

# Forum:[Hack Forums](#)

Thread: [Literally in a verge of a Nervous Breakdown.](#)

**Pink Floyd** - July 2, 2020, 5:34 pm

Maybe I had bigger expectations from my own self which I am not being able to achieve, I am starting to literally see no reason and meaning into things I am doing right now in my life.

Every passing minute seems moving more & more towards failure, uncertainty.

**Artisan** - July 2, 2020, 5:38 pm

Everyone goes through a phase bro. This'll pass for sure. Call up your friends and family, spend some time with them, do whatever you enjoy doing and keep your mind off of the saddening stuff. This will make the passing of this phase easy peasy.

**Method** - July 2, 2020, 5:45 pm

going to assume you're young, it'll pass just focus on one thing for now instead of everything.

**Connected** - July 2, 2020, 6:49 pm

Hey man, you got Discord bro? I'm always down to help a brother out <3

EDIT: Just looked at your user title

**Level** - July 2, 2020, 6:53 pm

I used to feel the same way, in those times of confusion I'd remember the quote "Sometimes we are made uncomfortable or else we never would have moved" meaning, use this state of mind to delve introspectively and start figuring out what your real identity is and your deepest desires - then execute on them. Nonetheless, you'll be fine, everything has a way of working out.

**James Burnham** - July 2, 2020, 6:55 pm

Keep track of your experiments. Try to have a very open mind, errors are not obvious.

**ronnypacker** - July 3, 2020, 11:34 am

Whats going on homie? you should post on here what's troubling you.

**LORE** - July 3, 2020, 11:44 am

I felt like that too with my life. First-year I didn't work as hard as I should have at Uni and got decent grades, but not grades that reflect who I am and what I'm capable of. I just told myself the only way I'll change is to dedicate more time and effort into it next year. I'm going to completely cut out games in my life, I'm gonna spend less time drinking, smoking and going out and dedicate that time to my studies.

**Manks** - July 3, 2020, 11:46 am

(Jul 2, 2020 05:34 PM)Pink Floyd Wrote: [\[CITE\]](#) Maybe I had bigger expectations from my own self which I am not being able to achieve, I am starting to literally see no reason and meaning into things I am doing right now in my life.

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One opportunity may be closed, but trust me brother another will appear. Just be open to the ideas it might be different from what you expect!

Stay safe mate!

**hayesh** - July 3, 2020, 11:59 am

(Jul 2, 2020 05:34 PM)Pink Floyd Wrote: [\[CITE\]](#) Maybe I had bigger expectations from my own self which I am not being able to achieve, I am starting to literally see no reason and meaning into things I am doing right now in my life.

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Take a media fast. Dont watch any news for a few weeks until your state of mind improves

**Hackt00lz** - July 3, 2020, 12:08 pm

(Jul 2, 2020 05:34 PM)Pink Floyd Wrote: [\[CITE\]](#) Maybe I had bigger expectations from my own self which I am not being able to achieve, I am starting to literally see no reason and meaning into things I am doing right now in my life.

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Stay positive and remain focus, whatever you are passing through will definitely come to an end and a new beginning will emerge....just keep the hope high bro.....

**Pawnhub** - July 3, 2020, 4:28 pm

You're already on your way to success.  
Once you hit rock bottom there's nothing left but climbing up. You may be completely sick of life, how you feel about your accomplishments but enjoy what makes you happy in the mean time and you'll push yourself for better.

Just remember never give up, only look for things to improve.

**Vibe** - July 3, 2020, 4:31 pm

Some days I am feeling this more then others.  
But success shouldn't be something you base of achieving your goals, as long as you're working hard towards what you want in life you should feel like you're accomplishing something.  
Even the slight progress can keep you motivated!

**LoveOverFear** - July 3, 2020, 5:09 pm

Just find something you love and or are passionate about and go for it.

It's based on plans and ideas being achieved.

Start small then aim high, that's what works.