

Forum:[Hack Forums](#)

Thread: [I'm little demotivated and depressed.](#)

JNath - August 17, 2025, 1:16 pm

Hello everyone, I hope everybody is doing fine. I wanna tell it here that first time I joined hf was back in 2013 then I lost my account and joined back later.

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I wanna make it big in my life and want to be a millionaire as soon as I can to achieve everything what I didn't in my childhood and give my parents a good life but I'm failing ?.

Do you guys think I should give up or keep trying and start taking action, these days I'm just wasting my time on Instagram watching reels and other known people doing good in their life while I'm rotting in bed.

Literally very sad ?

Rsynced - August 17, 2025, 1:23 pm

I will give you Military Grade Tough Love HELP!!!

Soldier listen up!!!

STEP #1 - GET OFF YOUR FUCKING COMPUTER AND PHONE!

Sedentary Lifestyle – Sitting for long hours reduces physical activity, which is protective against depression.

Sleep Disruption – Blue light exposure and late-night use can disturb sleep cycles, a known depression risk factor.

Social Isolation – Heavy online use can replace in-person interactions, reducing real-life social support.

Information Overload & Comparison – Social media fosters unhealthy comparisons, which can fuel low mood.

Escapism Loop – Depressed individuals may use computers excessively to escape, but this can deepen their symptoms.

THIS IS THE FACTS! START TRAINING OR DIE!

i bet you can say yes to all of them pussy!

tough love

/ˈtʃʌf ˈlʌv/

noun

promotion of a person's welfare, especially that of an addict, child, or criminal, by enforcing certain constraints on them, or requiring them to take responsibility for their actions.

xclouded1 - August 17, 2025, 1:32 pm

(Aug 17, 2025 01:16 PM)JNath Wrote: [\[CITE\]](#) Hello everyone, I hope everybody is doing fine. I wanna tell it here that first time I joined hf was back in 2013 then I lost my account and joined back later.

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I'm in the same boat you are, I'm near at the bottom as you could imagine, I've wanted to give up a lot, so I understand, most days you feel defeated, wonder can my life ever be good, or achieve the things you want etc.

However, you never know what's around the corner, life can change in an instant, you just need to be patient and find your moment, you don't have to be ready or (happy) right now, but you should promise your future self that you will give your self a fighting chance and to never give up.

Rsynced - August 17, 2025, 1:38 pm

(Aug 17, 2025 01:32 PM)xclouded1 Wrote: [\[CITE\]](#) I'm in the same boat you are, I'm near at the bottom as you could imagine, I've wanted to give up a lot, so I understand, most days you feel defeated, wonder can my life ever be good, or achieve the things you want etc.

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Yes, he is right. I told this guy the same thing about getting off the pc when you feeling down take a nap etc. It takes time, do not expect results in overnight or even 1 year. You have to keep trying.

I will add this:

1. Why setting unrealistic goals can harm your health

Constant pressure & stress: If you set a rigid, high-stakes goal like "I must be a millionaire by 30" and life doesn't follow that script (which it often doesn't), you may feel like a failure—even if you've

actually achieved a lot.

Comparison trap: Unrealistic goals often come from comparing yourself to others (friends, influencers, celebrities). This leads to feelings of inadequacy and low self-worth.

All-or-nothing thinking: If the goal isn't reached exactly as planned, people may discount all their progress. This fuels depression, anxiety, and loss of motivation.

Loss of joy: Chasing a "future ideal self" can make you blind to small wins, relationships, and daily happiness. Life becomes a scoreboard instead of an experience.

2. Why living in the present (mindfulness) helps

Reduces stress & anxiety: Mindfulness trains your brain to notice thoughts without judgment. Instead of being stuck in "what if" or "I'm behind", you anchor in what's real right now.

Builds resilience: Goals are still important, but mindfulness helps you adapt when things don't go as expected, instead of collapsing under pressure.

Improves focus & productivity: By being present, you actually work better on the steps that lead toward your goals, rather than getting lost in daydreams or worries about the future.

Increases fulfillment: When you're "here now," you enjoy the journey instead of constantly postponing happiness until you've "made it."

3. Balancing goals with presence

Big dreams aren't bad—they give direction and inspiration.

The problem is when you tie your self-worth to the outcome or force a rigid timeline.

Mindfulness helps you:

Set goals realistically. (E.g., "I want financial stability and growth" instead of "I must be a millionaire by 30.")

Celebrate small steps. (Every bit of progress counts.)

Detach from outcome. You aim high, but your identity and happiness don't depend on it.

