

# anyone wanna talk?

December 10, 2018 | 249 upvotes | by [bf1bro18](#)

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Feeling pretty fucking depressed over the last 3 weeks. Not cause of a girl or cause I had a job interview fail. Nah. Just that existential sort of shit creeping in. I'm fit and healthy cause I lift daily and shit. Like on the surface I am all good man. But inside it's like who gives a fuck. Mom's alcoholic, dad's dead inside, older sibling is fucked in the head and I don't like him, friends I once had moved away.

I tried that depression sub but everyone there seems heavily on that victim mindset but I am not. Like I wanna do better man, I want to self congratulate myself and be solid in my frame but lately it's just a big drag as if I am not sure why or who this is for.

morning time is this heaviness of "fuck.. again".

I just got no one to bounce this off of. My network irl is non existent.

Edit - Ok I got more of a reaction than I expected. Will reply to stuff now (morning after). Thanks everyone. Edit #2 - this is all so unexpectedly wholesome. I got lots of shit to read and watch now cheers everyone.

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## Comments

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Banking\_Scrilla • 161 points • 10 December, 2018 01:40 PM

**You the Captain of your soul, The Master of your fate.**

Yes, I know it might feel shitty. I felt like this in the morning, but I knew I had control over my state every fucking time. Remember though this to shall pass away.

feel free to inbox if you think its unbearable.

oldsoulkt • 21 points • 10 December, 2018 04:33 PM

If anyone wants to know where the line comes from it's from a poem titled "Invictus" by William Ernest Henley. It's the last stanza.

WadNasty • 6 points • 10 December, 2018 04:37 PM

I thought it was the song Contanza couldn't get out of his head.

noPTSDformePlease • 7 points • 10 December, 2018 07:39 PM

I am really glad I saw this post today and the comments. Thank you everyone!

[deleted] • 94 points • 10 December, 2018 01:44 PM

i feel you bro. just struggling eh. keep on keeping on.

back in the day my mate and I would both be depressed as fuck together because of our life styles. broke, no gf, debt and a failing car. when I would leave him he would say "hey man. keep hitting them out of the ball park." for some reason that shit just gave me strength to get through it. I knew those shit feelings will pass and him and I will get to greener pastures in time. this too shall pass. and it did. still shit days but that's life.

keep hitting them out of the ball park man. keep your head up and just keep hitting them.

Ceroe • 17 points • 11 December, 2018 03:23 AM

Your mate is a true bro

rad\_dynamic • 44 points • 10 December, 2018 02:09 PM

hey bro. sometimes people have brain chemical balances, for whatever reason is unknown. the imbalances can make you feel down. they come and go.

your brain is a fucking complex thing and a few extra(or a few less) molecules is enough to make you feel worthless.

try to remember that it's not you that feels empty, or that you are alone, or whatever of these things. instead try to remember that it's just a few imbalances in your mind n that it will all be sorted out and you will be feeling better sooner or later.

the fact you have motivation to improve and are not playing the victim is testament that you are a strong person. keep your head high, because in 10 years time, hell, 10 months time, maybe even 10 days time, you'll be worrying about a completely different set of worms.

bf1bro18 • 1 points • 10 December, 2018 02:37 PM **[recovered]**

It's just that. Like I know this will pass but being in the thick of it right now in present times is such an

awkward feeling. It's just this complete removal of care from a lot of things. Yeh hope your right dude, over in 10 days would be nice.

rad\_dynamic • 10 points • 10 December, 2018 02:54 PM

I went through a period like this (about 2 years ago). I wrote down all my worries in notepad on my PC. I just wrote what I thought. whatever came to my head. what I was thinking/worrying about.

it's trivial looking back at the files today, as the worries that once consumed my life, kept me up at night, they aren't even on my mind anymore.

I know I can write out all my worries in a pad now, read it back in 6-18 months time, and be confident that they'll just be trivial. I'll think "no way was I down about that!"

adam\_varg • 2 points • 11 December, 2018 04:33 PM

Do what i do when shit gets hard.

