

Forum:[Hack Forums](#)

Thread: [Major Depressive Disorder](#)

Mank - October 8, 2020, 5:43 pm

I've had MDD (Major Depressive Disorder) all my life. I don't know why, I think about that everyday. I have it really good compared to a lot of people. Things that should excite me just don't. I don't feel happiness, I think about suicide everyday but I have self control, I have never acted out or tried to commit suicide. I've tried to help myself by getting help. The medication helps a lot tbh, therapy I never found that helped as I don't like to talk about my feelings, but when I was diagnosed it didn't really change my life or anything. I didn't use it as an excuse to not do things, or to not do work etc. I push through it and it is something I have accepted and I will probably have to live with it for the rest of my life. I don't seek attention because of it, hell I've only ever told my parents and my girlfriend. I feel more comfortable talking about it online though. A lot of people are actually depressed but a lot of people use it as an excuse for attention or just because they're feeling low they assume. Also this post may seem ironic as I stated I don't look for attention but that's not what this is for. I simply want to know other peoples stories and methods they use. it interests me and could benefit me or others.

OnePiece - October 9, 2020, 1:28 am

Hello, it's good that you're sharing your experience as it may benefit others. When I was in high school, I was depressed and tried to commit suicide. I was about to take the easy way out, but then I found out it was the wrong thing to do. You have to face your problems head-on, and if you can't change it, learn to live with the card you've been dealt with. Make use of it as your polishing stone to be a better person.

Goku - October 9, 2020, 1:58 am

Humans require attention

It's not wrong to share your thoughts.

Of course you shouldn't do that with strangers or with a lot of people in general.

Try sharing your thoughts with people close, like family and good friends (even if you don't talk much to them , they still understand you).

But in the end. It's all you. So your first step to improve this situation is to do something in your life that makes your soul happy. What makes your soul happy? Talking with people? Gaming? Any hobbies? Like photographing, drawing, coding, building shit with wood for example.

Hobbies are important btw. Makes it easier to connect with people, which can spark relationships and friendships.

OnePiece - October 9, 2020, 2:09 am

(Oct 9, 2020 01:58 AM)Goku Wrote: [\[CITE\]](#) Humans require attention

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Yes, this is very important in getting over depression. I've developed a hobby which is reading books at that time. Also, I opened up to my parents about it when I was ready. They were the cause of my depression, so I decided to face them.

Actually, it's easier to talk to people you don't know at all about your scars. I've been there, and I find it easier to talk about my depression to people who don't know me. It was because of the fear of being judged by the people close to me. They don't understand depression and how it affected my life at that time.

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That's very good actually.

I never opened up to my parents, but they know.

They are also the cause, but not the only one.

That's true. I have the same fear.

The ugly truth is that we both need a gf.

Someone with who we can talk about such things.

But I hate the thought of that since it could ruin relationship.

Like you know, people say they don't like a girl who are to emotional, well, we are that girl. But guys version lmao

OnePiece - October 9, 2020, 2:53 am

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Then you really need to find a gf you can really trust. I can rely on my partner, and I can tell her everything. She knows all my secrets and my emotional baggage, and she accepted all of it. But it won't be easy opening to a person you love, but you need to do it to make the relationship work.