



sufferingextremely

Member

 Oct 9, 2021

 57

Mar 7, 2023

  #15

I actually have not read your other posts, not that I recall, but I will. I'm sorry for misunderstanding you. I'm also sorry if I came across in a bad way.

For your breakup, I don't have the perfect answer, but I hope that at least some of what I've already typed helps you. I guess what I will add is that time is your friend. You will feel all of the emotions that you described and it will be painful. One strategy is to just endure it. Understand that the time when the heartbreak and emotional devastation are gone will come. You can count on that time arriving as solidly as you can count on the sun rising.

Sometimes life just hurts and it is part of our process to just suffer. It depends on the resources you have at a given time. In the ideal situation, you will be able to think constructively about it at some point. You can look at this hurtful event in your life and see what it has to teach you. You use it as an opportunity for growth and insight. However, that's not always possible, and it can be a battle of surviving one day at a time. I've been there a lot. In the past 3.5 years for so many days I've been hanging on to life with a thread. That's all I can do and I want to die constantly. When that's all you can do, that's all you can do. In that circumstance, it is important to have mercy on yourself. Having mercy on yourself is generally important for people who have suffered the way that you have (and the way that I have).

You are free to message me if you need someone to talk to. I get lost in my own suffering and go MIA from this site and sometimes from life in general, but I will get back to you. You don't have to be lonely and I know a good amount of stuff about life. Maybe I can help you.

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