

Forum:[Hack Forums](#)

Thread: [I don't know what to do with my attitude.](#)

mitagatasl1998 - September 2, 2019, 6:09 am

I don't know, do you ever felt like this...I am living like there is nothing good and I am really really de-motivated for everything...Feeling like, I don't have what to live for, feeling useless..Nothing can makes me happy.

Pawnhub - September 2, 2019, 6:11 am

Start doing things man you need to start feeling accomplished maybe find a hobby or do work that you'd enjoy.

Prawnster - September 2, 2019, 6:11 am

what do you do in a normal day?

Like wake up, sit in doors all day or what?

Zan - September 2, 2019, 6:21 am

Meeting friends, hobby and going to gym might help you. If that has continued for a long time you should go to doctor, you might have some kind of depression.

mitagatasl1998 - September 2, 2019, 6:41 am

I breakd up with my GF 1-2 weeks ago and am hanging out with friends doing things but, I am a little bit fake...Acting like I am happy but I am not..I am working from 9 to 18:00.Idk it's really shitty situation and maybe you can't give me the exact advise but I am just broke emotionally...

Crimin4L - September 2, 2019, 6:52 am

(Sep 2, 2019 06:09 AM)mitagatasl1998 Wrote: [\[CITE\]](#) I don't know, do you ever felt like this...I am living like there is nothing good and I am really really de-motivated for everything...Feeling like, I don't have what to live for, feeling useless..Nothing can makes me happy.

I feel you OP I really do, Just find your dream and pursue it! I promise that will help :)

PrinceOfTruth - September 2, 2019, 7:05 am

Study scripture and find God. Follow Jesus Christ. Change your life to live selflessly rather than selfishly, and overcome the flesh with spirit. This is a spiritual battle my friend.

My experience is living selflessly takes away all unhappiness. Proverb: he who gives receives.

(Sep 2, 2019 06:41 AM)mitagatasl1998 Wrote: [\[CITE\]](#) I breakd up with my GF 1-2 weeks ago and am hanging out with friends doing things but, I am a little bit fake...Acting like I am happy but I am not..I am working from 9 to 18:00.Idk it's really shitty situation and maybe you can't give me the exact advise but I am just broke emotionally...

I just gave you the exact answer pal

SoulZeh - September 2, 2019, 7:07 am

Like many people have said find a decent hobby, even if it's gaming/programming something that will keep your mind off thinking about your ex.

I'm sure you'll have a burst of motivation eventually, all takes time my dude.

Blogger - September 9, 2019, 2:01 am

I've been feeling very negative myself. For me, my family is the source. I have them on social media and spend a lot of time on social media. Not going on Facebook really lifted my spirits. Also, getting tf out of my room/house really helps. My gf is a big help as well. Just having someone to talk to is very helpful.

Krepto - September 9, 2019, 2:28 am

I completely understand where you're coming from I do, but as others have said. You need to find yourself something you enjoy. Once you do that, you'll just branch off onto new things. Worked for me.

Fortunate - September 9, 2019, 8:05 am

Are you doing any drugs? When I used to smoke I found myself de-motivated and lazy, as soon as I quit I got a job and motivation to do things again. Try to change up your game a little, mess with your head.

Vyrkfrir - September 9, 2019, 8:12 am

What do you do with your time, do you consume substances (weed, alcohol, w/e) in any of your spare time, and are you actively doing nothing about said situation and just seething about it?

That makes 2 of us. Reapprach the way you interact in situations with people (even if it's like acting), control the drug, don't let it consume you, and finally, don't sit in the same spot staring at the same screen and expect things to change. It never does. It just gets lonely. Get out there.

Deany - September 9, 2019, 8:12 am

More like your attitude doesn't know what to do with you amirite