

AI-00081 50 signs that I am discouraged

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⋮ Tags	life
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50 signs that I am discouraged

1. Feeling unmotivated
2. Lacking energy
3. Feeling hopeless
4. Procrastinating more than usual
5. Losing interest in things you once enjoyed
6. Feeling stuck
7. Lack of confidence
8. Low self-esteem
9. Negative self-talk
10. Feeling like a failure
11. Lack of focus
12. Difficulty concentrating
13. Feeling overwhelmed
14. Avoiding social situations
15. Isolating yourself from others
16. Feeling anxious
17. Feeling irritable
18. Being easily frustrated
19. Being easily upset
20. Feeling sad
21. Feeling tearful
22. Difficulty sleeping
23. Difficulty waking up in the morning
24. Feeling tired all the time

25. Lack of appetite
26. Overeating or eating unhealthy foods
27. Increased alcohol or drug use
28. Being easily distracted
29. Feeling like nothing is going your way
30. Lack of progress in your goals
31. Feeling like you're not making a difference
32. Feeling disconnected from others
33. Feeling like you don't belong
34. Feeling like no one understands you
35. Feeling like you're not good enough
36. Worrying about the future
37. Feeling like things will never get better
38. Lack of enjoyment in life
39. Lack of enthusiasm
40. Feeling like you're stuck in a rut
41. Feeling like you're not living up to your potential
42. Difficulty making decisions
43. Feeling like you're not in control of your life
44. Feeling like you're not appreciated
45. Feeling like you're not valued
46. Lack of positive feedback
47. Lack of support
48. Lack of recognition
49. Feeling like you're always the one giving
50. Feeling like you're not getting anything in return