

Forum:[Hack Forums](#)

Thread: [How to deal with inappropriate feelings?](#)

Slughtera - October 11, 2022, 8:13 am

I've noticed lately that I've been experiencing inappropriate feelings, whether it be distress when receiving affection from my significant other or feeling attraction to something taboo. How do you deal with this?

I've gone a long while without depressive episodes but I think I've been occasionally dealing with them now and they end in psychosis. I've been treating them with large doses of acid to keep me sane.

BiNBo - October 11, 2022, 8:16 am

I would recommend speaking to a professional about these issues, I generally advise against self medication. Nonetheless, best of luck with your issues, hopefully you find some peace in your soul searching.

mickeh - October 11, 2022, 8:17 am

I think you should cut down on the acid and seek professional help

zerocool - October 11, 2022, 8:18 am

(Oct 11, 2022 08:13 AM)Slughtera Wrote: [\[CITE\]](#) I've noticed lately that I've been experiencing inappropriate feelings, whether it be distress when receiving affection from my significant other or feeling attraction to something taboo. How do you deal with this?

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First thing stop the acid that will not help in anyway, and seek professional help its the best plan going forward.

Pathy32 - October 11, 2022, 8:25 am

Intrusive thoughts is one thing but so is "self medicating" with acid. I would suggest stop the acid usage and get some therapy if it is getting out of hand. There is nothing wrong with saying you need help.

Livewire - October 11, 2022, 9:02 am

It's something normal we all go through I think.

I just started prozac to see if it helps with over-thinking/ruminating thoughts.

Prayz - October 11, 2022, 10:51 am

I finally went to a doctor for help after years and it makes me feel like a whole different person when they medicated me.

molly69 - October 11, 2022, 12:25 pm

(Oct 11, 2022 08:13 AM)Slughtera Wrote: [\[CITE\]](#) I've noticed lately that I've been experiencing inappropriate feelings, whether it be distress when receiving affection from my significant other or feeling attraction to something taboo. How do you deal with this?

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Drugs won't help for your depression. Not even weed.

Deany - October 11, 2022, 12:40 pm

(Oct 11, 2022 12:39 PM)phantomman55 Wrote: [\[CITE\]](#) bro you need to smoke some weed.... and what kind of taboo thoughts are we talking about?

Jeffery Dahmer type of thoughts ?

Deany - October 11, 2022, 12:46 pm

(Oct 11, 2022 12:42 PM)phantomman55 Wrote: [\[CITE\]](#) Who's that? is that that one serial killer in the 70s?

Yes... and he did some freaky stuff ?

Laughing Man - October 11, 2022, 4:45 pm

(Oct 11, 2022 08:13 AM)Slughtera Wrote: [\[CITE\]](#) I've noticed lately that I've been experiencing inappropriate feelings, whether it be distress when receiving affection from my significant other or feeling attraction to something taboo. How do you deal with this?

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seek professional counseling and help, it's important to sift through these and find the root cause.

LeetSpeed - October 22, 2022, 12:27 am

(Oct 11, 2022 08:13 AM)Slughtera Wrote: [\[CITE\]](#) I've noticed lately that I've been experiencing inappropriate feelings, whether it be distress when receiving affection from my significant other or feeling attraction to something taboo. How do you deal with this?

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Seek professional help.

StuffSneak - October 22, 2022, 2:04 am

Talk with people close to you or your partner about this. If it doesn't soothe you, go and visit a professional.

murt - October 22, 2022, 6:15 am

deal with them with innaproitate actions ;)

Prettykitty - October 22, 2022, 5:43 pm

I just ask myself why I feel that specific feeling. I discuss it with someone I trust and if usually it's fine. You can call some hotline for professional help too.

oRequiem - October 22, 2022, 5:45 pm

(Oct 22, 2022 05:43 PM)Prettykitty Wrote: [\[CITE\]](#) I just ask myself why I feel that specific feeling. I discuss it with someone I trust and if usually it's fine. You can call some hotline for professional help too.

Yeah, it's basically common sense for most people I'd hope.

Pentatonix - October 22, 2022, 5:56 pm

(Oct 22, 2022 05:45 PM)oRequiem Wrote: [\[CITE\]](#) Yeah, it's basically common sense for most people I'd hope.

Not always. The mind is a complicated and dark place at times.

oRequiem - *October 22, 2022, 5:58 pm*

(Oct 22, 2022 05:56 PM)Pentatonix Wrote: [\[CITE\]](#) Not always. The mind is a complicated and dark place at times.

The sad reality, but I feel like most people would think the way you stated.