

Forum:[Hack Forums](#)

Thread: [Attempting to fix my life - Aspergers Syndrome - Advice and help is welcomed](#)

ProtoUltima - October 11, 2018, 9:12 am

Hello all,

This is a strange one for me and I'm using this chance as a first step towards what I am trying to achieve - control over my life once more.

I'm posting on here because I believe from receiving outsiders points of views and a point in the right direction, things might be easier for me to work out in my head and allow me to find focus into resolving my issues.

Currently, I'm unemployed, about to lose my house at the end of November, possibly slightly depressed, on medication for a physical illness I also have and extremely in debt.

I'm not looking for assistance with anything other than help in understanding my head and ways to tackle my problems. My biggest being my focus. I let problems take control of me because I cannot focus on getting them done. I'm trying to start scheduling my day as best as I can to have reminders of what needs to be done in front of me, so that's the first bit. But I'm also stuck with the following:

- Trying to find a way to make extra income to assist with my debts
- Finding the perfect career for myself, as I've let years go to waste
- Maintaining focus on my objectives, which seems to be extremely difficult
- Finding hobbies and interest to fill up my time with something productive
- Organising my life back to a point where it is in control

Because of my aspergers, these simple tasks are a lot harder for me and it's making my life very difficult.

I've been in a bad mental state over the past few months as I have realised I let so much of my potential slip away and my life is in dire need of help right now.

If anyone is able to help me and discuss things further and give me a bit of a push to take control of my life again, I'd appreciate it more than ever.

It will take time, but I'm in need of someone willing to give me a helping hand.

I've not got much left and with a bit of help I can change my life around before it's too late.

xxxlightyear - October 11, 2018, 10:19 am

PM me, I can help get you organized.

ProtoUltima - October 12, 2018, 2:38 am

Thank you for your response xxx.

If there is anyone else who may be able to assist, please let me know!

Voltaire - October 13, 2018, 7:51 pm

Hey there Xartan, I understand what you are going through. My older brother has extreme aspergers, and I have studied his behavior/ actions for a very long time, as I find them very interesting. As you do have aspergers, I would like to ask what your passion is? For example, my brother is barely passing English, but has 98 in calculus, and is a very popular EDM artist on SoundCloud with over 700,000 plays in total. For a while, he had no passion, or goal. You need to find that. Find that passion, and exploit it. Make money out of it if you can. What sort of skills do you have? How can you improve your life? Ask yourself these questions, and figure out where you want to go in life.

Good luck OP!

Prince™ - October 13, 2018, 10:26 pm

May god bless you with what you're thriving for.

Good luck buddy.

ProtoUltima - December 16, 2018, 4:36 pm

Hello again all,

Unfortunately as mentioned in my first post, I ended up losing the house, however I now have access to a working computer again.

I'm still after a bit of help from anyone who may be able to talk me through a few things/who can help point me in the right direction.

I appreciate all responses on this thread.

SandboxEscaper - December 16, 2018, 4:44 pm

Exercise helps for me :(Sorry things are difficult. Know the feeling, it all sounds very familiar. Hope you get some support.

ririki - December 16, 2018, 5:02 pm

Sorry to hear that, best advice for me - find a way how to get out of debts asap and DO NOT make more debts, IF you DO NOT have to purchase that, DON'T.

I'm not so sure how's your asperger hard but just try to start work with people that doesn't know you.

I believe people with asperger syndrome are smart in many things, FIND a THING you are GOOD AT.

ProtoUltima - December 17, 2018, 4:02 pm

I've been trying for quite some time to find something I'd say I'm good at.

I guess it's just going to be a bit hit and miss until I do!

Louis - December 17, 2018, 4:10 pm

Hey, i have aspergers to i would love to help you out. PM me so i can help you more specifically!

Flexibility - December 17, 2018, 10:03 pm

Brother, i dont know how to support you.

But i can tell you only that i believe in you and you have all my support to make it out of that shit!

Times will be better

ProtoUltima - January 12, 2019, 6:45 pm

Hello to all who may still be interested in this.

I'd just like to let you all know I'm progressing well. Today I've set up an official UK company called Celestious as you can see by the name I have changed to on here.

I'm going to be operating a few services on HF under this name, however the aim is to create a successful store online for me to manage and eventually branch off of.

If anyone has any advice, please let me know

ProtoUltima - January 14, 2019, 9:52 pm

I'm still looking to see if anyone could help me out.

I now own a nice Laptop which I can use to my advantage and I have a lot of spare time.

If anyone can point me in the right direction, I'd appreciate it.

Suggestion - January 15, 2019, 12:30 pm

Don't know what advice to really give you other than perhaps start working out as it will help you feel better. Whatever you choose to do though I wish you all the best.

