

Forum:[Hack Forums](#)

Thread: [People don't like me for who I am.](#)

FryPan - December 28, 2017, 6:17 am

I've just realised after 1 year of having anxiety, that maybe I should let some anger out, and so after a few different fights with my parents... Complete calmness inside of my mind. I've snapped out of it, lol.

Fast forward a couple of days and I've been trying to remember who I was before this anxiety. Having this in my mind, I remember that absolutely no one likes me when I'm normal (not anxious) for some reason. Everyone ends up getting mad at me and I always snap (which I didn't when I was anxious) super easily at people annoying me.

I also read on a thread online that I shouldn't change who I am, but improve myself.

Thanks... ?

haunterr - December 29, 2017, 6:02 pm

(Dec 28, 2017 07:17 AM)FryPan Wrote: [\[CITE\]](#) I've just realised after 1 year of having anxiety, that maybe I should let some anger out, and so after a few different fights with my parents... Complete calmness inside of my mind. I've snapped out of it, lol.

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Have you tried seeking council?

e?erg1zer - December 30, 2017, 3:49 am

(Dec 30, 2017 04:26 AM)Sickness. Wrote: [\[CITE\]](#) You're correct, you need to improve yourself, but never change.

Clearly, he's attempting to wrap his head around it the concept of that - trying to understand how to go about doing that. You literally just reworded what he wrote.

(Dec 28, 2017 07:17 AM)FryPan Wrote: [\[CITE\]](#)

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Thanks... ?

OP,

1. If you are under the impression that no-one likes you, you just haven't met your group of friends yet - you'll get there, don't worry.
2. In regards to your inability to control your anger, have you attended any anger-management classes or tried meditating?
3. How can you truly "improve" yourself without changing who you are? The fact that you're reaching out for help means that you're (to at least some degree) a morally sound person, so to say you want to improve yourself sounds to me like you're trying to make yourself more likable. If this is something in relation to poor treatment of other people or anger-management, that's perfectly reasonable to work towards. However, if by improving yourself you mean an alteration of your personality, I say keep looking for new friends, rather than being someone you're not, simply for the sake of "satisfying" old ones.
4. Believe in yourself. You'll get there.

FryPan - December 30, 2017, 2:03 pm

(Dec 30, 2017 04:49 AM)e?erg1zer Wrote: [\[CITE\]](#) Clearly, he's attempting to wrap his head around it the concept of that - trying to understand how to go about doing that. You literally just reworded what he wrote.

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4. Believe in yourself. You'll get there.
That 3rd point was absolute quality.

I live with other people, but they dont like me at all and often try and pick fights and get a reaction out of me and so I decided to try and change my personality to fit their likes, in which they left me alone.

After being on holiday with my parents, I realised who I really was. Now I'm anxious to go back to the boarding school because they're gonna see the real me they didn't like.

Kind of sucks.