

Forum:[Hack Forums](#)

Thread: [Thoughts out loud](#)

kecaye - February 3, 2025, 10:20 am

Good afternoon, help me, I do not know what to do, I feel really bad, but I do not even have anyone to talk about, much less talk to, I am lonely, but this is not a special problem, the problem is that I do not want to do anything from the word at all. I'm not interested in anything, now I've lost the pleasure of games and TV shows, I've stopped having fun like before, I do not know what to do with myself. I just live from date to date. When I wake up, I look forward to the end of the day so that I can go back to sleep. My sick leave will end soon and I will have to go to school again and see faces that are not very pleasant to me. I don't want to wake up early in the morning, much less go out in the cold. And in principle, I don't like being in society. I'm also in love with a girl, but she and I live far apart and I'm not sure what to do. I'm just aware of the fact that we'll probably never see each other, and I don't think anything good will come of it. Why am I writing this here? To be honest, I don't know myself, it's just easier for me.

Bastille - February 3, 2025, 10:22 am

Might be a depression. I went through a burnout more than a year ago, and a depression due to that. I've struggled almost a year trying to going back on my feet alone, then I spoke with a psychologist, she was really helpful and I still have appointments with her every 2-3 weeks.

Have you thought about speaking with a psychologist ?

Tyr - February 3, 2025, 10:23 am

Yo if you ever need anyone to talk to let me know man. I know what social isolation can do to an individual and their psyche. Writing your feelings out is actually nothing to be ashamed of. Have you considered counseling or psychiatric treatment for any of this? I can't really give out any medical advice as I am no doctor but definitely look into some resources.

Foxy Proxies Ltd - February 3, 2025, 10:25 am

I think some counseling would do you well. See if you can find a counselor in your school or maybe find one outside of school, but definitely talk to someone who can give you good advice and a plan of action.

kecaye - February 3, 2025, 10:26 am

(Feb 3, 2025 11:22 AM)Bastille Wrote: [\[CITE\]](#) Might be a depression. I went through a burnout more than a year ago, and a depression due to that. I've struggled almost a year trying to going back on my feet alone, then I spoke with a psychologist, she was really helpful and I still have appointments with her every 2-3 weeks.

Have you thought about speaking with a psychologist ?

maybe it's worth it, but I don't think my parents will understand me because they don't want to convey that I may have depression, as you said, everyone thinks that I'm just lazy and don't want to do anything.

RootRXXT - February 3, 2025, 10:27 am

Can offer up some guidance or lend an ear if needed, no one should go through that type of shit alone

Tyr - February 3, 2025, 10:29 am

This helped me btw.

kecaye - February 3, 2025, 10:30 am

(Feb 3, 2025 11:27 AM)RootRXXT Wrote: [\[CITE\]](#) Can offer up some guidance or lend an ear if needed, no one should go through that type of shit alone
I would like some advice.

(Feb 3, 2025 11:29 AM)Tyr Wrote: [\[CITE\]](#)

This helped me btw.
Thanks a lot, I'll definitely take a look.

RootRXXT - February 3, 2025, 10:38 am

(Feb 3, 2025 11:30 AM)kecaye Wrote: [\[CITE\]](#) I would like some advice.

Thanks a lot, I'll definitely take a look.
flick me a dm mate, lets talk

Radi - February 3, 2025, 10:46 am

Hi there I know that we are strangers and we do not know each other that well but based of what you had stated in this thread appears that you are currently a little depressed which all of us experience from time to time and that is what a lot of associate with burn out. Which can occur In many different ways such as overexertion in studies, focusing on other people feelings, overworking etc and so from time to time you need to relax and separate yourself from the things that are causing this issue. Try to find a hobby that you can do, seek a counseling if you need assistance with clearing these feelings that you might have. I know that you stated also that parents wouldn't understand it, which is common especially from older generations that interpret getting help is only for those that are sick or crazy but people need it and is a great asset to have and can possible help you get over this feeling of nothingness. There are loads of resources that you can use to help you. This is not like advice rather things that I've gathered over the years. Do not give up always chin up and the next day will be better one small step at a time. Hope the best for you. You can always post on here and people will always be glad to talk to you.

kecaye - February 3, 2025, 10:52 am

(Feb 3, 2025 11:46 AM)Radi Wrote: [\[CITE\]](#) Hi there I know that we are strangers and we do not know each other that well but based of what you had stated in this thread appears that you are currently a little depressed which all of us experience from time to time and that is what a lot of associate with burn out. Which can occur In many different ways such as overexertion in studies, focusing on other people feelings, overworking etc and so from time to time you need to relax and separate yourself from the things that are causing this issue. Try to find a hobby that you can do, seek a counseling if you need assistance with clearing these feelings that you might have. I know that you stated also that parents wouldn't understand it, which is common especially from older generations that interpret getting help is only for those that are sick or crazy but people need it and is a great asset to have and can possible help you get over this feeling of nothingness. There are loads of resources that you can use to help you. This is not like advice rather things that I've gathered over the years. Do not give up always chin up and the next day will be better one small step at a time. Hope the best for you. You can always post on here and people will always be glad to talk to you.

I don't know, I don't think anything will help me, but I found it recently about a hobby, and after just a couple of days I got tired of it and didn't seem interested in it anymore, but I keep doing it to at least

pass the time.

Flan. - February 3, 2025, 2:33 pm

It sounds like you're going through a tough time, but it's good that you're reaching out for help. Have you considered talking to a therapist or counselor about how you're feeling? Sometimes having someone to talk to can make a big difference. And as for the girl you're in love with, it's worth exploring your options and seeing if there's a way to make things work. Hang in there and take care of yourself.

diablospartan - February 4, 2025, 7:31 am

Practice gratitude to change your focus from negative but be careful as mind will bring you back to negative

I dont know if it helps you but many people are sick of hiv ,cancer invalid ,blind etc and those people will give everhthing to be in your place

Find your purpose ? Do you have any purpose in life ?

Nowadays you have enough information to build an online business

Me also i have a bad situation with almost no friends but the dream of my online business keps me alive

Jamika - February 4, 2025, 8:00 am

Try to break the routine, explore a new hobby, move a little every day, talk to someone you like, and take small steps to improve.