

Forum:[Hack Forums](#)

Thread: [Nootropics for anger issues.](#)

Blogger - October 25, 2019, 4:29 pm

So I got "Nootropics - Caffeine + L-theanine" because all of the reviews were talking about how it helped with their anger issues, stress, etc. Does anyone have experience with this? I'm looking for a way to feel mentally better and not so fucking angry anymore. Any first hand experiences would be much appreciated. Thanks.

SIM-482212 - October 25, 2019, 4:31 pm

try to do some exercise
or start doing sports

Blogger - October 25, 2019, 4:38 pm

(Oct 25, 2019 04:31 PM)cRaZyzMaN Wrote: [\[CITE\]](#) try to do some exercise
or start doing sports

Thanks. I'm willing to try anything. I don't know about sports but I'll try more exercises. I do a bunch of laps around a field everyday, but it probably doesn't help that I smoke joints as I'm walking around. lol

duck - October 25, 2019, 4:39 pm

I used to be very raging angry in the past, especially in elementary school.

I was bullied here and laughed, called by names A LOT and so there were times I threw with the desk and chairs and ran away, also I punched and beaten up many kids that were laughing at me. (usually always lost anyway, physical harm is not solution.)

Had many many problems, running out of class and screaming at teachers to shut the fuck up, yeah that happened many times. Fuck them.

Could also be result of my autism, who knows.

As I got older, my anger is less and less, so that's more than 2 years ago.

I still sometimes have rage at my mother cause she just seems close-minded, one-way thinker and that's just annoying as hell.

But that's about it, in public I'm not usually angry or anything, yes I sometimes still get angry but I'm able to work and master my emotions. (Only happens when I'm with friends). Sometimes I just talk in aggressive way but no blow ups.

I also usually only get angry when other people are around, when I'm alone all alone, there is no one, I'm quiet.

Try to find the reason why are you aggressive, could be chronic or just your temper, it could also be for example that you are unhappy in your life or whatever, there might be some under lying issue that is causing that.

I can try to help you but as I said, i'm not sure what is the issue of yours.

SIM-482212 - October 25, 2019, 4:42 pm

(Oct 25, 2019 04:38 PM)Blogger Wrote: [\[CITE\]](#) Thanks. I'm willing to try anything. I don't know about sports but I'll try more exercises. I do a bunch of laps around a field everyday, but it probably doesn't

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thats a start
but you need to exercise alot more and without weed

MavenGradle - October 25, 2019, 4:43 pm

This probably belongs in the vices section but since it's not legally banned in the US (yet): phenibut. It makes you less stressed and in turn causes less anger issues. However, do note that withdrawal symptoms include irritability.

Blogger - October 25, 2019, 4:46 pm

If I knew what the issue was, I wouldn't have started this thread. I would be combative toward it. But I have no clue why I'm so angry most of the time. I only blow up at my wife now. I think I do it because she's closest to me so the more comfortable I am, the angrier I get. It was my mom before my wife came into my life. It's not even her most of the time, I'm just angry in general and take it out on her. I feel terrible doing it and apologize every time, but there's only so many time I can apologize for the same shit before she's had enough.

But that's why I'm asking about these pills. If it can help, I'd like to take them and possibly do more research on them to find something that works for me personally.

duck - October 25, 2019, 4:46 pm

(Oct 25, 2019 04:43 PM)MavenGradle Wrote: [\[CITE\]](#) This probably belongs in the vices section but since it's not legally banned in the US (yet): phenibut. It makes you less stressed and in turn causes less anger issues. However, do note that withdrawal symptoms include irritability.

I don't think that nootropics are the way you should choose as first at least I wouldn't do that, and phenibut is horrible in terms of withdrawals as you said, it's even worse than alprazolam in some cases.

not sure if OP tried something before, and tried to work on his emotions, find the root problem of the anger and try to work on it.

Blogger - October 25, 2019, 4:47 pm

(Oct 25, 2019 04:43 PM)MavenGradle Wrote: [\[CITE\]](#) However, do note that withdrawal symptoms include irritability.

That's how they get you! You basically have to stay on it for life if you want to be "happy".

duck - October 25, 2019, 4:50 pm

(Oct 25, 2019 04:46 PM)Blogger Wrote: [\[CITE\]](#) If I knew what the issue was, I wouldn't have started this thread. I would be combative toward it. But I have no clue why I'm so angry most of the time. I only blow up at my wife now. I think I do it because she's closest to me so the more comfortable I am, the angrier I get. It was my mom before my wife came into my life. It's not even her most of the time, I'm just angry in general and take it out on her. I feel terrible doing it and apologize every time, but there's only so many time I can apologize for the same Clay Davis before she's had enough.

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The stress can be anything.

Each time you get angry, stop doing stuff, I know it's really hard, but just think for a second, is it worth it to be angry?

What cause you to be angry? Where it started? Was it just you wanted to get your anger away for no apparent reason?

This used to help me most.

If you can't stop, blow your angriness, try in pillow whatever, punch the wall, the table, that used to help me.

