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Thread: [I really need help](#)

saltdes - January 29, 2017, 3:45 pm

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A P P L E - January 29, 2017, 5:17 pm

Deaths in the family are never an easy task to overcome, much less, forget about. You ask "how can I forget," but you may never forget & that's ok & totally healthy. You're just juggling a lot & just know that other are also. I know that you're tired & feel like everything is going down the "shitter" for you, but continue to push through it, I promise it'll eventually get better. I'm not saying within a week or month. Give it some time. Be strong. I say this because many people result to doing drugs & even suicide if it gets to that point, but don't let it. If it gets worst, I would seek professional help. Hope that this helps a little as I know that I'm not in your situation, but I do have some knowledge on the subject. Cheers & remember, you're not alone.

#ogre - January 29, 2017, 8:06 pm

I think that blocking people out when they're to help is where you're going wrong. Knowing you have people there helping you is already going to make yourself feel better. Stop shutting people out, let them help, tell them what's happening, and I can guarantee you're gonna feel less lonely.

ItzClydeFrog - January 31, 2017, 3:00 pm

I believe everything in life happens for a reason, having said that the only reason that will matter is the one you come up with. Mind the conversation you're having with yourself. It will have a huge impact in the long run. Seconding A P P L E 's recommendation to not get involved with any substances because it only digs a deeper hole for you to climb out of. Being honest, I don't think you'll ever forget, I don't think you really want to. You are the person you are today because of it, its shaped your perspective and values. When you look back on this point of your life in the future and realize that you lived for them and did it for them. But right now you need to be patient, patient not sedentary. Don't close off, don't shut down, start climbing out at whatever pace you can. Take time to cope and take time to grow. Shoot me a PM if you ever need anything.