

I will explain what's behind my activity and me being online on Discord significantly decreasing on February 2025. This is not a break, but a defeat. If certain things never happened or if things got better for me, this could have been prevented, but things didn't get better for me and it seems things most likely won't get better. The thing is Discord makes me feel horrible. Sick, more hurt, more suicidal. Even when nothing bad or unpleasant is happening on Discord. Yes, it's that bad... But of course, bad or unpleasant things happening definitely pushed me away. Now I'm announcing and elaborating on my spiritual departure from Discord.

Discord used to be a place where I would have good times with friends and be happier. It made keeping in touch with people and talking to people easy and bettered my life. Having pleasant times with random people in some servers has been nice too. But now, things are different. My presence on Discord has become a ghost of its former self, which is too painful for me. Not only that I have lost too much, Discord also became one of the things that I once used to love and enjoy but now has become a chore and a responsibility. Now, I've been using Discord to prevent myself from going even less sane from lack of basic interactions, to keep doing my job as a moderator in a few public servers and to keep in touch with the only few friends that I have left even if they don't talk to me that much.

(I don't make new friends anymore for sad reasons, don't say anything like "go try to befriend new people" to me, and that whole subject is explained in a different post. This is kind of related to that even.)

Discord reminds me of my failures, various bad things that happened to me, me lacking good things other people have, my losses, me being a pitiful loser in general. My presence on Discord is no longer how it was, so much positives are dead. It is painful to be on and see the things on Discord. Despite everything, I tried to make the best of what I have even if things have changed, I still tried to talk to and spend time with friends whenever possible, I chatted and posted in some servers, I picked nice profile pictures and unique display names. I tried to cope and make things pleasant however I could, but in the end, it was all futile. It was still painful to be on Discord. It kept getting more unbearable. I was never truly happy after a certain point in 2024.

This departure has been in my mind for months, I was thinking of maybe carrying on with it in May or June if things don't get better, but it got too unbearable by now and I don't see hope, so I'm doing this earlier than I originally thought. I waited until February to carry on with this, because January is the first month of the year, a winter month and my birth month, I wanted to at least try to spend some more good times there in January before I finally go. Yes, those last days in January have been painful too, even if some pleasant moments were mixed in... Me departing on February also reflects the fact that I'm lonely and an outcast, it's the month with Valentine's Day, a day for celebrating love. I have many more nice profile picture and interesting display name ideas that I wanted to use, but too bad... I'm too depressed and hurt for them now...

I won't fully leave Discord, but I won't be on Discord or do stuff on Discord as much as before anymore, my activity significantly decreased. Not being online as much as before, not sending messages as much as before. I will still check Discord for short bits everyday (three times at minimum) for the servers I'm a moderator in. I'm not neglectful like that, unlike some other people. I will also try to check up on those only few friends I have left, someday,

somehow. I don't want to lose them and Discord is probably the only place they would talk to me on. I still care about and value my friends, unlike some other people.

Why not just keep trying to make the best of what I still got on Discord at least? Because the pain is too much. I can't stand it. Even seeing things on Discord that aren't actual bad things have a negative effect on me, like other people having nice conversations for example, other random things too, even just seeing the app/website itself can be upsetting and hurtful. Even having interactions with people that aren't bad or unpleasant types of interactions can make me feel upset and even more suicidal. Not sure if that makes sense from outside perspective, but it's the result of traumas, being left with less amount of good things than I had in the past and being left with things that are less good when I had better things in the past. There are times interactions can have positive effects on me, but it is mostly small and not as often as it was in the past. The pain is still too much, and too real.

If someone directly says something to me (not like it happens a lot in direct messages hah) and I don't respond or I say I don't want to talk, I'm sorry, but like I said, it can be painful for me and I don't want to deal with it. But if I do neither, good I guess.

Maybe I sound like a "Discord degenerate" saying these, but I beg to differ. I have an Internet life in which I post things and interact with people since August 2012, I'm on multiple various websites and still use the other platforms I'm on, but Discord has been the easiest and best way for me to keep in touch with people, Discord definitely wasn't all there is to my life but Discord has been one of my favourites for that reason. I have a life outside the Internet too, but that doesn't mean it is a good or fulfilling one, that doesn't mean it isn't a lonely one. I've been on Discord since July 2016, it helped me talk to and keep in touch with friends in a much better way than other platforms, I don't think there is anything wrong with that. But now that I'm departing... yeah, I'm definitely okay with talking to people on other websites, but I know Discord is still the best for it and people wouldn't be willing to regularly chat in other places. This looks tricky to deal with, but I will try to find ways to avoid losing my remaining friends while keeping my significantly decreased Discord activity, though sadly they already have been feeling distant to me on some level. I feel like I don't even have much to offer them. Maybe it won't even change things much because they already don't talk to me that much. What a shame. Other than not getting to talk to them that much, I can admit my connections with them don't even feel strong enough and a lot of the time I don't even feel that happy talking to them, I don't know how to explain why but don't get me wrong, I still like them and their companies. I'd not be surprised at all if they one day went ahead and abandoned me despite things being fine between us either. It's sickening and traumatising how common that sort of thing is.