Then think about the situation in 5 minutes, was it worth it, while I was like that? What caused it? What was the reason, and just try to go as far as you can, is it because you couldn't make something (for example, I get or I used to get angry in work if I'm clueless how to do some stuff)

I also blow up at my mother time to time and she's the closest, i'm not exactly sure what are the reasons but mostly the reason seems to be that just she pisses me off or her opinions are just too stupid to be even thought I accept other people opinions she just seems to stay behind her forever, sometimes her action out is strange, sometimes I blew up for no reason but no reason is also reason.

If there is a lot of thigns that made me LITTLE bit mad during the day, there is one that usually one thing that ends it and I blow up for a second.

I hope my post makes sense.

MavenGradle - October 25, 2019, 4:51 pm

(Oct 25, 2019 04:46 PM)duck Wrote: [\[CITE\]](#) I don't think that nootropics are the way you should choose as first at least I wouldn't do that, and phenibut is horrible in terms of withdrawals as you said, it's even worse than alprazolam in some cases.

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It's no different with legal drugs if you think about it. SSRI's can cause serious damage as well. Here are a just a few side effects of an SSRI:Nausea

Nervousness

Sexual dysfunction

Hallucinations

Muscle twitching

Just to name a few. Doctors are just glorified drug dealers. Don't get me wrong we need doctors and we need pills, we just need to be aware of the things we put into our bodies before we make mistakes we can't reverse. This applies to all drugs.

duck - October 25, 2019, 4:57 pm

(Oct 25, 2019 04:51 PM)MavenGradle Wrote: [\[CITE\]](#) It's no different with legal drugs if you think about it. SSRI's can cause serious damage as well. Here are a just a few side effects of an SSRI: Nausea

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Oh yeah, that's right but Phenibut has way worse withdrawals than SSRI, SSRI may or may not have minor permanent withdrawals and yes there are cases but may not as not every gets them.

Phenibut has withdrawals like Morphine, they are sudden and bad and it can cause permanent brain damage and even seizures.

And the odds you get them are just really high if taken for like more than 2-3 weeks which in SSRIs are not that high.

I know this might and will probably sound too extreme example but it really easy if you take it for longer period and a lot, even worse than benzodiazepines.

MavenGradle - October 25, 2019, 5:03 pm

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I'm sorry duck but where exactly do you get this information from? I'm genuinely curious as to which scientific studies you're referring to that point to phenibut as being the devil himself?

There are also less known cases of deaths due to withdrawals in phenibut than there are thanks to the withdrawals of xanax/benzo's. Granted, there aren't as many users on phenibut as there are on benzodiazepines, but I'm positive (as I'm both a Xanax and phenibut user myself) that you're blowing things out of proportion in regards to phenibut.

I am in no means defending phenibut, since this is still a drug, but seriously, you'd need at least 2G of this stuff before you'd feel the same way as you would on 1mg of xanax..

Watch this:

<https://www.youtube.com/watch?v=n7ws1EeFrhE>

duck - October 25, 2019, 5:15 pm

(Oct 25, 2019 05:03 PM)MavenGradle Wrote: [\[CITE\]](#) I'm sorry duck but where exactly do you get this information from? I'm genuinely curious as to which scientific studies you're referring to that point to phenibut as being the devil himself?

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<https://www.youtube.com/watch?v=n7ws1EeFrhE>

You can verify and make re-search of this by yourself, Phenibut is working with your GABA Receptor in your brain.

The same as alcohol or benzodiazepines or even Pregabalin / Gabapentin which was proven by sweden study to cause a serious permanent brain damage or nerve damage if you go through withdrawals. <https://www.bmj.com/content/365/bmj.l2147>

By taking any thing that interacts or modify your receptors GABA you building up a really quick tolerance and addiction.

This has also been proven and that's why if you get prescription for any of these, it should not be taken for more than 4 weeks or so.

The reason there are less deaths reported due to withdrawals in Phenibut are likely that Phenibut is not sold widely and is illegal even in some countries meanwhile benzodiazepines are easy to get by almost everyone, they work on very similar basis anyway.

Actually, I don't know the exact equivalent to xanax but as the tolerance builds up, your usage does to. So more or less you will be at taking that insane amount of does per day if not more. And the tolerance builds up quiet quick.

I've already seen that video plenty of times but as I said, we talk about long-term usage, not one time usage.

Blogger - October 26, 2019, 2:32 pm

Quote:If you can't stop, blow your angriness, try in pillow whatever, punch the wall, the table, that used to help me.

I tend to punch shit. Walls, windows, etc. But I rather just not be angry, period. No aggression whatsoever. I just want to be happy. Hitting shit doesn't do that.

Zher0 - November 27, 2019, 9:45 am

If you have anger issues, i'd stay away from caffine. Get a good magnesium supplement as well as some CBD. Even NAC (Acetylcysteine) may help

LynxAxe - November 27, 2019, 11:05 am

L theanine is a psychostimulant, you can find it in Green Tea as well.