

Forum:[Hack Forums](#)

Thread: [Depression after a night of drinking/going out](#)

FinanceMan901 - November 10, 2021, 3:02 pm

Anyone else get like this? Some mornings I actually feel good since of how good the night goes by most the time I'm real depressed and embarrassed by the night before even if I did nothing embarrassing. I just feel ashamed. Anyone else get like this? Also it's 100000x worse when I do cocaine.

Livewire - November 10, 2021, 10:02 pm

It's normal. Your brain is recovering and all your happy chemicals you traded last night are replenishing.

Hence why it's way worse on cocaine.

Vibe - November 10, 2021, 10:21 pm

More common then you think, specifically thinking you embarrassed your self, or you were to annoying, to this to that. You'll spend the whole day after pondering this, possibly worse then the head ache and physical effects

Livewire - November 10, 2021, 10:23 pm

(Nov 10, 2021 11:21 PM)Vibe Wrote: [\[CITE\]](#) More common then you think, specifically thinking you embarrassed your self, or you were to annoying, to this to that. You'll spend the whole day after pondering this, possibly worse then the head ache and physical effects

Agreed. You'll feel down for most of the day, but you'll bounce back soon.

NurSpec - November 10, 2021, 10:52 pm

Always lol. You get so excited and hyped up for the event/party, then you're high as fuck and happy. Whatever goes up, must come down.

Livewire - November 10, 2021, 11:02 pm

(Nov 10, 2021 11:52 PM)NurSpec Wrote: [\[CITE\]](#) Always lol. You get so excited and hyped up for the event/party, then you're high as fugg and happy. Whatever goes up, must come down.

Law of entropy or something like that. ? lmao

L1l DuRk - November 11, 2021, 12:49 am

law of gravity, in between don't do drugs!!!

Kittenz4life - November 17, 2021, 6:07 am

Alcohol is a downer. A Depressant.

K1. - November 17, 2021, 6:24 am

I think that's just the result of your body and brain recovering from being nailed by uppers and downers

Drink is naturally depressing and Coke runs up your dopamine so by the next day your probably expected to be a bit lower than average

strol - November 17, 2021, 6:52 am

Stop flooding yourself with simulated serotonin and dopamine and let yourself earn some happiness from completing tasks that you set for yourself.

Be very cautious as the position you are in right now is an extremely vulnerable one. You can get out of this.

Orb - November 17, 2021, 7:09 am

I think this is pretty common. Especially after doing coke, pretty normal to feel like shit when coming down. Your body and mind have to repair from all the toxic shit you put them through.

SIM-5110848 - November 17, 2021, 10:28 am

(Nov 10, 2021 04:02 PM)FinanceMan901 Wrote: [\[CITE\]](#) Anyone else get like this? Some mornings I actually feel good since of how good the night goes by most the time I'm real depressed and embarrassed by the night before even if I did nothing embarrassing. I just feel ashamed. Anyone else get like this? Also it's 100000x worse when I do cocaine.

lay off the coke and do more of the weed.

Nate - November 17, 2021, 11:18 am

I know its common with Ecstasy, its because your body releases to much dopamine... So i would assume its the same thing but at a lesser scale with alcohol. Fortunately with me my body processes alcohol super fast, I don't have hang overs.. But i get red, and have a harder time breathing when I'm drinking...So I usually just smoke marijuana, and have like 1-2 beers, or seltizer drinks.

Monero-chan - November 17, 2021, 11:23 am

lay off the coke man, do something less hardcore and doesn't fuck you up as much such as weed.

LOUD - November 17, 2021, 11:31 am

(Nov 10, 2021 11:52 PM)NurSpec Wrote: [\[CITE\]](#) Always lol. You get so excited and hyped up for the event/party, then you're high as fugg and happy. Whatever goes up, must come down.

Nailed it. I love getting up but that crash be hitting hard the next day...

?OMEGA? - November 17, 2021, 7:02 pm

Especially if your doing cocain, And the embarrassement is coming from talking too much shit when your all cracked up

Lrrr - November 17, 2021, 7:12 pm

(Nov 17, 2021 08:02 PM)_OMEGA_ Wrote: [\[CITE\]](#) Especially if your doing cocain, And the embarrassement is coming from talking too much shit when your all cracked up
you had me at cocaine... The problem with that shit is for me, drinking is a trigger. As soon as I start drinking I want to blow some coke. Make sure not to be drunk and type that sentence

?OMEGA? - November 17, 2021, 7:14 pm

(Nov 17, 2021 08:12 PM)Lrrr Wrote: [\[CITE\]](#) you had me at cocaine... The problem with that shit is for me, drinking is a trigger. As soon as I start drinking I want to blow some coke. Make sure not to be drunk and type that sentence

Well i can't really drink without it. Neither do i want to.

Nostre - November 17, 2021, 9:04 pm

This is why I stopped drinking, at least one of the reasons. The night after is usually filled with regrets and a depressive state. It takes me a couple of days to recover.

FinanceMan901 - November 17, 2021, 9:10 pm

(Nov 17, 2021 08:02 PM)_OMEGA_ Wrote: [\[CITE\]](#) Especially if your doing cocain, And the embarrassement is coming from talking too much shit when your all cracked up exactly. it's usually from just talking way too much and being overly confident and saying stuff you wouldn't want to while sober.

(Nov 17, 2021 08:12 PM)Lrrr Wrote: [\[CITE\]](#) you had me at cocaine... The problem with that shit is for me, drinking is a trigger. As soon as I start drinking I want to blow some coke. Make sure not to be drunk and type that sentence

Same with me. whenever I get drunk I want to do a bunch of coke always....not when I'm sober but drunk me is always craving it and its so expensive.

Procyon - November 17, 2021, 10:25 pm

Pretty much as anybody else says, it's totally normal.

Try to get your mind distracted by something. Last time I went out drinking I watched the entire LOTR (extended edition) the day after haha.

Viktor Bout - November 19, 2021, 11:25 am

Dont do drugs. You end up with more depression