Find comfort in discipline and routine. If you do not have routine that makes you busy 24/7, start with developing one every free minute of time you have. Then dive into it and don't give yourself downtime until you feel okay again (use productive habits for relaxing, ie meditation books podcasts hobbies)

TheOEDWY • 1 points • 10 December, 2018 02:30 PM **[recovered]**

As someone who has struggled with depression and anxiety in the past, I believe people tend to downplay the influence of obvious external factors and look instead at some sense of existential dread or imbalance first. Address the obvious first. Do you have any addictions? Do you consume alcohol, drugs, pornography? Do you consume much media? Video games? How often are you on the phone or computer? These habits can mess with us so examine them properly.

I see you have some family problems. Do you have many close relationships beyond these? What about a support system? Do you have people around you that you could turn to if you needed them?

Further, what is your mission? Have you defined it and are you progressing towards it?

bflbro18 • 1 points • 10 December, 2018 02:46 PM **[recovered]**

Nah man no abuse of drugs, and I don't have any social media. My mission is next to study full time for six months and I have a job lined up at the end, I am genuinely keen and looking forward to it. But that's not kicking off for two months time so I have a lot of time off atm. I just finished a job I was doing full time at a warehouse as well, I was loading trucks five days a week for like two yrs but man tbh my mind and body need a Fkn break hey, I'm currently unemployed but still social and busy and overall enjoying this brief quiet period. Like I live at home but have my finances under control. Forgot a point I was trying to get to, tired as fuk. Thanks for reply.

philbignig • 18 points • 10 December, 2018 02:55 PM

vitamin d 10k iu

Chadster113 • 3 points • 11 December, 2018 06:58 AM

What does vitamin D do?

drakehfh • 2 points • 10 December, 2018 05:41 PM

I think 10k is too much. 1k daily is recommend.

BiccThiccDiccBoi • 8 points • 10 December, 2018 07:39 PM

10K is a bit too much, but daily recommendation of vitamin d is abysmal. Your body really needs to be taking a 2000u - 4000u of vitamin d supplements for the best blood flow and bone health.

squat\_til\_u\_puke • 3 points • 10 December, 2018 08:37 PM

5k vitamin D + 50mg zinc citrate will boost test nicely for most.

drakehfh • 2 points • 10 December, 2018 09:23 PM

50mg zinc daily?

squat\_til\_u\_puke • 3 points • 10 December, 2018 10:20 PM

I would advise every day for two weeks and then every other day. You can also supplement copper to be safe. Worked very well for me.

TipsyLeo • 2 points • 10 December, 2018 07:04 PM

What's this for?

cali\_rep • 9 points • 10 December, 2018 07:34 PM

Seasonal affective disorder. It's when you get depressed during winter time so your body needs vitamin D

Casanova-Quinn • 2 points • 10 December, 2018 09:18 PM

10K IU is a bit high. I think 5K IU is more reasonable, unless OP is diagnosed with a deficiency.

RedRocket310 • 1 point • 9 January, 2019 08:56 AM

Vitamin D really does work. Try it plz. I started taking 1k iu and it gave me good spirits for some reason

yumyumgivemesome • 12 points • 10 December, 2018 02:58 PM

I used to subscribe to the depression subreddit, and I too found it very victim oriented. Anybody who even suggested that at least some improvement could be self-realized was immediately downvoted into oblivion. I think that is ridiculous. We can heal ourselves in so many ways, and surely we can improve our mental states as well.

I believe that purpose is one of the main ingredients to a meaningful life. I suspect that poorer countries have lower rates of depression mostly because mere survival on a daily basis provides people with a tangible purpose. In our comfortable world, we have to find our own purpose. I struggle with this myself. I could lose my job and become completely unemployable, and I'd know that my family would support me forever. Yes, I'd have to give up traveling and partying and my dating life would take a hit... but I wouldn't die. As comforting as that sounds (and it truly is), I fear it also diminishes my drive.

That means we have to manufacture our own purpose. All it takes is choosing a goal (e.g., earning a certain amount of money, learning to play a song on an instrument, lifting a certain weight, running a certain distance, etc.) and adhering to achieving that goal. The problem is that almost none of those goals are *necessary*. Most would add very little tangible meaning to our life. But the intangibles are invaluable. The intangibles come from the daily discipline to continue moving toward that goal. The daily grind. We could give up at any moment and nobody would know or even care. Yet continuing on develops something in us. Now I'm straying far away from anything I truly know about, especially because I struggle with discipline as much as any fellow lazy procrastinator around here. Just from introspection, this feels like something that could really improve my life and mental well-being. I suspect that you and many others could stand to benefit in the same way.

