

Forum:[Hack Forums](#)

Thread: [I feel stressed most of the time due to the negativity coming from my parents](#)

Rebellion. - April 12, 2018, 8:36 am

Yes! I feel stressed most of the time because of them. Especially, being with my father feels like a lot of stress to me.

He hardly cares about me. It fuckin' feels like shit to be with him. It really doesn't feel like living with him.

He might be one of the most negative and pessimist person that I could've ever seen in my life.

He is never committed to what he says and hardly gives a damn about any of the family members. He boasts about raising me up and the expenses that he is spending to provide me with education and food.

I feel like shit that I have to rely on him for monthly pocket money and for that money I have to listen many times in a month that he has given me that pocket money.

He committed to pay me the laptop money that I bought for myself by making some bucks online but he didn't pay that back and for several other things.

My elder sister has always been given much importance than me.

I always feel negativity coming towards me when I am with him.

What should I do?

I feel really stressed I mean I cannot express it in words maybe. A lot verbal fights takes place between my parents and due to this I am hardly able to focus on some productive work.

SupremeLV - April 12, 2018, 8:39 am

Wel education and food is MANDATORY by law so while he boast about it tell him that he has to do that or he can go to jail tbh. But I feel you me and my dad always arguing to but my dad is a dictator ass type person it's either his way or no way. He is anti social asl too

Rebellion. - April 12, 2018, 8:43 am

(Apr 12, 2018 08:39 AM)SupremeLV Wrote: [\[CITE\]](#) Wel education and food is MANDATORY by law so while he boast about it tell him that he has to do that or he can go to jail tbh. But I feel you me and my dad always arguing to but my dad is a dictator ass type person it's either his way or no way. He is anti social asl too

In India, those rules doesn't really imply.

It really feels like shit. It seems as if I am ruining my life.

Any of my extra demands are hardly fulfilled. I feel so negative atm. My father is anti social as well.

SupremeLV - April 12, 2018, 8:45 am

(Apr 12, 2018 08:43 AM)Rebellion. Wrote: [\[CITE\]](#) In India,those rules doesn't really imply.

It really feels like shit.It seems as if I am ruining my life.

Any of my extra demands are hardly fulfilled.I feel so negative atm.My father is anti social as well.
how old are you? And I'm really sorry to hear this.

Rebellion. - April 12, 2018, 8:53 am

(Apr 12, 2018 08:45 AM)SupremeLV Wrote: [\[CITE\]](#) how old are you? And I'm really sorry to hear this.
I am 19.

SupremeLV - April 12, 2018, 8:55 am

(Apr 12, 2018 08:53 AM)Rebellion. Wrote: [\[CITE\]](#) I am 19.

Your best bet honestly is just to leave if the law is like the us you can leave at 18 so you should just leave that's just your best bet honestly.

Rebellion. - April 12, 2018, 8:58 am

(Apr 12, 2018 08:55 AM)SupremeLV Wrote: [\[CITE\]](#) Your best bet honestly is just to leave if the law is like the us you can leave at 18 so you should just leave that's just your best bet honestly.

I was about to go Canada last year but my father didn't let that happen.

Even the person who was going to send me there was my uncle who was about to pay all the expenses of mine so that I can become independent.

I really feel fucked up.

kookur - April 12, 2018, 9:01 am

Bhai Tu khud online paisa kama skta hai aur Teri age BHI hogi at least 20+ to Hoga, Bhai tere papa ko lagta hoga Tu nakara hai, unhe paise kama ke dikha na (online bhot tarike hai). Laundiyon ki Tarah ro mat. Maa baap se jada saga aur koi nhi hai yeh baath gaanth bandh le!

SupremeLV - April 12, 2018, 9:04 am

(Apr 12, 2018 08:58 AM)Rebellion. Wrote: [\[CITE\]](#) I was about to go Canada last year but my father didn't let that happen.

Even the person who was going to send me there was my uncle who was about to pay all the expenses of mine so that I can become independent.

I really feel fucked up.