? In short:

Unrealistic, rigid goals create stress and disappointment that can lead to depression. Mindfulness helps you stay grounded, appreciate life as it is, and still move toward your goals—without destroying your well-being in the process.

DramaKing - August 17, 2025, 2:37 pm

I'm 36 and feel like a failure in life as I keep hitting dead ends and losing jobs.

Jamika - August 17, 2025, 2:40 pm

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Keep trying man , never give up , keep urself busy , iam sure you will make a surprise one day

W1NK1LL3RX - August 17, 2025, 4:10 pm

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KEEP GOING!

Hey man, thanks for opening up. You've been through a lot, and it takes guts to share all that. Don't beat yourself up, it's never too late to turn things around. Learning is tough, especially with challenges like bipolar and a learning disability, but taking small consistent steps can really add up.

You clearly have the drive, and that's a great start. Maybe limit the social media a bit and try to focus on one small goal each day. Don't give up, you still have time to build the life you want. You're not alone in this.

Prawnster - August 17, 2025, 4:15 pm

Gotta keep it moving mate, if you give up after trying for all these years then it's time you've used for no gain.

The app development side of things is a good skill to have, especially with AI that's floating about now - You can make an app that utilises "AI" for anything nowadays and people eat it up :)

K4RM4 - August 17, 2025, 5:52 pm

Absolutely do not give up! You'll have hiccups here and there in life, but stick with it, work hard, and it will work out in the end!

blko57 - August 19, 2025, 1:26 pm

It's through failures that we grow, don't give up, that's how life is.

Don't believe too much in those who show off their perfect lives, many of them succeed through illegal ways.

But you don't want that easy path, and just for that you have my full respect.

Making money illegally is simple, but we have principles like yours: to succeed by ourselves, with our own strength. And that's a real victory.

You haven't "failed your life." You're still young and you still have time ahead of you to build your own path. Many people succeed much later, after going through failures or empty periods. What matters is not defining yourself by what you think you've lost, but by what you can still create.

HerrWinston - August 19, 2025, 2:12 pm

My friend, i believe in you and your learning disorder can give you advantages in other fields! You should never let yourself down and don't give up. I am sure you can achieve anything that you set yourself as a goal! :D

JNath - August 19, 2025, 2:50 pm

(Aug 19, 2025 02:12 PM)HerrWinston Wrote: [\[CITE\]](#) My friend, i believe in you and your learning disorder can give you advantages in other fields! You should never let yourself down and don't give up. I am sure you can achieve anything that you set yourself as a goal! :D

Thank you brother.

junooo - August 20, 2025, 12:55 am

(Aug 17, 2025 01:16 PM)JNath Wrote: [\[CITE\]](#) Hello everyone, I hope everybody is doing fine. I wanna tell it here that first time I joined hf was back in 2013 then I lost my account and joined back later.

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You should not give up. Ever.

Not everyone follows the same life path, so comparing yours with others is making you feel down too.

Life is not going to run away. You can take it at a pace that works for you. Just don't give up.

-

And for the motivation part: you don't need to turn your whole life around, you just have to prove that you can push through comfort for a few minutes a day. Discipline is difficult at first, but it's like wet cement. If you step into it every day for a week, it hardens a path.

Start small. A few minutes a day even. Build momentum and celebrate the small victories!!!

-

When I came out of a very rich family, and suddenly got dropped into debt and addiction, I had to build habits that made sure I would save as much money. It sounds really stupid, but I would literally go to my dealer on Saturdays only, and then cut whatever I bought into 4's, and then took that over a week.

That sounds super counterintuitive, like "if you don't have money why are you buying drugs", (addiction obv) but that is literally not the point. The point is to build small habits that you can win on. Not go cold turkey into a 6AM Patrick Bateman routine, that you will fail on the 3rd day due to exhaustion.

Oh_Well - August 20, 2025, 9:31 am

I hear you brother, you're not alone in this.

"I wanna make it big in my life and want to be a millionaire".

That doesn't sound like something a quitter would say. It means you still have dreams and for now that's more than enough.

Just don't give up. Get up every day and don't lose them out of sight.

Step by step.

You can do anything, but not everything. Focus.

diablospartan - August 20, 2025, 10:44 am

Welcome

Well i like your mentality and the thing that you want to help your parents

At your age you have all the yaers in front to succed in your dreams as you are so young

The thing its you need to be powerful ,ambitious and never give up

Promise to yourself that you will make it no matter what

Regarding your depresion learn to heal ,motivate your mind ,etc

Good luck and remember never give up