

Forum:[Hack Forums](#)

Thread: [What to do if i don't know who i am?](#)

Klout - December 26, 2017, 4:58 am

I'm 20 years old and i don't know who i am and what kind of person i want to become.

Had shitty childhood filled with depression and no love at all, i feel like i can't define myself and can't create my character and personality.

I don't like circles around me really that much so i don't really fit into anything here and don't hang out with too many people, it's all about doing drugs after their 9 to 5 jobs to them, no ambitions at all.

Have anyone felt like this?

explodinx - December 26, 2017, 5:30 am

ye im basically in the same boat as you. word for word, ive been trying to say something constructive to this but honestly i have no idea, could be the fact is 6 am and i havent slept, but i got no idea what kind of person i might be, ive tried getting myself out there and trying to hang out with friends and stuff and of course that sounds like fun to most, dont find a real reason to do so, i went through this thing a couple months ago where i closed myself completely off from society, lost my job and never left my house unless it was to buy food, got kicked out and moved in with my parents, met a girl who ended up killing herself and that made me even more lost (google Holden alberta train, you will find something on it) and now im just in this state of i have no idea what im doing anymore, im starting to kind of recover and hang out with friends, but hopefully when i find some more confidence in myself ill go out again with friends and try and fix my life, because right now im growing up to be something i dont want to be, even when i dont know who i want to be yet, this might be completely off topic than what you actually were trying to say but im way too frickin tired to even know, which means its time for me to go to bed

Klout - December 26, 2017, 6:01 am

(Dec 26, 2017 06:30 AM)explodinx Wrote: [\[CITE\]](#) ye im basically in the same boat as you. word for word, ive been trying to say something constructive to this but honestly i have no idea, could be the fact is 6 am and i havent slept, but i got no idea what kind of person i might be, ive tried getting myself out there and trying to hang out with friends and stuff and of course that sounds like fun to most, dont find a real reason to do so, i went through this thing a couple months ago where i closed myself completely off from society, lost my job and never left my house unless it was to buy food, got kicked out and moved in with my parents, met a girl who ended up killing herself and that made me even more lost (google Holden alberta train, you will find something on it) and now im just in this state of i have no idea what im doing anymore, im starting to kind of recover and hang out with friends, but hopefully when i find some more confidence in myself ill go out again with friends and try and fix my life, because right now im growing up to be something i dont want to be, even when i dont know who i want to be yet, this might be completely off topic than what you actually were trying to say but im way too frickin tired to even know, which means its time for me to go to bed Sorry to hear that, that is horrible man, i can't even imagine how it feels to lose someone like that, hope you get better.

I always felt like i was born on the wrong continent/in the wrong country. I just can't fit here and will probably start to travel often with a friend i got.

I feel no worth in myself and no love towards myself as a person or anyone else. I grew up with nobody teaching me how to express emotions and that weight is pulling me down now, that's why i lost my girlfriend actually, cause i'm a shitty person.

It's like life tied this giant piece of weight to my leg and threw me in the ocean to drown and i didn't do shit to anyone and i feel like i don't deserve this.

I never wanted to be this way and rn i'm completely lost and just want someone to tell me what to do.

explodinx - December 26, 2017, 6:07 am

(Dec 26, 2017 07:01 AM)Kai_ Wrote: [\[CITE\]](#) Sorry to hear that, that is horrible man, i can't even imagine how it feels to lose someone like that, hope you get better.

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I feel no worth in myself and no love towards myself as a person or anyone else. I grew up with nobody teaching me how to express emotions and that weight is pulling me down now, that's why i lost my girlfriend actually, cause i'm a shitty person.

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I never wanted to be this way and rn i'm completely lost and just want someone to tell me what to do.

when i get 25 posts ill be sure to dm you, because im going through the same shit right now, good to know theres someone else who knows what im going through

jammy47 - December 26, 2017, 6:09 am

Don't think about what you want to be for you will be exactly what you were chosen to be.

