

## Forum:[Hack Forums](#)

Thread: [Does anyone here deal with Severe Trauma/PTSD?](#)

**HEISENPUG** - October 8, 2020, 8:20 am

I struggle daily with this having had AML Leukemia and Schizoaffective disorder. I find it hard to find anyone to talk to being as nobody can relate to what I've seen and been through. I used to use drugs a lot to try to cope but quit as they bring back flashbacks of when I was getting treated in the hospital for my cancer. I have no friends and always have suicidal thoughts daily. I just want to get better but don't believe I ever will.

**Charybdis** - October 8, 2020, 9:53 am

I'm sure you will get better. Have you ever considered a therapist?

**Mr. Atlas** - October 8, 2020, 1:06 pm

(Oct 8, 2020 08:20 AM)HEISENPUG Wrote: [\[CITE\]](#) I struggle daily with this having had AML Leukemia and Schizoaffective disorder. I find it hard to find anyone to talk to being as nobody can relate to what I've seen and been through. I used to use drugs a lot to try to cope but quit as they bring back flashbacks of when I was getting treated in the hospital for my cancer. I have no friends and always have suicidal thoughts daily. I just want to get better but don't believe I ever will.

man I hope you find something to make your heart beat one day a project in which all your energies will be used

for the "problem" of friends?

I pissed off all my friends when I quit smoking cannabis

Why did I do this?

Quite simply because friends are there to help you grow, learn, and move forward in life normally. It doesn't work that way with drug addicts

(Yes, cannabis is a real drug)

I haven't had a real `` friend " in years and I'm doing great  
it does not matter

find a life goal  
against boredom

Sport is really underestimated when it comes to solving problems  
I think it's probably the best way to solve any problem

Good luck, man

**Lorem Ipsum** - October 8, 2020, 1:13 pm

Yes. But one big problem you already have is comparing yourself to others.

Nobody saw what you seen in life, and visa versa. Not just the 'bad things', but everything we see

are interpreted in a different way, even if we would all look at the same things.

You can recover from your PTSD, not easily, nor do I say you'll become the person you were before.

You do can learn how to live with it, or in such way dealing with it that it won't affect your life on a daily basis.

**HEISENPUG** - October 9, 2020, 9:29 am

(Oct 8, 2020 09:53 AM)Charybdis Wrote: [\[CITE\]](#) I'm sure you will get better. Have you ever considered a therapist?

Yeah i see a therapist every month but to be honest i dont really think it helps.

**Black Whale** - October 9, 2020, 11:31 am

(Oct 8, 2020 08:20 AM)HEISENPUG Wrote: [\[CITE\]](#) I struggle daily with this having had AML Leukemia and Schizoaffective disorder. I find it had to find anyone to talk to being as nobody can relate to what I've seen and been through. I used to use drugs alot to try to cope but quit as they bring back flashbacks of when i was getting treated in the hospital for my cancer. I have no friends and always have suicidal thoughts daily. I just want to get better but don't believe i ever will.

Yeah I have PTSD like crazy. Try smoking weed and not other drugs bro. Those just heighten it.

**Hitler** - October 9, 2020, 2:22 pm

No, I don't suffer from PTSD thankfully.

However, I do suffer from having a PhD.

Pretty huge dick.

**Robotsapian** - October 9, 2020, 2:29 pm

(Oct 8, 2020 01:06 PM)Mr. Atlas Wrote: [\[CITE\]](#) man i hope you find something to make your heart beat one day a project in which all your energies will be used

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Good luck, man  
Me and my friends quit cannabis

now we only smoke CBD and just cigarretes thats all

yeah real friends are there to help you!

**NODOX** - October 9, 2020, 10:13 pm

Lots of CBD.. You dont have to get "stoned" and get the positive effects from Cannabis anymore.

**Wheezy Gang** - October 9, 2020, 11:05 pm

No but I do suffer from depression. I personally think it started when I was into drugs witnessed and did a lot of messed up things, was depressed while on the drugs been sober for almost 2 years just went to the doctor few months ago got diagnosed got on anti depressants. I can relate to the struggle of mental illnesses buddy, they're a bitch, and the hardest part is trying to explain your struggle to someone who can't relate

**Shiny Diamond** - October 10, 2020, 3:34 am

(Oct 8, 2020 08:20 AM)HEISENPUG Wrote: [\[CITE\]](#) I struggle daily with this having had AML Leukemia and Schizoaffective disorder. I find it had to find anyone to talk to being as nobody can relate to what I've seen and been through. I used to use drugs alot to try to cope but quit as they bring back flashbacks of when i was getting treated in the hospital for my cancer. I have no friends and always have suicidal thoughts daily. I just want to get better but don't believe i ever will. Visit a specialist who can give you a proper medical treatment. I wish you all the best

**Hero0o0** - October 11, 2020, 5:32 am

Share the techniques the therapist tells you to do maybe there are outdated?

If you want, I can be your therapist and help you.

I always studied myself and how the mind works since I was young and can give better tips than a therapist.