

Forum:[Hack Forums](#)

Thread: [How do you cope with knowing you will die someday?](#)

dawid17 - July 6, 2019, 11:30 am

This thing recently came to my mind and I got so depressed, feeling that everything has no point and even if I won lottery I wouldn't be happy because I would die one day anyways.

Have you ever felt like that?

J FX - July 6, 2019, 11:49 am

I felt like that at one point, also thought about my mom dying and all this and that but I told myself to not think about it and don't let it bug me because that's many many many years away and I don't have anything to worry about for quite a long time.

And about how we will die one day, you just gotta say fuck it man. Gotta live life the fullest and can't let these kinds of things get to you and bring you down

Gooked - July 6, 2019, 11:53 am

(Jul 6, 2019 11:49 AM)J FX Wrote: [\[CITE\]](#) I felt like that at one point, also thought about my mom dying and all this and that but I told myself to not think about it and don't let it bug me because that's many many many years away and I don't have anything to worry about for quite a long time.

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When I was younger, dying was always on the back on my mind and would really worry me. Now I've grown up and have had loved ones come and go, you just see the reality of things. Hopefully there's a long time between now and the end of my life and that's all I can hope for. As for me losing my mother is a completely different thing, she's still pretty young and very active/healthy for her age so I have that to keep any worry off my mind.

Caliban - July 9, 2019, 6:57 am

Why cope? I don't want to live forever

urns - July 9, 2019, 8:34 am

I don't want to live forever. Death doesn't scare me that much tbh

Ivex - July 9, 2019, 8:36 am

You'll worry more about death in the future if you let worrying about death limit your happiness / what you do right now.

sleek - July 9, 2019, 8:38 am

im not afraid of dying, i just fear dying young before achieving my goals

?ndrew - July 9, 2019, 8:41 am

It's not something I tend to think about lol

TheBloofyBullshark - July 9, 2019, 12:08 pm

Did 6 years in the Infantry in a unit with relatively high OPTEMPO - risk of serious injury/death from deployments/training were higher than that of someone who sits at a desk all day, especially at the

time I was in (troop surge). I found that the best way to cope with the idea that I'll die one day is to just focus on enjoying my life each day. When I'm going to die, I'm going to die. I can't fight it. Might as well not worry about it and just enjoy the time that I do have. That's something I have complete control over. My folks are in their 70s and my dad has some pretty iffy health issues, but he lives life the same way. Basically if you worry about when it'll be your time to go, you'll limit your experiences and/or not enjoy them to the fullest.

?ystem - July 10, 2019, 10:27 pm

It's simple, you don't.

Or at least that's the best I can offer at this time in my life. My Mother had me and my siblings know this material(The world is cut-throat, to always work hard, trust very few to no one, people will let you down/betray you, friends change over time, you will get your heart broken, she, me and everyone will die, etc). But she also let us absorb these facts while also guiding us to look on the bright side. That we cannot let these little facts of life get us down or to think life is pointless. That although we may pass on, our memories and stories of who we are will transcend beyond our physical life by living on within the hearts and minds of those who's lives we touched upon. It's up to you what people will remember of you. That's a form of immortality in my eyes, whether temporary or permanent.

I'm not saying for you to go out and dry-hump a national treasure or anything, that's just rude and not the point. But it's up to you what kind of person you truly are and how you choose to live it. You do you, bud. If you're lucky enough, maybe someone down the road will name their child after you. Of course every child ask where their name came from and that's when your story gets told by another person beyond yourself.

The fact of the matter is that you can't allow this little fact of life to get you down or to interfere with embracing and loving this precious gift that's been given to you, my friend. Get out there and remember to enjoy your life with everyone you know, spread the joy around and remember to help those whom feel lost by these unfortunate facts of life.

Khasper - July 11, 2019, 12:51 am

Just don't be afraid of death, enjoy the blessing of life and live every day to its fullest.

icrackaboy - July 11, 2019, 3:54 pm

I used to be scared of dying and thought everything was pointless, until i asked myself, "what did I feel before I was born?" I felt nothing. And that feeling of nothing was peaceful. If it ends up being an eternal blackout, then it will be very peaceful and I do not fear it. I personally believe that we all get sent back out to the universe, and our energy gets dissipated throughout it all, and we become part of everything. And our consciousness goes into another place that we can't even fathom or imagine up, entirely new entities maybe. Life is a journey, and we should make every day the best we can make it, because life is worth it. It's worth being happy, it's worth trying. Don't let it get you down. Because at the end of the day, if it's a peaceful eternal blackout, or an entire new journey, we can not escape it, so instead we need to embrace it with open arms. Just keep on doing what makes you happy, because before you know it, you'll be at the door waiting to see what lies beyond. Stay positive man (:

Yin Yang - July 11, 2019, 4:27 pm

Can't change the inevitable, live your life to the fullest.

Swip3r - July 11, 2019, 4:30 pm

Makes life way more exciting IMO.

hyperionthegod - July 11, 2019, 4:36 pm

I always see 2 types of old people. The happy ones and the sad and harsh ones. The sad ones are usually the ones that are afraid of death because they have lots of regrets while the happy ones just live in the moment and enjoy everything life has/had to offer without any regrets.