
new member

Posted by suicide_gurl - 2007/09/24 21:29

hi everybody...

i'm new here and i have no idea what i'm doing.

i'm younger then most people here i'm sure...

i'm young but have a lot of problems.

i've tried killing myself more then twice

i've pretty much screwed my future up.

i just need someone to talk to and understand because i really wanna change my life around.

thanks!

suicide_gurl

Re:new member

Posted by KPW1956 - 2007/09/25 00:00

You'd best find someone you can talk to in person. We are a small community that enjoyed an older NBC show which is gone. So are many of our members. Just a few of us stragglers who banter about this that and the other..

You are young.. You need a mentor or someone who can give you sound advice. You can turn your life around no matter how much you think you've screwed it up. You just need some perspective, some time and some guidance.

If you are still in school, seek out a counselor there.

I'm sure you have family and close friends who care about you and could encourage you.

I don't want to give you specific advice as I don't know the situation.

There should be a suicide prevention line available and they can counsel you.. Your personal or family doctor might also be able to get into some resources.

For what it's worth, alot of people messed up when they were teens or young adults and have been able to turn their lives around. I think it's great that you acknowledge the desire to turn it around.. That is great way to start.

One day you might even look back, and think it could have been alot worse. Learn from your mistakes.. and look forward.

Do seek some professional counsel...

Good Luck!

Starting Over was the name of a reality show. We wish it could come back. It showed us that no matter what the circumstances or age, you can change your destiny or at least change the way you look at things.

Post edited by: KPW1956, at: 2007/09/25 00:04

Re:new member

Posted by suicide_gurl - 2007/09/25 00:07

There are lots of reasons to my depression and vurge of suicide to be honest...

and i dont talk to counselors because i always feel like they're telling me how to run my life or something close to that..

and i would talk to the school counselor but she's part of the reason i'm like this from her so called "help" last year.

and i started watching re-runs of starting over a few days ago because itt's on here(i'm in new zealand) and a lot of those problems i can actually relate to.

so i became a bit fond of wanting to turn my life around. its just with my life, nothing goes right. everyday i get more bad news.

=====

Re:new member

Posted by KPW1956 - 2007/09/25 10:07

Sorry if you are going through some rough times.

In all honesty though, it's not uncommon. Young people often want their cake and eat it too. You want help but you don't want people telling you how to run your life.. (actually they are probably telling you what things you should do or not do, in order for you to turn your life around.)

You need to find a counselor that you trust and you'll have to trust that they have your best interest at heart. More than likely they are trying to give you some feedback on things you can be doing to change the direction your life is spinning. Sometimes it's how things are said.. Find a counselor you like.. Sometimes their life experiences and training really can be of great benefit to you. They are not trying to annoy you or add to your problems. How has your way of doing things gotten you so far? If you really want to change direction you need someone to help you do that.. If you reject what they say because you think they are telling you what to do then you are sabotaging your own progress.

You do need to think for yourself.. but just relearn ways to cope with situations. A good counselor will help you do that.

I think if you have a little faith in the process that you will do great!

Hang in there. It takes time to change your thought processes... (how you perceive things)

I think it is pretty common for young people to feel alot of the same things you are feeling.. All of my children have gone through their phases of thinking I don't know anything..or that I have no right giving them advice or worse, telling them what to do... It's a process of separation and growing up. They naturally wanted to exert and practice their independence... Fortunately they never got into real trouble.. Now that they are in their early 20's (2 of them) they now appreciate very much, how we parented them. We tried to protect and guide them.. and instill some fundamental values. Now they see the bigger picture and can make decisions better. Fortunately they lost the 'tude'..

I've told more than one friend over the years.. That I wouldn't want to go through my teen years again for anything. It really can be a difficult time.. Emotionally, physically and mentally... But time really does help.. Please just hang in there.. Trust somebody who knows what they are doing..

I envy you being able to watch the Starting Over reruns. That show may make an impression on you and ultimately help you. Sometimes when you are on the outside looking in.. you see the issues a little more clearly and you can learn from other peoples struggles. I always could identify with most of the houseguests in one way or another.

=====

Re:new member

Posted by suicide_gurl - 2007/09/25 21:13

i would open up to people but most of the time i dont trust people. my heart isnt open to anyone and i'm angry hating person a lot of the time...thats what i'm known as to a lot of people.

some of the reason i wanna change is so i dont loose my best friend. he cant help me anymore because he has his own things now..i'm beyond help so i believe.

and ever since my brother died last year i have just lost all hope. he was the only one that loved me in my family. and he protected me from everything so i guess you can say that i dont really know how to defend for myself most days. He always protected me from "evil" in this cold heartless world..and when i lost him or found out he had died. i lost my confidence, self-esteem but most of all i lost my way.

its like i'm now in a dark room not knowing where the hec i'm going because i have no one to guide me anymore. i guess my best friend had the part of my life..i'm still learning from him but its not as simple as it use to be...

=====

Re:new member

Posted by Debby - 2007/09/26 11:19

I think KPW provided some great information. I agree, I think it would be a great idea to talk to someone, hopefully a professional.
Many times there are options and information that we don't know about. I encourage to seek out someone in your family, school, or church, or doctor's office.

I wish you the best of luck.

