

Magazine *the chill bears*

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"We lose ourselves only to discover who we are no longer."

identity crisis..

A brief description of identity crisis

We can't provide diagnoses; for that, it's advisable to consult a professional.

Here you'll find some advice and useful information regarding identity crisis.

An identity crisis is a period of deep uncertainty about who you are, what you value, and where you're heading. It often appears during major life transitions – adolescence, career changes, breakups, migration, or any moment when the story you tell about yourself no longer fits your lived reality. You are you struggling making decision, understand who you are and who you feel, life also can seem empty .. what you feel? You feel confused about you, you are having trouble to take choice or demonstrate your true identity.

An identity crisis can take you to long depression, suicide if you feel meaningless. So the most important question is: how can I recover from identity crisis? It can take a long time but you should get out home .. outside home there are many people, many funny and beautiful things to do, it can help you forming your identity, if you have a lot of free time and you overthink I recommend getting busy, your brain will not have time to overthink but don't work too much or you will have a burn out.

Chillbears Magazine for
emotion and lifestyle