TheOEDWY • 1 points • 10 December, 2018 03:52 PM [recovered]

Many years ago a group of economists did a study. They were trying to analyze the differences in culture between third world countries and first world countries and link that to their economic situation. What they found surprised them. They found that third world countries and even many developing countries and some first world countries had distinctly different views on “happiness” than most of us in the first world, especially in the west. They decided to perform an experiment. They gave groups from each a sum of money and told them to spend the next 6 months doing what makes them happy. They didn’t have to work because they had to money. They could do whatever they wanted. They could go on vacation. They could travel. They could dine out. It was entirely up to them. What they found was the majority of fist word countries chose to pursue these things. They’d go out to eat. They took extravagant trips. They bought trinkets and toys. They even took up hobbies and spent time on them. It sounds like the recipe for happiness. Already in a first world country and now your life is yours to spend how you want. How could you not be happy. However, when the experiment was done these people were significantly less happy than those in the developing and third world countries. They were less happy than the people who didn’t even have access to the trips, hobbies, restaurants that they did. Of course the researchers had to dig in deeper and figure out why this was. What they found was that when they were told to do what made them happy they looked to different things. While first world countries looked to restaurants, trips, things, and hobbies, the third world and developing countries looked towards other people. They spent their newly found free time helping out at the brother’s farm who was struggling. They took care of the sick cousin. They spent time with the parent who was growing old. Finally, whether alone or with others they sought experiences, not things. People forget that as human beings were programmed to not just want but need people and experiences. We have it hardwired in us to find a tribe and contribute to the tribe. We’re compelled to develop ourselves and others. We have a drive (that we in the western world too often suppress) to go out into the world and do tangible things that make us closer to the world and one another. Human happiness is a complex question so I think this is as good a concept to start with as any.

Auvergnat • 10 points • 10 December, 2018 09:34 PM

Right on.

It is my firm belief that lack of purpose is the main reason behind general anxiety/depression disorders in the West.

Until recently, your path as a man was clearly laid out and inescapable:

You **must** make money so that you children don’t starve to death.

You **must** defend your country/tribe/family or your wife and children must be slaughtered.

You **must** abide by moral religious standards or you will burn in hell for eternity.

The human brain evolved to function within these or similar ground rules. Not surprised it would malfunction when you remove them. Best proof is to see how sharp and engaged and motivated we become when we do an activity with a specific purpose: coding, playing a ball game, etc.

While you can’t go back to these old purposes, anyone would benefit from manufacturing new ones in their stead. Take heed /u/bflbro18. And if you can’t do it yourself, try joining the army. They’ll happily impose you some ground rules.

bflbro18 • 1 points • 10 December, 2018 03:11 PM [recovered]

If I wasn't on mobile I'd reply at length. In short your words make a fuck tonne of sense to me and I am sure others too. I feel like I am questioning meaning more than usual, that's what it feels like. I'm no Alan watts so won't go on some rant cause I can't articulate very well.

Helpcalculus • 11 points • 10 December, 2018 03:03 PM

What the fuck do I know, but here's my experience.

On paper, I looked liked the happiest man alive. But inside, fuck no. Turns out, everything I think and do is rational. There's almost no place left for any emotion. You have to be human sometimes and sometimes do shit spontaneously.

It's helping me a lot. Give it a try. Do something that involves emotion and not just logic.

MagnumBurrito • 11 points • 10 December, 2018 03:47 PM

Nature will help.

I went on a 3 day hiking trip to the Smoky Mountains. On the 3rd day of a ten mile hike, I legit felt the depression lift. It's been a month and half and it hasn't come back.

I work out most days and started hiking twice every weekend since the trip. Seems to be working.

kril89 • 8 points • 10 December, 2018 02:16 PM

Youtube "self compassion kristin neff" I like the talk she did for Happy and Well. It kind of changes the way you look at things give it a shot.

bf1bro18 • 1 points • 10 December, 2018 02:32 PM **[recovered]**

I will search it now. Thanks.

kril89 • 8 points • 10 December, 2018 02:34 PM

If you need to talk PM me, I'm here for you broseph

[deleted] • 9 points • 10 December, 2018 03:52 PM

Don't want to be the victim? Then don't be.