=====

Re:new member

Posted by suicide_gurl - 2007/09/26 22:24

what exactly is KPW???

and i may re-open my folder for counseling but i'm scared..i've never opened up to anyone except my brother and best friend. one is dead and the other has his own things to deal with and cant take on all of mine..

i'm just scared ya know

=====

Re:new member

Posted by KPW1956 - 2007/09/26 22:59

I'm KPW.. It's my user name and my initials..and do I have to say it, but my birth year as well. I replied to your initial posts.

The only other thing I can add to what I've already said since you've added the info about your brother is, that you may really be in 'grief' mode.. and in need of grief counseling at this point.

I wish you the very best of luck..

You need to trust someone.. Allow yourself to feel, and to become vulnerable.. to a counselor.. You should be able to express all the feelings you are dealing with.. and then they can help you channel it in a way that will be constructive and not destructive.

I really do care.. even if I'm on the other side of the world.. How much more are people around you trying to show you they care and you may be shutting them out. Being angry at your situation isn't unusual and just part of the grief process.

I hope that at least is an encouragement to you..

Best of luck to you... and know that I am praying for you.

=====

Re:new member

Posted by posh - 2007/09/27 00:18

Hello just want to welcome you to the starting over post. hope your feeling better. Ive been depressed before therer is a light at the end . for me it was excepting the Lord Jesus Christ into my heart. than i didnt fell empty inside he makes me feel whole. and i know i can always talk and seek his perfecet counsel. your made in his perfect image. Your life is precious to him you matter . dont give up just surrender to your higher power and he will carry you through the pain hurt and dissappointment God bless you girlfriend.

=====

Re:new member

Posted by suicide_gurl - 2007/09/27 06:09

ever since he died i've been angry at myself...beating myself up about everything that's gone wrong since that moment. ever since he died it felt like everything was falling apart..i felt he was dead because of me

and i'm opening my folder back up for counseling..i'm just really scared about getting back into and everything...i'm afraid that the person will tell my mom everything and i really dont want my mother to know anything about whats going on because i couldnt handle her having that knowledge of the things about me that make me into the not caring or anger word hurting b*tch!

grrrr i just cant stand life anymore..i honestly cant!

=====

Re:new member

Posted by suicide_gurl - 2007/09/27 06:11

yeah thanks!

i've tried it, it did work and then i just lost my faith. i dnt know why it happened it just did and i just dont want it back anymore. no offense to you or anything..

i'm an anger hating careless person...

=====

Re:new member

Posted by KPW1956 - 2007/09/27 08:54

suicide_gurl wrote:

ever since he died i've been angry at myself...beating myself up about everything that's gone wrong since that moment. ever since he died it felt like everything was falling apart..i felt he was dead because of me

and i'm opening my folder back up for counseling..i'm just really scared about getting back into and everything...i'm afraid that the person will tell my mom everything and i really dont want my mother to know anything about whats going on because i couldnt handle her having that knowledge of the things about me that make me into the not caring or anger word hurting b*tch!

grrrr i just cant stand life anymore..i honestly cant!

I think it's great that you say you'll open the folder back up. I assume that to mean that you'll go back to counseling. The lingo is different her in the states..

Here, therapists and counselors are usually bound to confidentiality. The counselors main obligation is to you. You can discuss that with them.. Tell them your fears.

One day, you might even want to tell your mom.. Most moms love their children no matter what. I think you may feel like you will lose her love and that you will have disappointed her.. But more than likely at some time when you really start getting your feet firmly planted and your head on straight and by that I mean thinking more positively about your life... You may really want to open up to your mom and let her know you've been to hell and back.. It may make you closer than ever before. I think part of your burden might be hiding all this stuff you've been doing.

I'm really happy that you let us know you'll open the folder and try again. Please really open up... discuss your fears and allow them to try to reassure you... You sound like you are an articulate bright young woman.. I think you are going to make significant progress this time!

Who knows maybe someday soon, you'll even want to reclaim your faith in humanity and in God!

=====

Re:new member

Posted by dbmcmommy - 2007/09/28 14:05

A doctor will help you as well as a counselor. If you are diagnosed with depression there are medicines on the market that can help you get out of the slump and make yourself a person you will like better. There is light at the end of the tunnel if you take that step and accept help in changing your life. My husband has been diagnosed with depression and he is working his way back to being a happier person. He is president of a company, three great kids, nice house and a loving wife that has never cheated on him. Sometimes it is just a chemical imbalance. (I'm blaming his parents!!) Anyway, this is a great place to chat on issues and similar interests. One of our favorite shows brought us together.

Hang in there. Asking for help is a good step. You need to make sure you ask for help by professionals, imo. I'll be praying for you. Good luck, kiddo.

=====

Re:new member

Posted by suicide_gurl - 2007/10/02 02:04

i can dial the number but i dont have it in me to actually press the call button...

i've tried taking breaths but it just winds me up and i get freaked out..

i'm honestly just effin terrified...crap!

=====

Re:new member

Posted by suicide_gurl - 2007/10/02 02:08

i do think about my life positively when i'm with my boyfriend and he makes me happy and smile...makes me forget everything bad and its just us and like nothing can hurt me when i'm with him but he's so far away and i miss him a lot..

for some reason i'm just scared to talk to someone thats not my friend tessa or my boyf dyon or my best friend logan.

=====