

Forum:[Hack Forums](#)

Thread: [Im Suicidal](#)

Creativo - November 19, 2021, 10:54 pm

I hate to make a post like this because in the past Ive always said people like this have no balls...

Well I have come to an agreement with myself that I do not enjoy my life, I hate waking up everyday, Every single day is a struggle and I got nothing to look forward to, I know I may seem like an attention whore but thats not it, Suicide seems very real to me and I dont even see it as something bad, Im at the point where Ive made my choice but Im looking for ways to say goodbye that wont hurt the people I love, and I dont know what to say but the fact that I Dont enjoy absolutly anything about being awake.

Suicide seems so real and so close to happening like there is no stopping it, and I am anxious to meet that fate and face it and forever take a brake from all this, Does this seem crazy or am I finally realizing that I have control over how I die rather than waiting for a surprise from destiny?

Punny - November 19, 2021, 11:21 pm

It's the full moon. You'll go back to feeling normal. It's okay to feel this way everyone does. You just need to stick to the path and work hard and you'll find happiness or/and love. You got this and I'm here for you.

Cooligan - November 19, 2021, 11:24 pm

Whatever it is you're thinking [Creativo](#) , please please please keep in mind that what you're thinking about is the permanent solution to a temporary problem. I promise you on the temporary part.

Just please know you have people that love you even if you don't realize it. You have such a long life to live ahead of you, don't walk out on it before it has a chance to show itself to you.. ?

Message me any time man, please.

Irritable - November 19, 2021, 11:47 pm

(Nov 19, 2021 11:54 PM)JiuJitsu Wrote: [\[CITE\]](#) I know I may seem like an attention whore but thats not it

Nobody will ever think that of you at any point in your life. If someone says that to you: They are trying to be mean and nothing else; they are probably expressing an internal hatred of themselves and are concealing it.

The infamous quote: "Suicide is a permanant solution to a temporary problem."

Whether you write a sad letter, yell into a pillow, hit a tree or even talk to someone (even yourself): Any of those things are better than harming yourself. Your emotions can play a powerful role in how you behave and what we always forget is that during the moment: Your emotions will not stay as they are forever (temporary state).

Vitani's Mate - November 19, 2021, 11:48 pm

I know how you feel man. I've been there many, many times.

I have been depressed since I was 14-15 and I am 30 now. I know how tough life can be. Life fucking blows most of the time.

Hang in there. That is what I am doing and it seems to be working, even if it is thread of hope.

kookur - November 19, 2021, 11:57 pm

Bro this world is so beautiful, i don't know why you want to end your life. I mean suicide is never an answer, think of the people who are disabled, mentally retarded, poor and crazy but they will never choose death and live their life accepting however it is.

Come to south east Asia, children don't have clothes to wear when it's cold outside, don't have shoes in their feet, don't have food to eat! They are not committing suicide and i'm 100% sure you have so many more reasons to live as compared to them.

Ask them if they will end their life, answer will always be NO !

Lrrr - November 20, 2021, 4:25 pm

Trust me brother there is nothing in life worth taking your own life. Unless you're a child molester...

It may not seem like it right now, but the world is HUGE and you can go anywhere in it that you want.

Orb - November 20, 2021, 4:35 pm

Suicide is never the answer, don't give up when there's so many things left to explore and learn. You're in control of the direction you go in life, although it probably doesn't feel like that right now. You got this bud, if you ever want to talk my pm's are open.

Sunniebeta - November 20, 2021, 4:49 pm

We are all here for you! We all go through trials and tribulations but we'll get through it!

ep1capple - November 20, 2021, 5:09 pm

Don't give up try to find ways out of it, consult a good therapist who can assist you. Wish you the best.

Zexo - November 20, 2021, 5:10 pm

It sucks. You know it we know it. And you know what its going to be like that tomorrow still. But what you can do is work towards something that can drag you out of the hole you're in. Make a big life change. If its your job apply for a new job and see where it takes you. If you need someone to talk to lmk.

7777777 - November 20, 2021, 6:29 pm

Reach out to your doctor please, life might seem very bleak atm. They can help you trust me, they don't judge whatever place your coming from.

Louis Vuitton - November 20, 2021, 9:35 pm

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I advise getting professional therapy.

helped me in a similar situation. also they can offer real world programs to help that we can't here.

henixzer - November 20, 2021, 10:29 pm

We all have been there at least once in our life, some more than once. Hang in there buddy, give your brain some time to start producing those chemicals again, which will make you say suicide is for pussies again. Eat right and workout regularly start right away after reading this. I know everyone gives this workout advice. That shit works tho.

Deadlyxxs1nn - November 22, 2021, 9:44 pm

Just lift some weights like a real man and you'll be back in shape in no time you can do it

Eternal. - November 22, 2021, 9:53 pm

I've been there, multiple times. Recently, in fact. It's a hard hole to climb out of, and honestly, I'm still climbing. But it's worth it to take the harder route, which is not killing yourself. Quit telling yourself negative things, fight negative thoughts actively, and perhaps take a break from the internet and work out as others have suggested. It does make a difference. Work your way up slowly, to something different. Whether it be working out, writing, art or something else, do something new and rewire your brain.

