

Forum:[Hack Forums](#)

Thread: [HF is probably the only thing keeping me alive.](#)

juulstar - September 28, 2017, 2:17 pm

Hey guys,

I've developed depression and have had it for the last five years. It sucks.

For the last two years, I had really liked this girl. My friends thought she liked me, and her best-friends thought she liked me. Of course, she didn't. I still like her and nothing has changed.

This only contributes to my depression.

I've tried to move on, but I have dreams about her. It's gotten to the point where I try to take a tonne of caffeine before bed so I don't go to sleep. I only let my self sleep normally some nights, like last night.

I had a dream about her. No shit, huh?

This may come to a surprise to some of the members that know me as I'm generally a happy user.

I refuse to take Xans for the angst and depression I have, as benzos will fuck you up. My mother got hooked on them through my parent's divorce.

I do just fine socially, as I'm an outgoing introvert. It's easy for me to keep conversations, speak publicly, ect.

In fact, I have a really nice life. The feeling of depression is just always there, looming over my shoulder.

I play sports, have lots of friends, and have fantastic parents and step-parents. My dad even recently got a promotion, and now we can have many luxuries! But, the feeling drones, still.

I truly think my friends on HF are the only ones keeping me from killing myself, to be honest.

The disturbing thing is I write this with a straight face, talking about suicide normally. I've gotten use to the thought of putting a bullet through my head.

I've gotten use to thinking about how my parents would be affected.

I've gotten use to thinking about losing it all.

I just don't give a fuck anymore. Nothing matters.

/thread

Killy - September 28, 2017, 2:28 pm

hey man I went through the same thing, and the feeling of the girl got me in a depressing vibe for 2 years. There were times I ask myself whats the point of life and knowing that she doesn't like me

back the way I cared for her is what hurts me the most. I also have dreamt about my crush for days until my head hurts so much that I couldn't sleep.

I have moved on one month ago because you gotta think about the future. Are you really going to chase a girl that you will put your everything into and not get any of it back? or are you going to find yourself a wife to share the love. Back during those 2 years I have pushed everybody out of my life and have pushed out all the females that have also trying to enter my life because I was "loyal"

But how I moved on was to delete all my social medias, to prevent seeing her pictures and to allow new people especially other females to go into my life.

I currently have opened my mind to try new things and meet new people then to stay depressed on someone that will only make me feeling down.

Don't ever think about taking a life, because at the end its all gonna comeback to you!

I have not seen the benefits of my suffering, but I know I will someday and so will you ? ?

juulstar - September 28, 2017, 2:33 pm

(Sep 28, 2017 02:28 PM)chetos22 Wrote: [\[CITE\]](#) hey man I went through the same thing, and the feeling of the girl got me in a depressing vibe for 2 years. There were times I ask myself whats the point of life and knowing that she doesn't like me back the way I cared for her is what hurts me the most. I also have dreamt about my crush for days until my head hurts so much that I couldn't sleep.

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Don't ever think about taking a life, because at the end its all gonna comeback to you!

I have not seen the benefits of my suffering, but I know I will someday and so will you ? ?Thank you for the positive words.

Frebbe - September 28, 2017, 2:45 pm

I can't speak from experience since I haven't had a depression.

But you're going to be okay OP.

Just hang in there dude, it's going to play out good.

Eventually you will move on in life, just try everything you can to keep a clear mind and don't think about anything.

Travel somewhere, get a fulltime job, go tryhard at school - Idk, whatever you feel like doing, just do something.

Keep yourself busy.

Eventually you'll find another girl, and generally just more happiness.

Suicide will never be the answer dude, think about the consequences it will bring onto your family - if your mom got addicted to benzo's during her divorce, how do you think your suicide would affect her?

Keep going strong OP

lwristis - September 28, 2017, 2:47 pm

do you think the root of your issues is due to the girl or rejection?

juulstar - September 28, 2017, 3:01 pm

(Sep 28, 2017 02:45 PM)Frede101 Wrote: [\[CITE\]](#) I can't speak from experience since I haven't had a depression.

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Thank you.

(Sep 28, 2017 02:47 PM)oxid Wrote: [\[CITE\]](#) do you think the root of your issues is due to the girl or rejection?

No way in hell. This just contributes to the depression. I had it long before her rejection.

It did worsen it, though.

/wrists - September 28, 2017, 3:03 pm

(Sep 28, 2017 03:01 PM)Krombopulos Wrote: [\[CITE\]](#) Thank you.

No way in hell. This just contributes to the depression. I had it long before her rejection.

It did worsen it, though.

So what do you think triggers your depression? It's different for everyone.

Androctonus - September 28, 2017, 3:10 pm

Depression sucks OP. It's a lingering thing in life that never actually goes away. Medication can help but so does a lot of other things. You mentioned you don't want to take medication because your mother got hooked on them and that they'll fuck you up. But you also said you intentionally have a high caffeine intake to prevent yourself from sleeping. That's super unhealthy and I promise you it is making your depression worse. Your fear of dreaming about her is bordering on obsession and that will make you have more dreams about her. Instead of focusing on her and worrying about her entering your thoughts, try to break that habit by replacing the thoughts.

When I kicked smoking a pack a day I had to do something or think something every time I wanted a smoke. You can apply both physical and mental exercises if you're obsessing over her. Think of something else or maybe do some pushups. Try to get out more too. I know that everyone says that but I've had depression my entire life and those times I fall into a bad place, it really does help to get out and get some air and exercise. The hardest part isn't the exercise, that actually comes really easily. The hardest part is getting yourself to do it.

/wrists - September 28, 2017, 3:11 pm

I think maybe, OP, you need to find someone who can truly be your friend and just talk to him. It's very important to communicate effectively. Being outgoing is one thing, but deep talks will help you out! Best of luck!

juulstar - September 28, 2017, 3:22 pm

(Sep 28, 2017 03:03 PM)oxid Wrote: [\[CITE\]](#) So what do you think triggers your depression? It's different for everyone.

I kinda think mine is clinical, so it just doesn't really go away.

It's always there, I can just distract my self for a few hours at a time.

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Thank you for the tips. I will work on it.

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Thanks.

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Also, don't let HF be your lifeline lol what if the site dies one day, you're going to off yourself? don't be silly

SIM-2875347 - September 28, 2017, 3:27 pm

I currently struggle with depression myself so I know what your feeling.

I've had almost the exact same thing you are saying in this thread too. I had and still do have the problem where I don't care about anything, and think nothing matters. And I also had a girl I like pretty much reject me too.

The only way I've found to get through this stuff is just try to keep looking ahead, find something to strive for. I think i'm only alive right now because of my few remaining friends, which definitely sucks to say the least. The main message i'm trying to deliver you here is not as someone who doesn't know what depression feels like but as someone who has it too, just keep looking forward and moving

ahead no matter what it takes.

As for the whole "Suicide" thing, just don't do it. I've spent years on the brink of actually doing it and I have yet to regret not doing it.

Feel free to PM me if you ever need someone to vent too as well, I don't mind.

PoLoW - September 28, 2017, 3:42 pm

All i can tell you OP no one is living a perfect life, even those rich families they suffer but most important to keep faith and live and don't break your mother's heart. And your family as well. Faith is the key my friend wish you best of luck.

Moneyroller - September 28, 2017, 3:46 pm

You better hope your internet doesn't go out lol, nah but on a serious note bro everyone has their ups and downs. Everyone is dealt a different card in life so it's purely up to you how you handle it. Find something that gives you purpose and do things that make YOU happy, not anyone else because at the end of the day you live with the decisions for the rest of your life. I found I have a deep interest in trying to help people out medically so I am on the path of becoming a doctor, not just for money but it keeps me busy because it's a lot of work. Best of luck op hope you find your purpose!

DeadKube - September 28, 2017, 3:53 pm

For real, depression is shit. Go exercise. It stimulates neurogenesis.

Kiyo - September 28, 2017, 3:58 pm

I didn't read your post, but I read the title. Your time spent online for a year of being here is very small for "keeping you alive". My time is 1 Month, 1 Week, 3 Days, 12 Hours, 15 Minutes, 34 Seconds as of now, I have x6 the amount of you, only joining 7 months before you. HF has kept me alive for years man. Anyways, good luck. Sorry that I didn't read the post.

Eternal. - September 28, 2017, 4:02 pm

Hack Forums provides a unique experience socially and otherwise. I've met some good friends here.

Something about the way you write and express yourself is very appealing. Ever think of writing as a hobby, like blogging or something?

juulstar - September 28, 2017, 4:26 pm

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I sometimes write, and thank you.

I am in AP English at school; it's one of the only things I'm good at.

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When I am playing Lacrosse, I still want to lodge a bullet in my heart.
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Thanks brother.

I wish you luck on your ventures.

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Thanks brother.

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Thank you.

I appreciate the support. Thank you.

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Wasn't in an AP program unfortunately as I never gave a shit about school until college. Then that ended abruptly. I did always get A's though in college English.

Reason for me not giving a shit was I lived in a shitty situation. I have been depressed my whole life. Thoughts of suicide are more common than thoughts of hunger for me, though I wouldn't say I am suicidal. Suicide ideation, programmed by depression and myself.

I survive, you can as well and if you ever need to talk, contact me. That goes for anyone else as well.

juulstar - September 28, 2017, 5:59 pm

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Thank you.

This is why I love HF. The community is fantastic. I truly thank you all for burdening my ongoing pain with me though this struggle of a time.

Eternal. - September 29, 2017, 1:00 pm

(Sep 28, 2017 05:59 PM)Krombopulos Wrote: [\[CITE\]](#) Thank you.

This is why I love HF. The community is fantastic. I truly thank you all for burdening my ongoing pain with me though this struggle of a time.

Not a problem, it's what communities are meant for.