

Thu, 12 Apr 2012

4:01 PM

What's Wrong With Me?

I wish I could figure out what's wrong with me. I've taken all sorts of psychological disorder tests, because I'm pretty sure I have one. I could have generalized anxiety disorder, but I don't really think so. I mean, I do worry a lot and I get a little nauseous when I worry, but I don't get any other pains besides that. I can sleep just fine too, I don't have any problems sleeping. I suppose I could have Bipolar disorder since I've gone from depression to hypomania (I wouldn't say mania because it wasn't that extreme). I'm definitely easily distracted, I have been involved in pleasurable activities that could have consequences, I'm also feeling sexual promiscuous lately. It does interfere with my daily life a little bit. I was depressed earlier this year, I was sad all the time almost all day. I lost interest in a lot of activities and just wanted to lay down and do nothing. I was very sluggish (kind of still am). I've had feelings of worthlessness and guilt (still do a little bit now). I've had trouble concentrating (Still do) and I've had minor thoughts about dying.

This all could just be regular depression too. I have a feeling that it's mostly just regular depression. I mean, I do feel better than I was. When I get stressed out I have crying spells. I'm still kind of lazy and it interferes with my daily activities. I've still felt feelings of hopelessness and had trouble concentrating. I really want to have therapy but I can't. It costs too much money and I don't want my family to know about it. My boyfriend supports me because I tell him everything. I think the cause of my depression was stress and the change between high school and college.

I just want to be more motivated so I can do my homework faster and more efficiently.

Security: Public

Location: Not Specified

Mood: Not Specified

Music: