

Currently on a long bus ride home after a 12 hour workday. Directly facing me is a couple with the girl sleeping on her boyfriend's shoulder. Something I have never and will never get to experience myself.

humiliated man png



Me and this girl got along well, in a platonic way, and I wasn't sure if it was appropriate but I went in for a hug with her and to my surprise she hugged me back very closely. It felt really good, **not in a sexual way,** I felt so warm and peaceful afterward. I've hugged girls before, but it'd been a while since I last hugged anyone in general. Being lonely sucks, I hope I can find someone who I can hug like that every day

I decided I'm just going to focus on self improvement for the next ten years I've been trying so long to find a girlfriend and I'm just done. I need to have my life fully together before I should be thinking about dating. Going to focus on getting a career, saving up for a house, becoming fitter, building wealth. I'm just going to focus on myself, my career, and my body for the next 10 years and leveling up to be the best potential partner I can be. To solve loneliness, focus on yourself.

I was voicing my doubts to my best friend that my crush might not say "yes" when I ask her out, especially since her type is "tall and handsome" and I'm not one of those. (I'm average looking and no girl has shown interest in me since high school 2017) My best friend disagreed and she said "No, you are handsome." I told her I wish many girls shared the same opinion.

I never thought I would fall in love, much less have someone in my life who loves me. But, it happened to me. I chose her, and she chose me. Fuckin wild. It's been a few weeks, and I still can't believe it, to be honest. Before this everything was great, no change in behavior until I said a few immature things. Disappeared with the silent treatment. It's been two weeks. What happened? Why don't I get to experience love? Why do I have to suffer through everything alone? Why is it never my turn to be happy? There will never be a woman who looks at me and thinks "yea, that's the guy I wanna be with. That's the man I want to marry and start a family with". I fucking hate this so much. Not matter what I do, this feeling is always there. Even just hearing and looking at people, the immediate thought that comes to my mind is that they're obviously better than me because they could get someone to desire them. This feeling is so paralyzing that the only way I can cope is with porn, doing nothing all day. I got tired of spending time like that and made a small commitment to myself of being more physically active. But everytime I come back to my room or just am around people who are living normal lives, I'm reminded that this is all I have, no social life and no one who desires me and since I'm so inferior this is my destiny.

I think I have developed this coping mechanism where my mind will create pleasant experiences (like having a partner and replaying all those life events where everything that went wrong goes right) after it gets too much. Even after I wake up and realize it was not real, I still weirdly like it