Vyxn - December 26, 2017, 6:16 am

Tips from a song:

Quote:If you don't have a purpose, why not create your own purpose?

Tat Tvam Asi - December 26, 2017, 6:49 am

[Video: https://youtu.be/9QIpxP_glO0]

[Video: <https://youtu.be/uAXracFwywE>]

FryPan - December 26, 2017, 6:53 am

Holy shit I can recognize myself so much with this.

In fact, I partly describe some of the things you're talking about HERE:

<https://hackforums.net/showthread.php?tid=5767579>

For some reason, I'm still looking for an answer online, even when I know the sole answer to all of these problems lies inside of ME. WE are the only ones that can change our lives around, but I guess we're scared of the change, and can't bring ourselves to do so.

Hopefully one day I will be truly happy, with happy people surrounding me.

(Dec 26, 2017 07:01 AM)Kai_ Wrote: [\[CITE\]](#) I always felt like i was born on the wrong continent/in the wrong country. I just can't fit here and will probably start to travel often with a friend i got.

Also, I always thought that I would be happier living in the UK.

This is not true at all. I spent 80% of my life wanting to move out and go to school in the UK and now I hate it here.

Just be careful man.

Klout - December 26, 2017, 1:13 pm

I feel like i'm wasting my time living, i'm 20 and never traveled anywhere, never had any real fun and friends, never had a good life.

I feel like i need to live but i just can't i'm stuck here in this bitch ass parents house, i'm just staring at myself in the mirror and asking why me, i didn't do anything wrong..

I can see it on my face that i'm just tired from stress and shit around me, all the toxic people that i need to live with and all the failures from my life.

I never invested any money into myself, like health or looks, everything i had i blew it on alcohol and weed with fake friends, plus my family is broke thanks god that i'm working as a freelancer and i don't have any clue how the hell i landed that job but i'm grateful asf for that even if it's a low paying job.

I have so many ambitions but i never focus on one thing, just jump from one to another just like that...

So random thread but i suck at life and i need help but don't know what to do, i just want to be a normal guy..

mdorame15 - December 28, 2017, 7:04 am

The thing is, you're not supposed to know who you are. You're just supposed to be doing what feels right in the moment and let those actions dictate who you're becoming. Don't force yourself to become someone you think you're supposed to be when in reality you can just live by whatever each moment makes you. There's not many people who knew who they "are" and kept that plan while living a happy life.

Professional27 - December 28, 2017, 7:14 am

You're ONLY 20 years old. There are still sex positions for you to figure out. Life is one hell of a long journey, or short.

The one advice I can give you is don't give up. That's the easiest thing to do and easy things won't really help you progress.

insideavat - December 28, 2017, 8:03 am

You should go through this:

<https://www.selfauthoring.com/>

[Video: <https://www.youtube.com/watch?v=qa9u5t3C0AI>]

Ninetales. - December 28, 2017, 8:12 am

bro, your 20s is all about trying to figure out who tf you are in society. give it time, find new hobbies. for me, i painted with a friend on a whim as just some random thing to do while we were bored getting stoned and i personally found it so soothing. you'll know when you hit a breakout point. you'll view life in a different perspective once again.

Wuduheck - December 28, 2017, 8:22 am

Stop all of these dramas and get the fuck yourself a gaming pc and lets play pubg

Nenechi - December 28, 2017, 8:59 am

(Dec 28, 2017 09:22 AM)Wuduheck Wrote: [\[CITE\]](#) Stop all of these dramas and get the fuck yourself a gaming pc and lets play pubg
ya for real
socialising on discord pubg servers are a blast
i'm antisocial as fuck irl

oscarzxyz - December 28, 2017, 10:02 am

it's time for you to get some help! I am here if u need anything ;)

Cifer7 - December 28, 2017, 2:33 pm

good you found that out with 20 years.
im still fighting.

