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Thread: [Depression](#)

Vrachox - May 9, 2022, 6:39 am

Anyone depressed here,i struggle with depression for about 10 years.

Crippling depression and anxiety,,it is hard to survive especially when you dont see the light at the end of tunnel.

Anyone else ?

shmatka - May 28, 2022, 8:19 am

I believe i was depressed 5 years ago.It kinda jsut went away or i just learnt to live with it.Right now i have the mindset as like even if life is shit i still love it idk how to explain it.Don't get on any medication tho it will just get worse.

maxim448806 - January 22, 2023, 2:49 pm

I've been through what you're referring to. More than once. You want so bad to believe it will get better, but you can't find any logical reason to convince yourself that it will. I finally thought about it this way: First, you have to realize as humas we are programmed to pursue happiness. If you consider how on any day, we are continuously faced with choices, such that our brain is constantly making decisions--the majority of which are so routine & infinitesimal that we aren't even aware it's happening. But if you can see that life really is one big 'Butterfly Effect' (never saw the movie, just referring to the theory) then it's comforting to know that even in these bad times---when you know something HAS to change but you just feel too down & depressed to make significant changes--remember that 24/7/365 your subconscious mind is still making all those small choices correctly to steer you towards happiness. I compare it to driving your car on a 2 lane highway. Depression/misery are on the left side--in this case the danger of the oncoming traffic. Happiness is on the right side. You've noticed before that whenever you let go of the steering wheel while driving, your car automatically starts slowly going to the right? If you (in this example 'you' meaning your conscious mind) somehow fall asleep or are not able to touch the steering wheel for whatever reason, then your car's steering correction (subconsoius mind) will take over and slowly, grdually, drift you back towards safety. It won't be as drastic as turning the wheel yourself, but it is slowly happening nonetheless. Your subconscious mind is always drifting you back in the direction of happiness with every decision it makes. I'm typing this right now all becuae something in your brain convinced you to start this thread & ask this question. Because it's searching for happiness. This is hardwired in all of us. No one say 'my brain is broken, it doesn't do that'. Bullshit. We will always fight to be happy because it's in our nature. Nothing can ever stop that. I'm pulling for you. You gotta grit your teeth and endure until you get back to yourself. It will happen eventually, I promise.

diablospartan - January 25, 2023, 10:53 am

Do you ask for any help ? Also i think guided meditation will help you .Also whats your purpose in life ? Sometimes the depresion its an umhapy life

Myself i escape from this thoughts by creating the goal to succed online and i focus everyday to build my business

Sempene - January 26, 2023, 4:06 am

Depressed and alone is very dangerous. Go out and be with some people. Like, take a beer or just go to the beach