Teddybear2018 - January 15, 2019, 1:02 pm

sorry whatever you re going through, Ill keep you in my prayers, all the best mate

ProtoUltima - January 15, 2019, 1:39 pm

I've started attempting the working out but what I really need now is someone to point me in the right direction to start earning online, if anyone can help with this, this is where I'll start making my lifeback

MateXXs - January 17, 2019, 12:26 pm

Lending is harmful. Use as much money as you have.

ProtoUltima - April 19, 2019, 2:12 pm

Thought I would give an update on this.

I've taken control somewhat. I start a new job on the 1st May which is going to be paying a fair amount.

Secondly to this, I have my own place again with some nice things in it and my finances seem to be more sorted.

I'm still looking for assistance in finding a way to make some extra money online, which if anyone can assist, I'd be extremely happy.

Many thanks,

Storm

?rescent - April 19, 2019, 2:56 pm

(Apr 19, 2019 02:12 PM)Stormstrix Wrote: [\[CITE\]](#) Thought I would give an update on this.

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amount.

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I'm still looking for assistance in finding a way to make some extra money online, which if anyone can assist, I'd be extremely happy.

Many thanks,

Storm

Congrats man, hard work pays off.

ProtoUltima - April 22, 2019, 1:38 pm

(Apr 19, 2019 02:56 PM)?rescent Wrote: [\[CITE\]](#) Congrats man, hard work pays off.

Thank you my dude!

I'm trying so hard to be financially straight this year and learn a few talents or skills which can help me achieve this.

I'm looking into little methods which can make \$30-\$50 extra a week because even at this time it will just be extra income I can use to multiply.

I am very thankful for everyone who has read and replied on this thread, any help or advice is duly noted

ProtoUltima - April 29, 2019, 3:24 pm

Just a little update - I'm still trying to find a way to make a little extra on the side and some people have been really helpful and pointed me in the right direction. All I'm trying to do now is find the one thing for me which may assist.

If anyone has any pointers, please let me know!

Sceptic - April 29, 2019, 4:23 pm

i'm sorry to hear about your struggles brother, it will all get better for you though, I believe in you

ProtoUltima - April 30, 2019, 3:48 pm

(Apr 29, 2019 04:23 PM)Earl Wrote: [\[CITE\]](#) i'm sorry to hear about your struggles brother, it will all get better for you though, I believe in you

Thank you for your kind words. I'm hoping things will gradually continue to get better but it's all down to me now to find a suitable way to make a bit of extra income online. Everything else in my life seems to be sorted out

Bluffer - April 30, 2019, 4:05 pm

Aspies are all over this forum. I am one of them.

I encourage you to change your mindset as far as money is concerned by reading Rich Dad Poor Dad. It may help you with your financial troubles since you wish to make money online.

Sceptic - April 30, 2019, 4:56 pm

(Apr 30, 2019 03:48 PM)Stormstrix Wrote: [\[CITE\]](#) Thank you for your kind words. I'm hoping things will gradually continue to get better but it's all down to me now to find a suitable way to make a bit of extra income online. Everything else in my life seems to be sorted out

No problem! What would you consider the major limitations of Aspergers to be?

Psychedelic. - May 3, 2019, 3:59 am

Find what you like doing, and do it. You will be happy.

ProtoUltima - May 5, 2019, 6:49 am

(Apr 30, 2019 04:56 PM)Earl Wrote: [\[CITE\]](#) No problem! What would you consider the major limitations of Aspergers to be?

I'd consider them to be lack of focus;

My head can stay focused on one thing for a short amount of time, before my head state switches and I start questioning other things.

I'm also finding it extremely hard to find motivation and break out of daily habits, which tends to be a common problem with Aspergers, hence why I'm trying to find a routine to schedule myself.

Any advice in these areas will be welcome to.

ProtoUltima - September 13, 2019, 5:32 am

I'm kicking this thread back off as it's still relevant, I've just got back into the swing of things again but needing some extra help

duck - September 13, 2019, 6:10 am

(Sep 13, 2019 05:32 AM)Stormstrix Wrote: [\[CITE\]](#) I'm kicking this thread back off as it's still relevant, I've just got back into the swing of things again but needing some extra help

hi buddy, what do you mean exactly by back into swing of things

I hope you can get out of it and work on yourself, it's about to be weekend, try to chill, clean your mind, think about things positively.

I'm autistic too, not that serve I guess but I'm good at hiding it, I would say, (yes i still do some things like i prefer to look on the ground and avoid eyes as much as possible but I can do straight eye contact if needed...

If I go into some company or school, I just appear to be normal.

I hate when someone would find out that I'm autistic and in the moment I would stop going there, stop talking to the people because I think they just no longer will take me serious.

if you wanna talk about it, you can pm me.
that'd be interesting.

really not sure if hiding it is a good idea but for me definitely is, i'm able to control my emotions, feelings and things I do or say to certain level.
but for me it is.

ProtoUltima - December 28, 2019, 1:00 pm

Hello guys,

If anyone is able to help me - I am currently trying to create and find a way to make it easier for me to get into routine.

I have just started meditation but need that final bit of help to conquer myself