?BowmanBot? - December 28, 2017, 3:30 pm

I have a couple of notes for you read through them, trust me it think you'll be able to understand yourself better.

A person is nothing but their memories, past events and future actions. But how does one decide what they are. "Do I fit in with this group? No. How about this one. No Ok maybe this one." It goes on and on and on. The best part about what makes you "you" is that you are different.

But what does make you "you"? That is a question many people have asked themselves time and time over again. Almost everyone, including myself, have felt this way at least once in their life. It is better to ask to now as it can make for a very troublesome mid-life crisis. So let's break it down.

Personality

Are you an optimist? Do you see the glass half full or half empty? How do you interact with people? Are you a fun person to be around? Are you adventurous? Are you a nervous person? Do you get high on life?

What makes your personality is thousands of different questions like these. Your personality is how you interact with the world around you. Some people how a great personality and some can be better. Knowing where you stand can allow yourself to improve your personality and become a better person overall.

Interests

Do you enjoy sports? Do you like woodworking? Do you enjoy being around people with the same overall mentality. Do you like to watch action movies, drama or comedy? Do you enjoy going for walks? Do you enjoy being around nature. Do you like video games.

If you find yourself with no interests you just have to be more adventurous, more outgoing. Just try something you never know if you like it or not until you try it. It sounds cheesy but your interests make you interesting, the less popular the better. It also allows you to communicate better. You will find people who share the same interests as you and they will usually have to same outlook on life as you.

Your Past and Memories

Even if your childhood and/or teenage years were shit that doesn't mean the rest of you life will be. Usually people with a lot of shitty experiences under their belt are better off in life as the little things

tend to bug them less. Having this kind of past also gives you a set of morals, ambitions and goals. If your father beat you, you will go out of your way to be an amazing father. If someone close to passed away you will know to hold the ones you love closer and treat them better. If your family had no money you will want to succeed in life to be able to give a better life for your children.

Morals

Morals is an essential part to what makes you "you". It ties in closely with your past as your past will dictate how you feel about different situations. Does a murder deserve to die or does he deserve to spend his life repenting. Is it right for children to die of hunger. Is it ok to take \$100 dollars out of a wallet that was left on the ground. Is it right to rob a store. What if he is trying to feed his family. You will realize not everything is black and white, morals will help you guide your way through the grey areas. Morals make you think about what is right and wrong and will dictate how you live your life.

Goals and Ambitions Your ambitions are what you strive for in life. Do you want to be successful? Do you want to be wealthy. Do you want to travel the world. Do you want get married and have kids. Do you want to have a lot of friends. Do you want to drive a nice car. Ambitions should be set on idealistic ideas rather than materialistic. If you want to drive that \$200 000 you need to have to money to be able to buy it without going into debt. Setting your ambition to be successful will allow you to buy any materialistic dream you want to achieve. Goals are how you achieve your ambitions. If you want to be successful you need to go to school and finish with a nice degree. You need to get a job. You need to work hard and you will get there. If you want a family you will need to be more social, meet some girls or guys. You will need to have enough money to be able to support them. If you want a lot of friends, you will need to talk to people who have similar interests.

Failures Failures should never be thought of as a reason to quit. With every failure comes an opportunity to learn from your mistakes. If you lose a job you need to understand why you lost and and either improve in that area or find something you are better at. Failures open your mind to what you can't do. Instead, think of what you can do with the knowledge of where you went wrong. Life is full of failures and there is not a single truly successful person that didn't fail at least a couple times. If a girl left you, you will want to understand where you went wrong and improve on whatever caused it to end. If you crash your car, go for driving lessons. Understand that failures are not a weakness. However, a weakness of failure is to spend too much time fretting over what doors have close. If you spend too much time you won't realize the new doors that have opened up for you.

