

Forum:[Hack Forums](#)

Thread: [Mental Health - a true story - depression, cutting, suicide attempts...](#)

exploit.c - November 14, 2016, 12:51 pm

Hey all,

Let me tell you a true story, everything you're about to read here, is 100% real and true.

First, for those who don't know me, my alias is exploit.c, I'm a developer, pentester, overall shitposter and troll. I'm currently doing Computer Science in the University of Toronto (Canada). I'm sure you're all familiar with things like depression, anxiety, insomnia, post traumatic stress disorder, bipolar, etc. unfortunately, I'm all too familiar with them, I have depression, severe anxiety, insomnia, PTSD, minor BPD, and minor OCD. I've been living with depression and anxiety over 5 years, and the insomnia, PTSD, minor BPD, minor OCD came in the past three years. Now, you're probably asking why am I sharing this and the story to follow? It's because I want to let you all know that no matter what life will be get better, even if you're stuck in the shittiest of situations. This post was inspired after talking to Bane.

I came into depression when I was young, when everyone started bullying me as a kid, I used to arrive at school, get beat up, and leave early, one time I was suspended in school as a kid for standing up for myself, it felt like they were frowning upon me for standing up for myself, like it was a crime to defend yourself when no one else would. I can't actually remember a single friend I've had in the past 10 years, with the except of two people I met this year. The bullying was a lot, and that slowly led in to me when I was only 15 cutting into my leg, I still have the scars on my leg that I have to look at every day that remind me of the struggles.

One day, when I was 17 I decided that was it, I was done with life, I was going to end my life. I knew exactly when, where I was going to do it, and how I was going to. That night I had a terrible nightmare of me doing it, and what would happen if I did, and I changed my mind, I wasn't going to take my life, which I realize now was the right thing to do -- not take my own life. These were the darkest years of my life, barely getting out of bed, every day wishing life would just cast it's spell so I wouldn't have to live in so much pain day in and out, the nightmare that was my head with all the nasty thoughts and memories, that come up like a movie screen stuck on repeat for what felt like forever. Everyone told me I should just kill myself, to die already, my life wasn't worth anything.

I truly thought it would never end, that it would just get worse and worse and that one day eventually it would be over, somehow it would be over, I wouldn't have to feel the pain that I lived in on a daily basis, but then life started getting a bit better, sure I was poor, barely had \$5 to my name if I was lucky, and every day was the biggest struggle of my life, but slowly over time it started getting better. Till this day, I still have the worst depression, anxiety so bad that most days I'll stay in bed, and insomnia that taunts me for hours, every now and then I'll get flashbacks, and my mood can change on a flip of a dime, there is no consistency to how I feel every day.

Life got a lot better, when I met a new friend, the sweetest girl I've ever met, who I'm now lucky to say is my girlfriend and has been for over 3 months, she is the best person I've ever met, she has depression like me, she has BPD like me (however, not minor), she has anxiety like me, she has PTSD like me, but we're in a relationship, and we love each other. Two days ago, she tried to kill herself, she had a bit of a sadness that was really intense, and took some pills, she tried to end her own life, she texted me at 4:56 AM in the morning, "I'm scared help" "I'm scared" "wake up I'm

scared please" and called the ambulance, she was admitted to hospital, stomach pumped, she's alright now, I have a photo of her on my phone, in the hospital bed, with the monitors hooked up to her, smiling because she's alive, it takes a ton to smile even though you're in so much pain.

And all I want to say with this long message is, life wasn't ever meant to be easy, it was meant to be worth it, hard times will come, but you'll get through it, and if you ever need to talk, hit me up, because I'll be your friend and help you out.

exploit.c

I can't ever write this out without crying my eyes out.

Lucifer's Inferno - November 14, 2016, 12:54 pm

This is one of the cutest things I have ever seen and the only ones who truly understand are the ones who have experienced it as well. You do seem to be diagnosed with quite a lot of disorders for 17, are these self diagnosis or from a doctor?

Do you take any medication such as an SSRI?

exploit.c - November 14, 2016, 12:57 pm

(Nov 14, 2016 01:54 PM)Lucifers Inferno Wrote: [\[CITE\]](#) This is one of the cutest things I have ever seen and the only ones who truly understand are the ones who have experienced it as well. You do seem to be diagnosed with quite a lot of disorders for 17, are these self diagnosis or from a doctor?