What is the legal age you are an adult in India? Cuz in the us it's 18 once your an adult you can leave it's over no more talking you can go

Rebellion. - April 12, 2018, 9:06 am

(Apr 12, 2018 09:01 AM)kookur Wrote: [\[CITE\]](#) Bhai Tu khud online paisa kama skta hai aur Teri age BHI hogi at least 20+ to Hoga, Bhai tere papa ko lagta hoga Tu nakara hai, unhe paise kama ke dikha na (online bhot tarike hai). Laundiyon ki Tarah ro mat. Maa baap se jada saga aur koi nhi hai yeh baath gaanth bandh le!

Yar pehle kamata raha hu.Abhi nai kamara atm. 19 ka hu mei bhai. Online kmakr savings ki thi bhai.

Bhai paancho ungliya ghee mei nai hoti.Sabki situations alag hoti hain agr tu shayad meri jgha hota tujhe b realize hota shayad.

(Apr 12, 2018 09:04 AM)SupremeLV Wrote: [\[CITE\]](#) What is the legal age you are an adult in India? Cuz in the us it's 18 once your an adult you can leave it's over no more talking you can go 18 is the age.But it won't be possible to leave.I am not earning atm.

SupremeLV - April 12, 2018, 9:11 am

You are going to have to struggle for a minute but it will be worth it if the situation your in is truly that bad trust me you will be alright.

Rebellion. - April 12, 2018, 9:13 am

(Apr 12, 2018 09:11 AM)SupremeLV Wrote: [\[CITE\]](#) You are going to have to struggle for a minute but it will be worth it if the situation your in is truly that bad trust me you will be alright.

Thanks man! Ill see if I can move abroad.

Things are different here in India.

SupremeLV - April 12, 2018, 9:14 am

(Apr 12, 2018 09:13 AM)Rebellion. Wrote: [\[CITE\]](#) Thanks man! Ill see if I can move abroad.

Things are different here in India.

Alright my boy I wish you the best of luck you can always move in with me :)

Haseo™ - April 12, 2018, 1:12 pm

I'm very sorry to hear about this OP it sounds like you definitely deal with a lot on the daily basis. My first little bit of advice to you is just remember you are important and you matter you also don't deserve to feel like you are living in a hostile environment. You can either try to talk to him and let him know that you make him feel this way, he may change slightly after knowing or hearing from you directly you think he treats you badly. You could look into getting your passport and visa it might take a little bit of time but if your uncle who was wiling to pay for the expenses the first time.

If you could make it to Canada you could look for work I'm sure a member here could find you job's that are hiring in their/your area. You just got to keep your calm man, I know it's rough feeling like crap especially in your own home however if you can just tolerate it just a little bit longer it will get better and you won't have to deal with it much longer. I wish you the best of luck OP!

Rebellion. - April 12, 2018, 1:53 pm

(Apr 12, 2018 01:12 PM)Haseo™ Wrote: [\[CITE\]](#) I'm very sorry to hear about this OP it sounds like you definitely deal with a lot on the daily basis. My first little bit of advice to you is just remember you are important and you matter you also don't deserve to feel like you are living in a hostile environment. You can either try to talk to him and let him know that you make him feel this way, he may change slightly after knowing or hearing from you directly you think he treats you badly. You could look into getting your passport and visa it might take a little bit of time but if your uncle who was wiling to pay for the expenses the first time.

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I've said him several times but he hasn't changed a little.

Thanks man! :) I try to sit in isolation so that I can avoid talking to him.

Carta Production - October 7, 2018, 7:19 am

Many people, however, find it easier to simply blame their parents for their problems. It may seem that finding a root cause for your pain can be helpful – surely it is better to blame your parents than blaming yourself. However, a large study of more than 30,000 participants from 72 countries showed that blaming parents does not help people move away from the negative consequences of difficult experiences.

The study found that those who dwelled on negative experiences like abuse, blaming others or

themselves, had a greater risk of suffering from mental health problem than those who didn't. The study therefore suggests that psychological processes such as blaming parents can be more dangerous for mental health than the past experiences themselves.

If we want to overcome the burden from our past and thrive, we need to stop blaming parents and our past, and instead focus on our present and take control of our lives. Positive adult experiences, such as regular physical activity, higher education and social support, have been shown to improve psychological outcomes – including cognitive function, mental health and well-being. And for severe, persisting mental health problems, seeking help – ranging from talking therapy to medication – could also be a way forward.

So whatever your background, don't forget it is never too late to enhance your life with positive experiences, moving away from the long shadow of childhood adversities. A bit of work can help you unlock your inner resilience.