So what, you had a failed interview. I've had hundreds. Keep going to the gym. A bender is sometimes a good thing.

When you feel better, after your hangover, get back to work. You're a man, find your purpose and smash the shit out of it. Realign your life around that purpose. Your purpose can be anything. From building an awesome business, to the best sales guy in the company, to the most traveled man, to the best artist, you have to always be working towards something that is unattainable and give your 100%. Making progress towards that keeps you happy. Men need to be continually doing something, continually progressing. It's how we operate.

Tip: get off social media. It's an addiction that simulates intimacy and like porn, it dulls our senses to the real thing.

11-Eleven-11 • 8 points • 10 December, 2018 10:43 PM

Bro, sometimes alchohol is not the solution for someone who is depressed.

BiccThiccDiccBoi • 7 points • 10 December, 2018 02:29 PM

Man I've been feeling the same way this entire weekend. I don't really know what's up with me. Normally I'm very cold and distant around people I don't know but am very warm and joking around with my friends. They noticed something was wrong with me because I was being so quiet and detached. I couldn't focus on anything other than existential thoughts.

I'm not much of a club going person but I was so out of it and wanted escape that I randomly accepted my

friend's offer to go out of town to a club. I hate clubbing, I think it's degenerate and doesn't add any value to my life so I didn't have much fun. Even after getting back my head space was still the same and I feel bad for wasting a weekend going clubbing when I should have just stayed home and played guitar, piano, and worked on my voice/singing.

If you find a cure for this "INTP" curse please let me know. I hate not being able to live my life and only sit back and observe and think sometimes.

wiffofass • 1 points • 10 December, 2018 06:16 PM [recovered]

GBL and steroids

chewis • 2 points • 10 December, 2018 11:28 PM

Does GBL pair with roids or something

HumbleTrees • 6 points • 10 December, 2018 11:24 PM

Think of it this way. Your life is immeasurably better than the lives that 95% of humanity have endured through the past several thousand years. Think about honestly just how much fucking better your life actually is. You're not a slave, bam, you're already better than likely 60% of humanity this far. Do you have a house? Okay you're in the 10th percentile at a minimum. Did you eat today? Holly fuck look at Mr I ate today. Do you have 4 fully functioning limbs? Alright Skippy mcfuckinggee.

The point I'm trying to make is not that you shouldn't feel depressed. That shit happens and I've ridden that wave. My point is that people have had it far far fucking worse yet they persevere. Why? Why do they continue. They had much more of a reason to end things, or bitch about their lives. But they fought on. They fought to live even with little to fuck all chance of ever changing their circumstances. Why then, why do they stick it out rather than removing themselves from this world?

The answer is because it's what we fucking do as men. We persevere through any and all adversity, for the greatest fires forge the strongest swords. You're in the making.

box\_me000 • 4 points • 10 December, 2018 05:05 PM

Hey man, you just gonna know that everything will be alright eventually. Keep working on yourself and things will pick up.

It's been a rough month for me too. broke up with my LTR, shut down my business, now I'm broke and jobless, all happened within a month. Probably the most depressed I've ever been. But hey I still have my gym membership haha.

Just remember, you're not alone in this. Everyone of us is fighting our own demons. As long as you're alive and healthy, nothing can stop you from powering through. Cheers.

HectoSexual • 5 points • 10 December, 2018 06:42 PM

I know this advice isn't going to seem 100% redpilled, but I got out of my depression by listening to "The Secret" on repeat about 100 times.

I brainwashed myself into believing that my emotional state was something I had to consciously choose, every second of every day. At first it was impossible to believe because it was so obviously not the case. But some days I was able to shift my emotional state *just a tiny bit* and that gave me some hope. And then I did it more and more until the depression loosened its grip on me.

Also remember the famous quote by Albus Dumbledore: "Happiness can be found even in the darkest of times if one only remembers to turn on the light."



Klodderbomb • 3 points • 10 December, 2018 03:22 PM

Try out Jordan Peterson's book (12 Rules for Life). Has helped me out a lot. Also his lectures are great.

unorthodoxcowboy • 2 points • 10 December, 2018 04:17 PM

The audiobook is narrated by Dr. Peterson himself. Great suggestion.

Eldudearino89 • 3 points • 10 December, 2018 03:38 PM

Been noticing a lot of people in your age range is saying this. It's almost every person I've talked to in that range. Not sure if it's just coincidence or not.

