

Forum:[Hack Forums](#)

Thread: [Car accident post-stress](#)

glitchgxd - July 7, 2015, 10:14 pm

Hey HF members. I was curious to see what other members experiences were with car accidents / how to handle the stress post-accident.

Long story short, I've been in two accidents. First time I was hit by a school bus and slammed into a telephone pole / into a ditch hitting a tree, and second time I was cut off by a dually, forcing me to swerve out of the way and baha-ing through a yard, hitting a concrete post etc. These both happened within a couple months of each other, and I've been dealing with a lot of stress while driving. I tend to drive pretty safe / overly cautious, but I'm still pretty fearful that the sky is gonna fall down on me.

I haven't found a great way to get rid of this stress yet. Other people driving only makes it worse, to the point where I sometimes refuse to go places I want to simply because someone else wants to drive.

I just got back from a vacation, so that helped get a lot off my mind but I'm still uneasy. Surprisingly the only thing I found so far that got me back to "normal" was taking a 3 hour road trip in crazy 5+ lane traffic. I guess all the insanity surrounding me just made me feel more comfortable. I feel worse driving slow through towns.

My most recent accident was a month ago, so maybe it's too short term. Anyone know if this eventually fades or any ways to get rid of the stress in the interim?

~Jay~ - July 7, 2015, 10:18 pm

It's possible that you'll have to actively work towards getting over the anxiety, as some people never do. My aunt has refused to step foot in a car for 20 years after an accident. She had to re-work her whole life and career around walking everywhere. Easing into driving and being in cars helps, from what I've heard. Try just going around your neighborhood for a while to get comfortable, then ease into less busy roads.

The Supreme Gentleman - July 7, 2015, 10:18 pm

Maybe you should take a few Xanax.

glitchgxd - July 7, 2015, 10:22 pm

(Jul 7, 2015 10:18 PM)Schizotypal Wrote: [\[CITE\]](#) It's possible that you'll have to actively work towards getting over the anxiety, as some people never do. My aunt has refused to step foot in a car for 20 years after an accident. She had to re-work her whole life and career around walking everywhere. Easing into driving and being in cars helps, from what I've heard. Try just going around your neighborhood for a while to get comfortable, then ease into less busy roads.

I can still drive myself, I'm just paranoid. What's weird is more traffic = more comfort. But 45% of my driving is busy roads, and another 45% is around midnight coming home from work so those are my comfort zones. The 10% driving to miscellaneous places that don't match the prior's conditions sketches me out.

(Jul 7, 2015 10:18 PM)Michig?n Wrote: [\[CITE\]](#) Maybe you should take a few Xanax. Probably should see my doc.

~Jay~ - July 7, 2015, 10:24 pm

(Jul 7, 2015 10:22 PM)Glitch Wrote: [\[CITE\]](#) What's weird is more traffic = more comfort.

Most likely you're just focusing less on being nervous and more on the road. As long as you function properly I wouldn't worry about it too much. It just takes time.

Nick - July 7, 2015, 10:27 pm

I convince myself that it didn't happen. That seems to help a lot. I play it off. Act like it happened in my Lucid Dreams, that I have whenever I need to. :)

XuidDump - July 7, 2015, 10:29 pm

Similar with me.

I was riding my bmx when some lady hit me with her suv :c

Anyways, everything has changed now, and It's hard for me to ride my bike across the street without hesitating or looking both ways x4.

It really sucks because I used to ride my bike every single day, everywhere I went, and now I'm scared to do so.

(I'll ride it, just nowhere near as often)

Enronitis - July 7, 2015, 10:29 pm

I was in a serious accident a few years ago and to this day while driving I sometimes get pings of anxiety.

Best thing I can say is just to keep forcing yourself into the car and remind yourself that what has happened, happened and that isn't an indication that further things will happen if you drive.

You'll get over it in time, I promise.

glitchgxd - July 7, 2015, 10:34 pm

(Jul 7, 2015 10:27 PM)N??? Wrote: [\[CITE\]](#) I convince myself that it didn't happen. That seems to help a lot. I play it off. Act like it happened in my Lucid Dreams, that I have whenever I need to. :)

Hah, the paperwork is the only thing preventing me from thinking it was a dream.

From the first accident I just remember that shattering sound and the smell of smoke from my engine.. Still flash back even thinking about it. It doesn't feel real but it's like having a bad nightmare and not being able to shake it.