On Discord, I would talk to friends whenever possible and I would chat in a few Discord servers I like. I'd do other stuff outside of Discord but still leave the Discord tab open and check it very often. Even if I had presences on other places and was open to interactions on them, Discord stayed as my main thing for communication since 2017. At the beginning of 2024, I was feeling like life has got better for me finally after a lot of years of suffering terribly, that things were finally going my way since months ago. But I was wrong. I was so wrong. A lot of bad things happened in 2024, including something that is one of the worst things that happened to me, it was such a freak show. Even if bad things have happened and things have changed, I kept trying to find solace and solutions, I kept trying to live the possible positives. But it was never enough. Trying to make the best of what I have in Discord despite

everything has been torturous. I came to the conclusion that I shouldn't be there this much if things won't get better for me. I'm not saying Discord was most of my life or that I constantly messaged in it like every hour, it wasn't like that. In fact, my activity kept decreasing because my reasons to be active there kept decreasing, especially in the 2nd half of 2024. Now after January 2025, I'll be there even less.

Don't get me wrong, this isn't because of just stuff that happened in 2024, good things and bad things happened in past years and they're stuck to me too, but after stuff from 2024... I saw very harsh truths about my life. Bad cycles. Being hopeless about things. Like I said, things were extra bad too in 2024, really bad things happened, my Discord presence's conditions kept becoming worse and more unideal, and I really didn't and still don't like what I ultimately ended up with on Discord. Friendships, almost all are gone, remaining ones feeling distant and not feeling good enough. Servers I like, they're still there and I still like them, I'm glad people are active in them, but I'm running out of things to do in them and I don't enjoy them like I used to, and seeing stuff in them can have negative effects on me, even when nothing bad is happening, like I already said. In general, no matter where, I don't feel like having interactions and contributions that won't feel pleasant for me. I don't want to deal with other types of unpleasant things either. Too unappealing, too depressed, that's me.

Is this departure going to make me feel better? I don't think saying it will "make me feel better" would be correct, but it will make it so I will see or deal with things that are painful for me less. What actually would make me feel better and help me is things getting better for me, but my life is an unfunny joke, so it seems like it won't happen. Whenever I think my life finally got better and pleasant enough, horrid things happen to me. Whenever I think I got something good, I always lose it. If someone is thinking "I would try to make things better for you, you're cool and I'd be happy to"...hmm... who am I kidding...? No one would genuinely think and try that. Is this departure going to cost me the remaining positive things about my Discord presence's current conditions? I don't know, but I will try to prevent more losses. I usually/mostly won't look at Discord a lot or for long periods of time, but if I somehow end up having a really pleasant time with someone, I may look at it for longer. But since at some point in 2024, that rarely happens... Is this permanent? Will I ever go back to being more active and more online on Discord again? That depends on how things go for me, but right now, I don't see a reason to return. If things will stay the way they are (or get even worse), it isn't right for me to be there. I'm very hurt and miserable, and my Discord presence's current conditions are painful, insulting, unideal and don't help much. There isn't enough or much left for me there.

I wouldn't say I'll miss Discord, because I already have been missing it. I've been missing when my presence on Discord wasn't a ghost of its former self, when I was happier there. I didn't want to do this, but things went this way in my life and I'm left with no better choices. What I wanted was to spend good times with friends and spend good times in a few servers I like with random people, not to depart. This is yet another heartbreaking decision. If you somehow properly read this, thanks. Even if I didn't leave Discord fully, my heart is no longer with Discord.

- bluelight439, February 1 2025

February 22 2025 update; I still won't be that active, won't do many things on Discord, and I

still find Discord painful and want to avoid hurtful things in general as much as possible, but something unexpected happened. I was able to reconnect with an old friend from years ago and she really talks to me enough, on Discord. Recent days have been very nice with her, this made me feel like using profile pictures and display names on Discord again. Also, special thanks to the Powerpuff Palace too for being a nice community. I haven't been active much in that server anymore, but I still have a really positive view on that server and it is extra special to me.