Anyways, do you have goals? More importantly do you have a mission for your life yet? Feel like without these things your life can seem like a damper.

For example my mission is to continuously help the deaf community in some shape, form, or fashion as long as I'm physically, mentally, and emotionally able to.

Granted a lot of people your age don't have a mission yet, and that's ok one will come to you. When it does it'll be a "Aha" moment.

Some of my goals is lose weight until I can see abs, get certified in sign language, open my own agency one day within reason (maybe not), pay off debt, and invest in real estate.

All this with a lot of things others have said will get you somewhere. However, they say with the bad comes the good, and with the good comes the bad.

bf1bro18 • 1 points • 10 December, 2018 11:30 PM **[recovered]**

Your mission is very wholesome. And I have similar goals with wanting to get abs. Fucking ssllooww but getting there. And yeah bro I have full time studies beginning in a few months and a job lined up at the end of it. So in terms of mission, that is my next one and for the most part I am looking forward to being busy and social again, like social with random people and shit.

Eldudearino89 • 2 points • 11 December, 2018 12:30 AM

Thank you. I've grown up in deaf culture. Why not give back, and make some decent money.

Yeah I'm at 6'0" 250 so I got a while to go haha.

That sounds good. Stay busy take little breaks for enjoyment of course. Try to find men that have a "Alpha" vibe. They got goals and their shit together. It will help tremendously.

SeReN\_pdm • 3 points • 10 December, 2018 05:48 PM

Did you check your vitamin d levels? Winter is coming and I suffered heavily (including depression, some sort of burn out) from low vitamin d levels in the past years, even when I was doing just fine otherwise. It was the only stat that was always way too low, when the doc checked my blood.

Momentarily I am on supplementation and everything seems really good so far.

TheHandsomeMF • 3 points • 10 December, 2018 07:45 PM

This post is just making me more depressed.

Keep strong bro.

Dilduo • 3 points • 10 December, 2018 07:55 PM

work on forming a new social circle, pick up some hobbies, take some classes, go places where you can meet



people. Get a puppy and take him to the dog park or just walking around, people will just gravitate to you because of cute dog and you get to love the little fucker on top of that.

Couer\_De\_Lion • 3 points • 10 December, 2018 08:00 PM\*

Bro I needed this thread, I just came home from work, I said I was sick but really I was so depressed I couldn't handle it

I get the whole self improvement thing, like I try and improve but it doesn't help my mental state, no matter what I do shit keeps going wrong, fucking hate this clown world. Literally can't find enjoyment in anything, if you've seen that 23yr old Doomer meme that's me, and it sounds like you too

If you wanna chat bro shoot, I've been told I'm a gc to yarn to and give advice.

Dark\_T100 • 3 points • 10 December, 2018 08:21 PM

Find something you love to do, and find meaning in it.

I love classical music. I read along to music scores from J.S. Bach. I try and teach myself the piano so I can recreate the sounds he made 300 years ago. I fell in love with him and his music 5 years ago. It's so beautiful to me, that I could do it every day until I die and I would be happy.

maxofreddit • 3 points • 10 December, 2018 08:36 PM

At the risk of sounding a little new-age, try starting each day with a quick gratitude exercise. This helps me tremendously to get in a better brain space for the day. We all have something to be grateful for, the fact that you're breathing, have eyes to read these bad ass comments, or even electricity are just some basics.

It's obnoxiously simplistic, but it really, really helps me.

Also, I notice that the day after, as well as the second day after drinking alcohol, I find myself in a lull. So check that habit to see if it's affecting you.

lonelyredsheep • 3 points • 11 December, 2018 12:55 AM

"It matters not how strait the gate,

How charged with punishments the scroll,

I am the master of my fate,

I am the captain of my soul."

DEVi4TION[ ] • 3 points • 11 December, 2018 05:34 AM

I want you to know I felt exactly like you. It's nearly 10 years later and I feel like a fucking champion. I'm a different person. You can too, and you will homy. In fact, I haven't even got fat I'm a skinny shit but I'm making more money and banging hotter women than ever with LESS stress than before. It's. So. Do-able. Keep on your pace. It will come for you.