To Re-Cap

Your personality, your interests, your past and memories, your morals, your ambitions and goals, as well as your failures all make up who you are. Knowing who you are allows you to improve yourself. Not knowing who you are allows you to take the time to figure it out. Find new interests, meet new people, get into situations that put you out of your box. Look into into different situations and figure out what your morals are. Figure out your ambitions and set your goals accordingly then take the correct steps to complete those goals. Look back on your failures and figure out where you can improve.

I really hope this helps. If you want to talk I am always reachable by PM or on discord. It took quite a while to write this so please take the time to understand what everything means and how you can implement the knowledge into your life.

Your Cherub,
~Bowman

Tat Tvam Asi - December 29, 2017, 7:15 am

(Dec 28, 2017 04:30 PM)?BowmanBot? Wrote: [\[CITE\]](#) I have a couple of notes for you read through them, trust me it think you'll be able to understand yourself better.

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The persona, for Swiss psychiatrist Carl Jung, was the social face the individual presented to the world—"a kind of mask, designed on the one hand to make a definite impression upon others, and on the other to conceal the true nature of the individual".

C. G. Jung, *Two Essays on Analytical Psychology* (London 1953) p. 190

Personality is, as you mention, conditional and changing according to multiple factors/variables. In other words, it cannot be who you are, because not only is it ever changing, you are also aware of it and all the changes it undergoes.

To make it clearer, personality is an object of perception. And just like any other object of perception, you know that you are not fundamentally what you are perceiving, because that which perceives it must underlie the very object of perception.

To adopt your sense of self from a fickle identity, like the persona, is to literally compromise the entirety of life and your experience hereof to a mere cartoon being played out in a 3D reality.

Surely, you can find a sense of fulfillment and gratification in going on the roller coaster of life and chasing your desires, but for how long? Especially considering that you may be ignorant to the fact of what you are not, and as such, what you are, makes for a life of great strife and suffering. Allow yourself to step out of the game every now and then, so you don't get too caught up in this fantasy of becoming someone and accomplishing what you focus your attention on.

?BowmanBot? - December 29, 2017, 7:47 am

(Dec 29, 2017 08:15 AM)Tat Tvam Asi Wrote: [\[CITE\]](#)

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I think you misunderstood what OP was going through and also misunderstood what my post was about. Yes one's self is not just factors are listed but they are used to found out who you are. If you feel like you stand for nothing, don't fit in and can't find joy it isn't about accomplishing something. It is much deeper than that.

LilRican - December 29, 2017, 1:05 pm

(Dec 26, 2017 05:58 AM)Kai_ Wrote: [\[CITE\]](#) I'm 20 years old and i don't know who i am and what kind of person i want to become.

Had shitty childhood filled with depression and no love at all, i feel like i can't define myself and can't create my character and personality.

I don't like circles around me really that much so i don't really fit into anything here and don't hang out with too many people, it's all about doing drugs after their 9 to 5 jobs to them, no ambitions at all.

Have anyone felt like this?

I feel you bro. I was a single parent raised kid growing up. I didn't know what to do with my life so i got in trouble alot. I got sentenced 3 years at 16 but ended up getting out early. When i got out i didnt wana be a loser. I was depressed af before getting sentenced and got a lil depressed when i got out cuz i didnt kno what to do with myself. Talk to someone you know thats older that's doing pretty well for themselves. Shit will eventually come its a phase alot of young dudes go though and thats real shit.

Klout - December 31, 2017, 9:14 am

New years coming soon, feeling FOMO as fuck

I wanted to ask my friend to go out for new years but in the meanwhile he got other plans with my other friend and i'm feeling left out asf

Gonna stay at home, 2017 was actually depressing for me, lost my girlfriend, still have no good friends, still feeling left out

Hello 2018!

BTW few of you who posted here like BowmanBot - thank you! You took time to write that down and i will actually try to make myself a better person off of your post, because i found out that i couldn't answer to some of your points in the text, i feel like i need to develop everything you noted there.

