

Forum:[Hack Forums](#)

Thread: [Negative Nancy back at it. Sorry](#)

MrsMovesss - April 15, 2023, 7:17 pm

I can't handle being a burden on everyone around me, everyone's lives is effected by me being in it and most of it isn't positive. For my family, my mother has to take off work to help care for me and my newborn son because I have severe depression and postpartum depression. My family has to walk on egg shells around me because I'm under so much stress between being belittled by my baby's father and dealing with being a single parent trying to balance all my sons medical appointments and care and medication (because there's a lot of it) due to constant mental stress from his father. I can't handle anything anymore. I'm numb, I'm broken.

I'm constantly being accused of cheating, even though i'm probably the most loyal person on Earth. I have no one in my corner. I feel like everyone is only "there for me" because of my son. And I get it he's the shiny new toy everyone wants to play with. But what about me, when will my feelings ever matter.

Before anyone asks, I'm on medication and in therapy and nothing helps. I care more about other peoples feeling than my own to the point where i feel me being gone will help everyone else in the long run. I'm not needed here. Everyone always says; "Oh your son needs you, he needs his mom." Why does he need a anxiety ridden, depressed, shell of a woman who can barely even take care of or see value in herself? He would be so much better off with someone else. I barely have the energy to eat anything anymore, currently starving myself simple because of lack of care and the want to be more attractive but at the same time why does it matter when life is an absolute nightmare 24/7? Whats the point of even trying anymore?

All my life I've been abused and neglected in every relationship I've had and I just don't have the energy or care to keep fighting or trying. Between being abused and neglected, being a burden, not having my own life to live is draining. I feel like based off of everyone's beliefs and comments, I don't even know who am I am anymore, and I don't even really care either to be honest. At this point everything seems fake and not worth caring about or fighting for.

Yea maybe it's selfish to leave but at this point maybe being selfish is my only real way out of this dumbass loop of my life. I have nothing and no one. I can't rely on anyone, even when they tell me I can, I can't. People say I'm not a burden, but then when emotions get heated, everything they've done for me gets thrown back in my face. I just don't want this anymore, any of it. If my life is going to continue this way forever, than 26 is where it ends. I'm not sure if this is a goodbye letter or a major cry for help. Or even just me venting, but shrug.

DashPHP - April 15, 2023, 7:40 pm

It's 3:35 AM here and I was about to go to bed.

But then I read this. My heart rate shot up a lil, and I'm now wide awake - extremely concerned for you.

I don't have anything more to say than what you have already been told, but you cannot end at level 26.

Not when you have a Son. You are his role model, his influence to a positive world.

If you let go now, then what do you think that will do your kid when he's facing extreme difficulties? We all have difficulties that we face and by you thinking this way will have absolutely ZERO positive impact on your kid. It's about your kid now, not just you.

Your surroundings seem super negative, and of course that isn't going to help. Hopefully you're in a country with good child care. In the UK, you are allocated a home based on certain conditions (such as having a child, domestic abuse, ect ect).

Please don't give up. You got a kid that's gotta learn to be a man, and he wont be any man if he is also confident unalivin himself is the way to go.

<3

oRequiem - April 15, 2023, 8:11 pm

I'm sorry for what you're going through. Life can be tough sometimes. I do hope you pull through especially for your kid. Your kid needs you. I understand about the selfish part, I truly do understand it, but there's a lot to stay for. Weather you see it or not, there's something there. I hope it gets better. If you ever need someone to vent to, you can always message me.

B3A - April 16, 2023, 1:55 am

(Apr 15, 2023 07:17 PM)MrsMovesss Wrote: [CITE](#) I can't handle being a burden on everyone around me, everyone's lives is effected by me being in it and most of it isn't positive. For my family, my mother has to take off work to help care for me and my newborn son because I have severe depression and postpartum depression. My family has to walk on egg shells around me because I'm under so much stress between being belittled by my baby's father and dealing with being a single parent trying to balance all my sons medical appointments and care and medication (because there's a lot of it) due to constant mental stress from his father. I can't handle anything anymore. I'm numb, I'm broken.

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Yo. Available for a best online buddy. Pure relationship .
You should re consider your value id say

SIM-3475829 - April 16, 2023, 6:01 am

Dear friend, I know your heart is heavy,
And the weight of the world feels too much to carry.
But before you take that step, I implore you to wait,
And listen to the words I have to say.

You have a son, who needs you more than anything,
A precious life, a gift that you've been given.
Think of the joy that you bring to his little world,
And the future that you'll create as his loving parent.

Your life has purpose, and your worth is great,
Don't let the darkness take you away.
There are people who love you, who need you to stay,
And a bright future that's waiting for you someday.

So take a deep breath, and reach out for help,
There's no shame in admitting that you need it.
Together, we can face this storm and overcome it,
And bring hope and healing to a world that's hurting.

Remember your son, and the love that surrounds you,
And know that you're not alone in this fight.
You're valued, you're needed, you're important,
And your life is worth living, every day and every night.

Grim - April 16, 2023, 2:07 pm

dont think your being negative. Just a hard time in your life

B3A - April 17, 2023, 7:36 am

Life has the ups and downs. You are currently in a down. Stay there positive like you waiting for the bus

Laughing Man - April 17, 2023, 8:14 am

Giving up is weakness, sadly I've had many times where weakness has tried to take hold.

Remember you've already lived the worst day of your life, make it through today and on to tomorrow.

DeltaNine - April 17, 2023, 9:00 am

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If you are tired of your output, you have to change your input.

The first thing you need to do is stop starving yourself. Your body literally cannot produce the "happy" chemical if you have nothing in your system. While you eat, drink a tall glass of water. Afterwards, clean your house as best you can before you take a nap. If you don't have time, you must make time.

You are a single parent, I don't know who is accusing you of cheating, but they are not so smart.

As for your identity crisis, you define the person that is attached to your name with your words and actions. "Your son needs you" to get your shit together and figure out who you are so that you can fulfill the responsibility that is being a good parent.

It's common for someone who has been abused to think that they could never be enough. I am here to tell you that you are complete. When you were born, you were born 100% human, 100% complete, & 100% perfect. All the complications are self inflicted.

B3A - April 17, 2023, 10:20 am

(Apr 17, 2023 09:00 AM)DeltaNine Wrote: [\[CITE\]](#) If you are tired of your output, you have to change your input.

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delta ment when he said not a lot posts but quality ones.

Agreed on what said

B3A - April 19, 2023, 6:52 am

Yeah, just came back for an update ^

Olympians will soon start a Helpdesk related to mental health.

diablospartan - May 3, 2023, 5:12 am

Well you suffer a lot and i dont find the words to encourage you

I dont know if it help you but think that in this world are people who have hard disease like cancer hiv etc and they will give everything to be in your place or with no legs ,imobilezed at bed etc

No matter how hard the life its we must fight and must be grateful because we have one