The second one was just like watching a movie without sound. Shook around a bit and everything but it was so hazy.

I remember the aftermath of both of the events vividly but I don't remember my thoughts while driving or even moving at all, but everyone at both scenes said I did a fantastic job avoiding so much more shit.

I don't think I'll ever fully accept that they happened, but at the same time I can't accept that they didn't. It's just weird.

Still scares the hell out of me.

(Jul 7, 2015 10:29 PM)Aquri Wrote: [\[CITE\]](#) Similar with me.

I was riding my bmx when some lady hit me with her suv :c

Anyways, everything has changed now, and It's hard for me to ride my bike across the street without hesitating or looking both ways x4.

It really sucks because I used to ride my bike every single day, everywhere I went, and now I'm scared to do so.

(I'll ride it, just nowhere near as often)

I know what you mean by the looking both ways x4. Crossing streets / turning left into a lane is the most nerve-wracking thing. You're just sitting there trying to figure out if it's a good time to go and doubting yourself.

(Jul 7, 2015 10:29 PM)Enronitis Wrote: [\[CITE\]](#) I was in a serious accident a few years ago and to this day while driving I sometimes get pings of anxiety.

Best thing I can say is just to keep forcing yourself into the car and remind yourself that what has happened, happened and that isn't an indication that further things will happen if you drive.

You'll get over it in time, I promise.

That makes sense. I guess half my anxiety is realizing how quick everything happened and how easy it would be to happen again, but that doesn't mean it will. The best thing to do is just drive alert. Trying not to be overly hesitant (because that'll cause more nervousness), but aware.

I appreciate the advice.

Honeybun - July 7, 2015, 10:38 pm

Its like when you first learn to drive, you know? You're scared to shit.

I rolled my mustang nine times at 100 mph.

I still drive and I'm not scared. You've gotta go out and live. If you wreck again just be ready for it. Don't get into situations that might cause a wreck.

Being overly careful will actually cause you to wreck, trust me.

Next time you get into the car, just drive.

Do you turn the radio off? Don't. Blast music. Blast your favorite kind. If I don't have music or something to take my mind off the road noise I can't drive right.

XuidDump - July 7, 2015, 10:48 pm

(Jul 7, 2015 10:34 PM)Glitch Wrote: [\[CITE\]](#) Hah, the paperwork is the only thing preventing me from thinking it was a dream.

From the first accident I just remember that shattering sound and the smell of smoke from my engine.. Still flash back even thinking about it. It doesn't feel real but it's like having a bad nightmare and not being able to shake it.

The second one was just like watching a movie without sound. Shook around a bit and everything but it was so hazy.

I remember the aftermath of both of the events vividly but I don't remember my thoughts while driving or even moving at all, but everyone at both scenes said I did a fantastic job avoiding so much more shit.

I don't think I'll ever fully accept that they happened, but at the same time I can't accept that they didn't. It's just weird.

Still scares the hell out of me.

I know what you mean by the looking both ways x4. Crossing streets / turning left into a lane is the most nerve-wracking thing. You're just sitting there trying to figure out if it's a good time to go and

doubting yourself.

That makes sense. I guess half my anxiety is realizing how quick everything happened and how easy it would be to happen again, but that doesn't mean it will. The best thing to do is just drive alert. Trying not to be overly hesitant (because that'll cause more nervousness), but aware.

I appreciate the advice.

And it sucks because even though I didn't get seriously hurt (thank god), I still have the memories of sitting in the hospital bed and the anxiety when riding my bike remains.

Wish you the best of luck recovering from the accident, I know the feels.

glitchgxd - July 7, 2015, 11:07 pm

(Jul 7, 2015 10:48 PM)Aquri Wrote: [\[CITE\]](#) And it sucks because even though I didn't get seriously hurt (thank god), I still have the memories of sitting in the hospital bed and the anxiety when riding my bike remains.

Wish you the best of luck recovering from the accident, I know the feels.

Just the daze from the accident in general and panic pre/post accident is enough to mess you up mentally.

And thank you, same to you.

The Supreme Gentleman - July 7, 2015, 11:11 pm

(Jul 7, 2015 11:07 PM)Glitch Wrote: [\[CITE\]](#) Just the daze from the accident in general and panic pre/post accident is enough to mess you up mentally.

And thank you, same to you.

I hope you feel better mentally.

?