

Forum: [Hack Forums](#)

Thread: [A few questions.](#)

Vitani's Mate - May 9, 2022, 9:01 am

Why am I so ugly?
Why am I so fucked up?
Why do I fuck things up?
Why am I such a piece of shit?
Why do people hate me so much?
Why I am I so fucked in the head?
Why do I hate life so much?
Why does life hate me so much?
Why isn't anything fair?
Why am I always dealt the short straw?
Why must I live in misery?
Why does pain hurt so much more for me?
Why am I not understood?
Why must I live?
Why must everything go wrong for me?
Why do people avoid me?
Why do I hate people?
Why do I must forget everything?
Why am I such a bastard?
Why can't I make people happy?
Why can't I feel happiness?
Why do I lie to myself?
Why do I feel like a piece of shit?

So many other questions I wanna ask but can't think of any?
Fuck I hate my life... I really fucking do..

MavenGradle - May 9, 2022, 9:06 am

The repeating pattern here.. I, I, I, I, I. There's an 'I' or a 'me' in every single one of your sentences.

Did you.. kill someone? No.
Did you.. start a war? No.
Did you.. physically assault someone? No.

Did you.. make someone smile online? Probably, yes!
Did you.. help others online? Yes.
Did you.. help someone close to you at some point in your life? Yes.
Did you.. ever love someone and made them feel special? Probably, yes, even if for a moment, you made someone happy! That means you can do it again.

Are you a bad person? No.
Besides, no one really thinks that much about you as an individual. When you walk past someone on the streets, do you go to bed thinking 'man, I'm so glad I ignored that person on the street'? No, you just pass each other and life goes on and so will these feelings you're having; they'll pass, too.

Know yourself and what you're worth and what you can do, and stop focusing on the negatives, because that is how you destroy yourself like you're doing right now. Start focusing on the positives, and work on the negatives, that's how you get to be the real you. Getting stuck focusing on the negatives will only cause you more suffering and pain, which is exactly what you're doing now and exactly what needs to change for you to be have a little self-worth again.

Blunt - May 9, 2022, 9:18 am

Bro your just not having the best time YET. Relax and breath

Vitani's Mate - May 9, 2022, 9:20 am

(May 9, 2022 09:06 AM)MavenGradle Wrote: [\[CITE\]](#) The repeating pattern here.. I, I, I, I, I. There's an 'I' or a 'me' in every single one of your sentences.

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Kinda hard when everything is clouded in depression/hate/self loathe etc etc.

MavenGradle - May 9, 2022, 9:21 am

(May 9, 2022 09:20 AM)Vitani's Mate Wrote: [\[CITE\]](#) Kinda hard when everything is clouded in depression/hate/self loathe etc etc.

No one said it was supposed to be easy. Hard, but not impossible.

Vitani's Mate - May 9, 2022, 9:23 am

(May 9, 2022 09:18 AM)Blunt Wrote: [\[CITE\]](#) Bro your just not having the best time YET. Relax and breath

I'm not having the best time anytime.

Yesterday just put me in a bad mood, not my normal bad mood.

(May 9, 2022 09:21 AM)MavenGradle Wrote: [\[CITE\]](#) No one said it was supposed to be easy. Hard, but not impossible.

Impossible? No. almost impossible? Yes.

It feels like I always been dealt with a bad hand. If something does go good, then something worse is going to happen and it usually does.

Krle - May 9, 2022, 9:35 am

Focus on good things in life. We don't have time to spend on negative things even though they will happen. Start doing things that make you feel good, things that improve your mood, health and life in general. If you want to feel better tomorrow start doing things today. Just my 2 cents.

metamorphosis - May 9, 2022, 9:36 am

If you are okay to share it on here, would you say there is a main source for this depression/hate/self loathe? A certain trauma or experience that is making you feel this way or nothing at all?

SoulHarvester - May 9, 2022, 9:43 am

Please seek better alternatives that give you less time to beat yourself up mentally. I'm positive you're a great person in a tough spot judging by your past posts and general personality. Hell if you ever want someone to talk to I'm here for you bro. I never have enough friends!

bk randy - May 9, 2022, 9:48 am

You're thinking the wrong way bro, time to not give a fuck anymore, quit thinking about your quality of life and focus on becoming a rich asshole with supercars and cocaine bunnies

Pat13nt_Zer0 - May 9, 2022, 9:55 am

I know it sounds like a load of shit as that was my first assumption but thoughts become things. Manifestation. It's hard to explain without sounding like a fucking kook but I was in the same situation with hatred, depression, and self loathing everyday for a very long time. After realizing im no good at killing myself I knew I had to do something. Anything. Oddly enough I came across a youtube video....i think...that explained this. What we think and put out into the universe comes bak to us and the things we want can be attained. May sound like im shot out but it worked for the most part. After only like a week of saying different things aloud I really noticed a difference and not just the mental aspect but everything around me got better and still is much better than where I was. I'm not saying its a miracle cure for depression or anything but I do know from experience and a few others who tried it that it dose do something positive. How it works, no clue.

"The video i remember most was called "The Secret" which goes into what it all is and if you look up Jake Ducey there are many videos that may can be kinda annoying cause of how damn positive he is but gives you a starting point. Hope it helps, keep ur head up man.

Athr - May 9, 2022, 11:00 am

Calm down and remember the good times.

2xTheTap115 - May 9, 2022, 4:21 pm

(May 9, 2022 09:01 AM)Vitani's Mate Wrote: [\[CITE\]](#) Why am I so ugly?

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Wow, your list really surprised me. I will not underestimate your thoughts and problems because I have struggled with similar ones in my life. I want to say that if you need to talk or just swear at this world, you can always write to me at any time. I would love to talk about everything (additionally I will mention that you can also hit [Komodo](#) the guy knows his stuff and can help you discharge your nerves). And if this is not enough, please try to talk to your loved ones about your problems for a while.

Keep your head up and don't give up, man???

coco. - May 9, 2022, 8:44 pm

Same man, same. I be asking the same questions

?nxy - May 10, 2022, 2:25 am

I fucking love you best hf member ever

Zexo - May 10, 2022, 8:40 am

Seems like you need a good vacation. Work on self care tbh and everything else will follow.

Vitani's Mate - May 14, 2022, 8:00 am

I am actually not going too good guys..

I am a pretty bad place atm. I am trying to get out of it and it is so fucking hard.

Komodo - May 14, 2022, 8:24 am

(May 14, 2022 08:00 AM)Vitani's Mate Wrote: [\[CITE\]](#) I am actually not going too good guys..

I am a pretty bad place atm. I am trying to get out of it and it is so fucking hard.

We're all here for you. Every post in this thread is someone here for you, it may be an online forum but every single person cared enough about you to make a post.

It's life, I know it's hard but I promise you it will get better. Life isn't fair all the time, I know that. But that doesn't mean it will never get any better for you. You just have to take it 1 day at a time.

We're all here for you my friend.

Athr - May 30, 2022, 5:19 am

Hello [Vitani's Mate](#)

Can we get an update on this thread?

Vitani's Mate - May 30, 2022, 5:22 am

(May 30, 2022 05:19 AM)Athr Wrote: [\[CITE\]](#) Hello [mention=6204750]

Can we get an update on this thread?

Some of these questions still apply though.

SIM-3878067 - *May 30, 2022, 6:41 am*

833-456-4566

Good luck mate.