Working out really does help though. Try going on walks, then work your way up to jogs. See new things, outside. Talk to new people, and perhaps try to help someone.

cokecaine - November 22, 2021, 10:52 pm

I see a lot of posts saying its not the answer and they're right. Ive always told myself that if I'm at the point where that's an option, Ill start selling drugs. Ill live the fast life until I get caught and either die in prison or a cop shoots me lol. So far so good. Dont give up man.

2xTheTap115 - November 23, 2021, 6:56 am

(Nov 19, 2021 11:54 PM)JiuJitsu Wrote: [\[CITE\]](#) I hate to make a post like this because in the past Ive always said people like this have no balls...

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I admit ... Yes, this approach is absolutely crazy, but I myself am not a supporter of "giving up" or "escaping from problems". In my life I have had moments of doubt and complete resignation. Like many here, I have gone through the worst swamp of my life. Loss of loved ones, loneliness, lack of self-confidence and anything else, hatred of life and people, lonely holidays, life in the street and

many other attractions. Just like you, I wanted to stop it all. However, I did not stop. And I look forward to surprises that will give me fate. But he is not passively waiting for them. I want to be prepared for them. That's why every single thing I do in my life carries this simple idea ... I have to be ready for everything that will happen to me. That's why I get up early every morning, eat breakfast, go to the desired training, then eat dinner which I prepare myself and go to work. In the meantime, I develop myself and my passion, try new things and try to keep an open mind for new experiences, every day I work alone for my success and the implementation of my plans. Despite the fact that at times I doubt, I do not feel like it, I have enough, I feel bad and I do not have the strength to continue it all, I do not let go because I know that I have to be ready for anything ... ready to live this life in my own way and as best I can. I can. You are probably wondering what I am writing this for ... well, since I follow it all, I feel like life finally has a taste. The taste is so unique that it is difficult to describe in words. And I just enjoy it and the path to my destination. And that's what I wish for you, bro. That you would find your way in all this, follow it and finally feel the taste of life ... And just do not think that I misjudge you or criticize your attitude towards the world and life. You create your own world in which I am nobody and I have no right to think for you. These are your choices. All the best to you???

P.S. And I have one piece of advice for you from a stranger - Asking for help in a situation in which you cannot cope with yourself is not a shame or "lack of balls", but rather strength and courage that only a few can gather, because if it were otherwise, there would not be in this world suicides

bevc - November 23, 2021, 7:02 am

Sending you some love my friend. Life is hard. Depression is not a fault, it's an insight.

I know this might not seem that helpful, but try taking the herb 'St Johns Wort'. It's a natural remedy used for depression. It helped me some.

Remember the Churchill quote - "If you're going through hell, make sure that you keep going."

Regulus - November 23, 2021, 7:18 am

(Nov 20, 2021 12:24 AM)Cooligan Wrote: [\[CITE\]](#) Whatever it is you're thinking [Creativo](#) , please please please keep in mind that what you're thinking about is the permanent solution to a temporary problem. I promise you on the temporary part.

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Exactly this ^

Cooligan knows his shit when it comes to this subject, he's been helping me out in the past as well when I've been suicidal.

Trust me, there's help to get, and things will turn around to the positive in a matter of time. I know how it is to struggle with mental health, trust me.

MasterJesus - November 30, 2021, 11:07 pm

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I have had suicidal thoughts in the past. I've been suicidal, and I've thought about killing myself - that's a normal part of life. But it was the day I realized I was suffering from borderline personality disorder that my life began to change.

Why? Because now I have the right tools to treat my mental illness.

When you're suffering from a mental illness like bipolar disorder or borderline personality disorder, you're more likely to think about killing yourself.

Talk to someone. It's not worth it to die over something that's temporary or fixable.

There is hope, you just need to reach out and ask for help. The internet makes it really easy to talk to other people when you're feeling this way.

There's no reason to be quiet about it. Don't do it alone.

Message me anytime bud ?

CinderGhoul - December 18, 2021, 1:05 am

Brother, before you think of something like that just know, we all have the power to change our life.

You are taking permanent steps to a temporary problem. Life is not a video game, you don't respawn. Once you are done you are done.

You won't be able to smell, eat. There will be no birthdays, no friends, no family, no love, and no hate. I don't know about your family, but your parents didn't put you into this world so you can think of suicide.

I have also been through many tough times in life, not once did I feel like contemplating suicide because I knew it's temporary, instead I took it as a challenge. I could barely open my eyes and see properly due to a medical condition, only after 30 years I was able to get surgery for it.

My girlfriend left me and cheated with another man, lost family members in covid. Life is not easy, but stay positive and toughen up.

Read my story here <https://hackforums.net/showthread.php?tid=6110290>

I suggest changing the environment you live in, if you are an adult go travel around the world and see how other people are living, you will get a whole new perspective of life. Join a group or dojo where you can bond with other strong men, such as kickboxing or martial arts, you might not be the strongest in the group but being around men like that you will become much stronger than you previously were. Life has so much to offer if you just work for it, trust me.

FinanceMan901 - January 7, 2022, 4:50 pm

Dawg as a HF troll I tell you whole heartedly to rethink your decision. Mental health will literally have you filled with delusions and it's quite insane how you will feel once you get through these demons you're struggling with. Looking back at my mental health struggles it's insane/unbelievable how far I've come and it's hard to even imagine that I was once in that mental state.

I'm sure you have a mom, dad, siblings, family, etc, or someone out there who loves even though it might not feel like it.