Not\_A\_Twist • 3 points • 11 December, 2018 08:24 AM

Sounds like you're going through a lot at the moment, bro. Not only is there change happening with your family but I'm sure all that worry is laying a huge burden on you

omarbradley42 • 2 points • 10 December, 2018 03:00 PM

Find a purpose which makes your life better. Such as altruism, trp advices became more solipsist every day. Our nature isn't compatible with this. You may help people, animals even plants. Our hearts will feel content via this way.

chemiey • 2 points • 10 December, 2018 03:41 PM

Ending up all alone in a place like that calls for an incentive to move away and in itself, it is. Consider your economics, your health, your interests and most important your dreams. Then make a consideration about where to go, somewhere warmer, somewhere colder, somewhere more crowded and with more services like sports, culture, music or alike.. or the opposite. Maybe start farming, move out in the fields, in the forests. Or maybe applying for a job or settle with business somewhere else. You are a champion! and you know it, now it is the time for you to start doing what you would really like to do in your life.

Or go out travelling? Go to South America for 6 month and travel around. Live from day to day and get away from all that dirth, filth and degradation you were surrounded by. Get out and about and see the world!

BusterVadge • 2 points • 10 December, 2018 04:08 PM

What kind of goals are you working toward? If you're just a ship drifting aimlessly on the sea you're going to get thrown about by the waves.

Have a mission. One that excites you enough to keep you up late at night and get you up early in the morning.

thesquarerootof1 • 2 points • 10 December, 2018 04:18 PM

First of all, buy your rent/own your own place. How old are you ? I can guarantee that you'll feel better if you don't live with family.

Scorchyy • 2 points • 10 December, 2018 04:34 PM

I like seeing communities like this where men can talk about their problems and get support, in the old times it was wrong for a man to talk about his problems and he had to keep everything inside. Good luck to you, hope you get better soon!

madara\_on\_reddit • 2 points • 10 December, 2018 06:32 PM

Get a dog no joke, nevet been depressed, but everyday i look for the moment he greets me at the door

AtlasCuckd • 2 points • 10 December, 2018 06:38 PM

I won't be able to fix your situation. Only offer advice guidance and listen.

Feel free to Dm bro

foothillsco\_b • 2 points • 10 December, 2018 07:32 PM

If you need to hear a voice, pm me your number and I'll talk to you.

jkeegan123 • 2 points • 10 December, 2018 07:45 PM

Do you have any hobbies ? Anything that you do for yourself?

HumbleRedPillStudent • 2 points • 10 December, 2018 08:15 PM

Hey man, amongst the fray of support, I'm happy to throw my hat into the ring.

If you need to talk, just PM me. That's what this sub is really for. I hope that's what it'll always be about.

glenfiddichlaker31 • 2 points • 10 December, 2018 08:20 PM

I've applied to over 200 jobs (some qualified for some not) and just accepted one. It'll pass. Keep pushing

bf1bro18 • 1 points • 10 December, 2018 11:49 PM [recovered]

200 :O

Glad you got a hit. Fuck.

glenfiddichlaker31 • 2 points • 10 December, 2018 11:54 PM

Job market I'm in man. It's not easy getting in. But it'll get me where I'm going. If you want someone to look at your resume, PM me

ramjaz • 2 points • 10 December, 2018 09:01 PM

We all have problems man. All of us. I'm dealing with a schizophrenic mom that's tearing our family apart.

It's how YOU handle the situation. Are you going to tolerate it? Are you going to avoid them at all costs? It's up to YOU at the end of the day. It's your life, not theirs, and if you don't want to put up with their shit then find a place to live elsewhere. If you already have a place then cut contact.

I love my mom for giving me life, but I hate her for destroying it.

BrainsOverGains • 2 points • 10 December, 2018 10:07 PM

Watch RSD Julien's Happiness Manifesto, I know he's a pua but this video really changed my life. Just let go

solstone109 • 2 points • 10 December, 2018 10:38 PM

It's winter, it's the sad season. I've gotten really sad about 3 times so far this season. I just reassure myself that's it's temporary and that nothing is actually wrong.

I'm in a stable job, housing. I have a car, I plenty of food. Enough money to be able to spend some of it on my hobbies. .

SlashingSide • 2 points • 10 December, 2018 11:36 PM

Old stoic quote:

‘Without the lion, hydra, stag, boar and wicked and brutal men to test his strenght and abilities, the world would not have known of HERACLES. What obstacles will define you? ‘

bilabrin • 2 points • 11 December, 2018 12:02 AM

You need goals.