Do you take any medication such as an SSRI?

I'm 21 right now, and a doctor diagnosis. I don't take medication right now, but I used to

Lucifer's Inferno - November 14, 2016, 12:57 pm

(Nov 14, 2016 01:57 PM)exploit.c Wrote: [\[CITE\]](#) I'm 21 right now, and a doctor diagnosis. I don't take medication right now, but I used toAre you psychotic? Have you ever experienced any psychosis and if so would you be willing to give us a story on your experience?

Forsen - November 14, 2016, 12:59 pm

You seem like the person who cares more about others then you do about yourself. You helped another depressed, terminally sick guy and tried to bring light to his life, all while you are having to go through all of this. You are one of the greatest people I've ever met. At one moment you were helping me with coding. A couple minutes after the other guy joins, and 5 minutes later we are all having a deep conversation, in which you are the one helping everyone out, while dealing with your own problems.

Thanks for watching out for each other. If you ever need someone to talk to, I'm here.

Caliban - November 14, 2016, 1:04 pm

(Nov 14, 2016 01:51 PM)exploit.c Wrote: [\[CITE\]](#) Hey all,

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I can't ever write this out without crying my eyes out.

Wow meanwhile i sit at home eating doritos, jacking off and playing csgo all day, no drama in my life.

Wish my life was as exciting as yours bro

exploit.c - November 14, 2016, 1:09 pm

(Nov 14, 2016 01:57 PM)Lucifers Inferno Wrote: [\[CITE\]](#) Are you psychotic? Have you ever experienced any psychosis and if so would you be willing to give us a story on your experience? I'm not psychotic, however sometimes I can entirely disconnect with any sense of emotion and feeling and become absolutely numb.

(Nov 14, 2016 01:59 PM)Forsen Wrote: [\[CITE\]](#) You seem like the person who cares more about others then you do about yourself. You helped another depressed, terminally sick guy and tried to bring light to his life, all while you are having to go through all of this. You are one of the greatest people I've ever met. At one moment you were helping me with coding. A couple minutes after the other guy joins, and 5 minutes later we are all having a deep conversation, in which you are the one helping everyone out, while dealing with your own problems.

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Thanks

(Nov 14, 2016 02:04 PM)Caliban Wrote: [\[CITE\]](#) Wow meanwhile i sit at home eating doritos, jacking off and playing csgo all day, no drama in my life.

Wish my life was as exciting as yours bro
The pain I wouldn't even wish upon my worst enemy, trust me, it is not fun

SocialAgency - November 14, 2016, 1:11 pm

Damn, after 2 years of not crying you got me. Respect for you and your girlfriend and I hope you both stay/get happy together.

If you ever need a friend feel free to hit a nobody like me up :)

Vitani's Mate - November 14, 2016, 1:15 pm

Wow I am sorry you have been through all that.

I am pretty much in the same boat. I've had depression since I was 14, I am now 25 it has been a long time since I have felt real 'happiness'. I have tried to kill myself multiple times most by overdosing on some sort of drug. I have a habit of problem drinking.. basically drink your life, sorrows and problems away. I was actually diagnosed with Aspergers last year and was put on dexamfetamine which I abused heavy doses when I am not supposed to. I was bullied a bit in school and my grades were abismal which sucked. Probably why my depression started. I tried to keep going despite all this shit, I don't think there has been a day that I woke up not thinking a excuse to to end my life and yes I am seeking help.

exploit.c - November 14, 2016, 1:24 pm

(Nov 14, 2016 02:11 PM)Received Wrote: [\[CITE\]](#) Damn, after 2 years of not crying you got me. Respect for you and your girlfriend and I hope you both stay/get happy together.

If you ever need a friend feel free to hit a nobody like me up :)

Thanks! Means a lot!

(Nov 14, 2016 02:15 PM)Vitanis Mate. Wrote: [\[CITE\]](#) Wow I am sorry you have been through all that.

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excuse to to end my life and yes I am seeking help.

