

Forum:[Hack Forums](#)

Thread: [So i went to my dads earlier for longer than a few seconds](#)

Scriph - February 25, 2020, 9:09 pm

A couple of years ago his mental health declined a lot and eventually and he got into a really bad state, his medication and drinking had basically zombified him for the past year.

I went over today pissed off at my mom and step dad.

I havent seen my dad doing so damn well for several years. Hes slowly drinking less and less and he got his meds adjusted. He was alive and talked to me and calmed me down. Then when my mom came over to argue some more, i misunderstood something he said and yelled at him and started to leave. He calmy walked out and calmed me down, told my mom to leave (he could tell i needed space)

Then went and made dinner. He hasnt made a real meal that ive seen in a while.

It was the greatest thing ive ever seen.

Lor?d - February 25, 2020, 9:12 pm

I don't know you but it makes me happy to hear that your father is doing well and is making an effort to help himself, some parents never make that choice.

Rsynced - February 25, 2020, 9:46 pm

That's great man! Hope you guys become best friends and look beyond the past. The world is very cold and it hurts even more when your family becomes dysfunctional. I know all about it myself sadly.

Pancake Boat - February 26, 2020, 12:03 am

I'm glad your dad is getting better! Support him and he'll be back on his feet forever.

Luca - February 26, 2020, 1:57 am

This made me smile. I saw your previous thread where you were anxious about moving back in with your dad and it's really nice to see things turn out this way

bevc - February 26, 2020, 1:59 am

That's awesome my dude! Here's to your dad, and to you of course, and a wish for continued good health. My mum was an alcoholic and seriously effed up, bless her, I know how tough it can be.

J4mmy - February 26, 2020, 2:01 am

That seriously sounds great news! He really cares for you and wants to be his best version of himself for you!

Zero - February 26, 2020, 3:06 am

Without knowing you I can see from how you write about this how much you love your dad even though you didn't see him for a while.

It really does make me feel better reading this. I'm glad your dad feels and acts better and I hope he'll continue to improve.

Showing and giving him love will only make him get better faster. Keep in mind that he's still not 100% in the best place so be gentle with him.

Thank you for sharing with us and feel free to share again here or privately when needed.

Herbert - February 26, 2020, 3:44 am

I've had a similar situation, took my father over 12 years to become more tender, still has his child-like attributes, sometimes likes screaming over nothing and breaking things if he's being told that he's wrong. I've distanced myself from him for 12 years, and only now that he's getting old, he is starting to see reason, matured a lot, and becoming a more likable family man. As to before he held a facade and treated close family more as a tedious chore and responded with violence as an answer.

Best advice I could give you is; stay close and see if he is genuine about the change, if you catch him slip, tell him. If he refuses to acknowledge that, distance yourself until he finally gets it.

Yanix - February 26, 2020, 4:06 am

Spend more time with your dad...maybe go visit him every now and then so he may feel that he is still important to you.

I am happy to hear that he is getting better and I wish him good health.

God bless buddy :)

C2B41T - February 26, 2020, 7:38 am

Give him support!

People can change, but its rare.

Happy for you even do i dont know you!

BreadMaker - February 26, 2020, 7:46 am

Glad your seeing a change man, Its great when things go from negative to positive especially after waiting a long time!

Hope your all good man

Geralt - February 26, 2020, 8:04 am

Damn man, your life must be a rollercoaster of emotions. Hang in there!

TheChaosKiller - February 26, 2020, 8:09 am

This is beautiful man, truly. I don't know you guys obviously, but you might find that buying him a little gift, or writing him a letter/painting him something, would seriously mean the world to him. I have a cousin who has serious mental health issues, and when he has his locked in periods where he can't leave the house, gets dosed up and gets stuck in his own head kinda thing, he's completely alone. So when he gets out of it, gets some clear head time and space, he always said that knowing people were thinking of him, or going out of their way to get something for him while he was in that state, it meant so much to him in words he couldn't express. You clearly love your dad, and he clearly loves you too, and I think maybe that could make him feel as cherished as he is in your heart. I dunno, maybe I'm way off, but this just stood out to me so much as being a very similar situation. Hats off to you either way for spending some quality time with him.