine poolees. Maybe I should run during my free time?

Formal - September 24, 2016, 10:29 pm

Why do I have these same feelings? You basically just wrote about me. But the difference is, I know why

(Sep 24, 2016 10:28 PM)SanctualProductions Wrote: [\[CITE\]](#) Sounds like you have mental/emotional issues such as bipolar disorder that almost exactly fits you but hey I'm no doctor.

And thank god you are not one

CatsCattail - September 24, 2016, 10:33 pm

(Sep 24, 2016 10:29 PM)F?rmal Wrote: [\[CITE\]](#) Why do I have these same feelings? You basically just wrote about me. But the difference is, I know why

And thank god you are not one

I feel like its because I always bottled up my emotions when I was younger. I think back at how I was bullied when I was younger and how innocent I was back then. And realize how fucked up Ive become. Would that have any effect?

Mr Mc Epic - September 24, 2016, 10:34 pm

(Sep 24, 2016 10:33 PM)CatsCattail Wrote: [\[CITE\]](#) I feel like its because I always bottled up my emotions when I was younger. I think back at how I was bullied when I was younger and how innocent I was back then. And realize how fucked up Ive become. Would that have any effect?It sounds like you should really speak to a physiologist if you want your life to get any better.

CatsCattail - September 24, 2016, 10:52 pm

(Sep 24, 2016 10:34 PM)Mr Mc Epic Wrote: [\[CITE\]](#) It sounds like you should really speak to a physiologist if you want your life to get any better.

I did awhile ago, he said something about manic depression.

SanctualProductions - September 24, 2016, 10:53 pm

(Sep 24, 2016 10:29 PM)F?rmal Wrote: [\[CITE\]](#) Why do I have these same feelings? You basically just wrote about me. But the difference is, I know why

And thank god you are not oneThanks for those kind words guy.

Mr Mc Epic - September 24, 2016, 10:56 pm

(Sep 24, 2016 10:52 PM)CatsCattail Wrote: [\[CITE\]](#) I did awhile ago, he said something about manic depression.Manic Depression is another name for bipolar disorder.

You should really look into changing your career if you are bipolar. Being a bipolar and a marine is really not a good mix.

CatsCattail - September 24, 2016, 11:06 pm

(Sep 24, 2016 10:56 PM)Mr Mc Epic Wrote: [\[CITE\]](#) Manic Depression is another name for bipolar disorder.

You should really look into changing your career if you are bipolar. Being a bipolar and a marine is really not a good mix.

Its nothing I cant control. Its just something that will bother me.