Stay strong to everyone who's down. Please enter 2018 by knowing you are not alone and that you are worth something too. Please stay safe.

Happy new year

?BowmanBot? - December 31, 2017, 10:19 am

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Stay strong to everyone who's down. Please enter 2018 by knowing you are not alone and that you are worth something too. Please stay safe.

Happy new year

Happy new year Kai_! Remember always learn, always progress, always improve.

Cheers mate!

FryPan - December 31, 2017, 10:20 am

You are so like me man.

Read some of my threads asking for help.

Good luck bro <3

machine911 - January 3, 2018, 4:01 am

Happy new year. bro!

I undersand you and at the age of 20 I was undecided what I'll do with my life.

Take a break, go to gym, make new friends and I hope you'll get better.

If you want, pm me and I hope to help you

Untold - January 3, 2018, 12:57 pm

We are very similar in many ways, OP. I too, have struggled with the apathetic lifestyle. I've lived the majority of my life feeling toxic towards everyone around me. This primarily can be related to my trauma I endured during my childhood. I've felt lost throughout my entire life, I've lost people I love due to my grievances. I believe us humans will never know who we are, or what we are doing. We

are not a constant, we are always changing and adapting.

But I do believe we need to find love within ourselves before we can go out and embrace everyone and everything else in the world. We have to embrace who we are as the first step. We have to find hope within ourselves, we can't live in this dark prolonged hole constantly trying to find the light. We have to find love for ourselves before we can love everything around us.

Wismec - January 3, 2018, 7:18 pm

Dude, let me tell you something. Like many others have said, life is a never ending process of learning who you are. I feel as if there's a lot of societal pressure these days to know who you are. There is a famous entrepreneur/motivational speaker named Gary Vaynerchuk, and many people in their 20s and early 30s go to him saying that they feel lost in life, and his advice to them is consistently the same: "You're not lost in life, you're just early in the process."

Now you have to understand that I seriously relate to you. I am an 18 year old kid who is battling drug addiction (Heroin to be specific). As of right now I am sober and somewhat happy, but it hasn't always been this way and negative feelings of worthlessness, self hatred, self doubt etc still come up. I've learned to realize that they will pass. Everything in existence is temporary except for change. This includes our feelings.

I also learned the lesson of "Feelings are real, not reality". What this means is that feelings are real! That is an undeniable fact, we experience them. The important part however is that they are not reality, meaning the way we feel doesn't dictate reality. I can feel like a piece of garbage for doing something I'm not proud of and later that day feel like a king for doing something that I AM proud of. The point is neither of those are real, and I exist somewhere between.

The one thing that I believe has gotten me to where I am today (Sober and happy, which is a miracle taking my past into account) is love for others. As corny and cliché as that sounds, it's real. I feel very good about myself at this very moment, and that's because I genuinely care about you and I'm trying to best to help you! I don't know what you look like, don't know what kind of music you listen to, don't know the way you talk, where you are from, and I care about you. Even towards those we resent the most, deep down we can find humanitarian love for them as we are all imperfect humans. We are all on this lifelong battle to figure out who we are.

Resentment, greed etc all separate us from this fact, that we are all the same. I know this was a mouthful but dude just realize, YOU ARE GOOD. You are twenty years old. You likely have 50 years or more ahead of you. Depression is a bitch I know, but things will not always be this way. I am very grateful for my mental illnesses (Drug addiction, anxiety, depression) because I learned how much caring about others matters because of them. I can relate to others on a deeper level because of the demons I've faced. You have this same gift! Perhaps you don't realize it, but it will surface more as you age. I only wish you the best buddy, I genuinely, really do; I hope you realize that.

Speed Test - January 4, 2018, 2:19 pm

Same boat friend. I really don't know what I want to become. Only time will say.

My biggest afraid is to become 30 years old because I know for sure I will look back and I will feel so sorry about I did not use my years when I was 17-24.

I am really feel bad for this.