Sorry to hear that man, if you ever want to talk, hit me up alright? I'm here

Caliban - November 14, 2016, 1:26 pm

(Nov 14, 2016 02:15 PM)Vitanis Mate. Wrote: [\[CITE\]](#) Wow I am sorry you have been through all that. I am pretty much in the same boat. I've had depression since I was 14, I am now 25 it has been a long time since I have felt real 'happiness'. I have tried to kill myself multiple times most by overdosing on some sort of drug. I have a habit of problem drinking.. basically drink your life, sorrows and problems away. I was actually diagnosed with Aspergers last year and was put on dexamfetamine which I abused heavy doses when I am not supposed to. I was bullied a bit in school and my grades were abismal which sucked. Probably why my depression started. I tried to keep going despite all this shit, I don't think there has been a day that I woke up not thinking a excuse to to end my life and yes I am seeking help.
your inflatable animals dont bring true happiness anymore?

Vitani's Mate - November 14, 2016, 1:35 pm

(Nov 14, 2016 02:26 PM)Caliban Wrote: [\[CITE\]](#) your inflatable animals dont bring true happiness anymore?

Besides them.

Happiness is very hard for me to come by.

(Nov 14, 2016 02:24 PM)exploit.c Wrote: [\[CITE\]](#) Thanks! Means a lot!

Sorry to hear that man, if you ever want to talk, hit me up alright? I'm here

I know.

I have had a lot of support on HF over the years.

Caliban - November 14, 2016, 1:38 pm

(Nov 14, 2016 02:35 PM)Vitanis Mate. Wrote: [\[CITE\]](#) Besides them.

Happiness is very hard for me to come by.

are you chasing some sort of goal/dwelling on some shit from the past or whats keeping you away from just enjoying life?

Vitani's Mate - November 14, 2016, 1:46 pm

(Nov 14, 2016 02:38 PM)Caliban Wrote: [\[CITE\]](#) are you chasing some sort of goal/dwelling on some shit from the past or whats keeping you away from just enjoying life?

Everything at the moment.

I feel like everything is in the way. I am not sure why I feel this way.

K l a u s - November 14, 2016, 1:52 pm

I used to bully a lot in my younger years, mostly because of fear of not being accepted and just late developed sense of empathy. Reading this just made me feel bad again. Because our main goal of bullying was to get reactions and outbursts.

So in the teachers view there's a crazy kid attacking/screaming out of nowhere, but in reality it has been bullied without teachers notice. Kids are fucking mean.

exploit.c - November 14, 2016, 2:00 pm

(Nov 14, 2016 02:52 PM)Klaus m Wrote: [\[CITE\]](#) I used to bully a lot in my younger years, mostly because of fear of not being accepted and just late developed sense of empathy. Reading this just made me feel bad again. Because our main goal of bullying was to get reactions and outbursts.

So in the teachers view there's a crazy kid attacking/screaming out of nowhere, but in reality it has

been bullied without teachers notice. Kids are fucking mean.
Sorry to hear that, life's hard, but it wasn't meant to be easy

CaptainSalami3000 - January 31, 2017, 1:48 pm

Hey man finding this has been really inspiring, Ive been going through your profile trying to get some knowledge about hacking and stuff and finding out what youve been through hit me so hard. I know it may not seem like it to you by the sound of it but youve achieved a level which most dont manage to, even when they have it handed to them on a plate... Getting bullied sucks and it seems like its never going to stop but the way youve explained it is perfect, its like it was always somewhere in my head but I just couldnt figure it out, "life wasn't ever meant to be easy, it was meant to be worth it, hard times will come, but you'll get through it" in a binary world you sir are a one, not a zero?

Do you ever feel like youre pretending? I had this dilemma, I could disconnect myself completely from everyone fall into dark depression, anxiety and the thing that beat me down the most was that I told myself my feelings weren't legit, Im only imitating the behavior of others... I would appreciate it if you answer Im interested to get your opinion on this but dont worry if you cant or dont want to, reading this would be enough ?

Gz on the hq posts btw, please keep up the effort you put into helping out others its inspiring at the least, like the post where you offer lessons to people.

Sorry for the long post, I wouldve pm'ed but Im not allowed to.