Figure out what you want to do with your life. What does life mean to you? Most people go with "have kids." Some do not.

You need a goal for your life, a goal for your decade, a goal for your year, a goal for the month and a goal for the week.

You start putting checkmarks in your shorter and medium range goals and you'll find your zest for life.

reborn-phoenix • 2 points • 11 December, 2018 12:12 AM

One thing which helps a lot is not having “free” time, where you think, where you have nothing to do and you start questioning and getting depressed. Don't let you to be alone with yourself. It will pass, good times will come definitely. Do some stuff, fitness training, read a book, watch a movie, go to a park, to a museum, go to a

concert, just do stuff so that at the end of the day you are tired and you put your head on the pillow and fall asleep like a baby.

wildrobbie87 • 2 points • 11 December, 2018 01:19 AM\*

Life is a constant uphill battle where you dont have time to take breaks without wrecking your future. If you are feeling like shit, then you have time to feel like shit...which isnt the life of a proudctive man. Go exchange that time for heavier lifting....go and take boxing or mma class.

If youve already done that and you still feel like this way, go learn a new skill or knowledge.

The truth is, I used to feel sad and shit, However i learnt something simple years later: You arent sad or unhappy when you are busy earning big cash because that takes up alot hours in the day to earn big cash.

You are incontrol of your own life however smart working people dont have time to be sad or angry, they barely have enough time to get their day jobs done like seeing all their family or friend and have little te for cleaning, however, they keep trying to fit it in by continuously working at it.

Remember: if you not sleeping more than 6 hours solidly...without waking up, then by a new mattress and buy some blackout curtains to correct your sleep and improve your mentsl state with better sleep however if you need money, start with learning a skill so you can earn the money to buy better the correct equipment for a better and comfortable night sleep.

Andgelyo • 2 points • 11 December, 2018 02:05 AM

You and me both, brother. I can't stand my older brother sometimes and I absolutely hate my father for being a verbally abusive piece of shit. I'm not depressed though. I'm more so angry. I'm so god damn angry that every morning i'm motivated to become successful and not be like those bastards.

look\_up\_there • 2 points • 11 December, 2018 02:12 AM

If it's really bad, and you have the opportunity to, consider traveling. Change your surroundings, throw a spanner in the routine and go experience some shit. Do it cheaper and get scared, do hostels in a country where you don't speak the language. You can assess your home life while your away, can realllllly put things in perspective for some people

Rndm\_010 • 2 points • 11 December, 2018 03:25 AM

Have you tried meditation?

Mdlusk • 2 points • 11 December, 2018 04:30 AM

I'm in a similar situation as you at the moment, but I'm slowly just trying to improve one thing at a time, my overall health, opening my first business, etc. For me what helps is taking some time to myself just to think and maybe do some kind of activity that is unrelated to the things im trying to accomplish, but I make sure not to take too much time because I could easily start procrastinating. Feel free to message me if you want.

fadadapple • 2 points • 11 December, 2018 04:33 AM

I feel that. My entire friend group thinks I'm a creep and wants nothing to do with me.

randarrow • 2 points • 10 December, 2018 02:43 PM

So, random suggestion.

Look up physical overtraining syndrome. People get lost in the idea that exercise is good, more exercise is better, without realizing too much exercise is a possibility too. Includes such issues as depression.

Start tracking your vitals. Good luck!

Aurora921 • 1 point • 31 December, 2018 06:11 PM

I get that from time to time, probably most people do. What helped me tremendously was 1. finding friends (through similar interests) 2. trying new hobbies 3. living in a city with a lot going on

Johnnadawearsglasses • 1 point • 10 December, 2018 02:21 PM\*

How old are you?

Ps this matters because need to understand your ability to escape your situation

bflbro18 • 1 points • 10 December, 2018 02:47 PM **[recovered]**

I'm 25 matey.

Johnnadawearsglasses • 5 points • 10 December, 2018 03:08 PM

Ok. I hear a lot about mother and father and brother. Sounds like you live at home. I know in today's world that seems normal. It may be normal from an average situation perspective but it's a real impediment to growth. I would rather share a room out of my parents than live with my parents. You do that and all of the petty dramas are minimized