

Forum:[Hack Forums](#)

Thread: [Mental Breakdown last night...](#)

IzzyJohnson - June 15, 2017, 6:43 am

Probably had one of my worst mental breakdowns last night all at the thought of growing old and dying. It all stemmed from a conversation with my brother whos just turned 16 recently and is starting to work. He was talking about "Of course we start roofing the house on one of the HOTTEST WEEKS of the summer!" And I simply made a comment of Welcome to adulting kiddo! You have 50+ years to go! and shortly after that I was laying in bed and started crying at the thought of working working working and then dying. It was just a weird happening that really spooked me.

Mr. Robot - June 15, 2017, 7:02 am

Damn man, sucks to be 20 and contemplating how much of a meme your life is.

Fresh Khalifa - June 15, 2017, 9:01 am

Don't feel bad, just be grateful that you have the opportunity to be a human being on earth for 70+ years.

Just live life in the present moment and enjoy it while it lasts.

Zens - June 15, 2017, 9:31 am

Enjoy your life. Don't be so sad. Cheers up.

NightForce - June 15, 2017, 9:36 am

I gotta work, I couldn't stand summer's when I was younger, two weeks into summer break I was like "Ok, when the fuck is school going to start". Same thing with the Marine Corp. whenever they give us extended leave, most of us start missing the shitty situations we are put in, and can't wait to come back. Then again, we hit ourselves with a hammer just because it feels good when the pain subsides. Life ain't that bad OP. Ups and downs.

Fresh Khalifa - June 15, 2017, 10:17 am

(Jun 15, 2017 09:36 AM)NightForce Wrote: [\[CITE\]](#) I gotta work, I couldn't stand summer's when I was younger, two weeks into summer break I was like "Ok, when the fuck is school going to start". Same thing with the Marine Corp. whenever they give us extended leave, most of us start missing the shitty situations we are put in, and can't wait to come back. Then again, we hit ourselves with a hammer just because it feels good when the pain subsides. Life ain't that bad OP. Ups and downs. Don't put so much false hope out there buddy, life is filled mostly with downs and rarely with ups.

Kuldar - June 15, 2017, 11:14 am

Nothing will be exactly the same as we imagine them to be. There has been no yesterday and tomorrow never comes, embrace the power of now.

Caliban - June 15, 2017, 1:58 pm

Being an adult is better than being teen bro, dont worry. Ofc its more work but you also got a lot more freedom

IzzyJohnson - June 15, 2017, 2:50 pm

(Jun 15, 2017 01:58 PM)Caliban Wrote: [\[CITE\]](#) Being an adult is better than being teen bro, dont worry. Ofc its more work but you also got a lot more freedom

Im 21, My brother is still in his teens, I know I have more freedom but its just a harsh reality the rest of the shit of working till we die.

God - June 15, 2017, 2:57 pm

"We have two lives, and the second begins when we realize we only have one."

Perhaps it wasn't such a bad thing. Now that you've realised this, do something with your life and don't sit around waiting for the opportunity to come to you. Create the opportunity yourself. Make the most out of it by putting yourself in the best situation you possibly can.

IzzyJohnson - June 15, 2017, 2:59 pm

(Jun 15, 2017 02:57 PM)smye Wrote: [\[CITE\]](#) "We have two lives, and the second begins when we realize we only have one."

Perhaps it wasn't such a bad thing. Now that you've realised this, do something with your life and don't sit around waiting for the opportunity to come to you. Create the opportunity yourself. One thing for sure this is probably my most adventurous summer ever, going to a lot of music festivals and concerts to celebrate my Birthday in July. I think its a good way to test my boundaries and then push beyond them

Caliban - June 15, 2017, 3:17 pm

(Jun 15, 2017 02:50 PM)?imba Wrote: [\[CITE\]](#) Im 21, My brother is still in his teens, I know I have more freedom but its just a harsh reality the rest of the shit of working till we die.

Life without work isnt good either. I know a dude who was 29 and he didnt have to work because he inherited a shit ton from his grandparents. (3-4 million) He was sad tho because without work you literally dont have much to do all day and you lack a purpose

camhud - June 16, 2017, 7:23 am

Try to work towards a job that you find interesting and enjoy, then you'll never have to work a day in your life (but still have something to fill your time).

Easier said than done i know, keep plumping up that CV with whatever you can.

Arbuside - June 16, 2017, 5:12 pm

Growing old is my biggest fear, so I think I can empathize. Hell, it's not just fear. When I think about it I feel nostalgia, sadness, regret, even existential terror. Enjoying the present moment is a rather cliché piece of advice, but that's what I myself try to do and sometimes it works.

Fresh Khalifa - June 16, 2017, 6:00 pm

(Jun 15, 2017 02:57 PM)smye Wrote: [\[CITE\]](#) "We have two lives, and the second begins when we realize we only have one."

Perhaps it wasn't such a bad thing. Now that you've realised this, do something with your life and don't sit around waiting for the opportunity to come to you. Create the opportunity yourself. Make the most out of it by putting yourself in the best situation you possibly can.

Let me add something to this. OP needs to become his greatest version. This means you should become the greatest YOU. This can be done by learning and improving yourself.