

Forum:[Hack Forums](#)

Thread: [Have any of you successfully cut off ties with anyone or everyone](#)

GruntStyl - February 22, 2021, 11:07 am

I was discussing with a friend over the weekend about where he's at in life which brought up the discussion of him cutting ties with just about everyone. Most of his friends and family (His words). This sounds extreme but given the cards he was dealt I could see myself questioning the same thing if I were him.

When he was explaining this I was worried he may have darker thoughts but after awhile I came to the conclusion that he really does just want to leave everything behind that has caused him such grief/distress through the years and restart essentially?

Just curious if any of you have done this and how it has affected your life whether it be positively or negatively. And share your story as to why if you want.

Forensic - February 22, 2021, 11:18 am

Sometimes that's what you need to do

ZeroOne - February 22, 2021, 11:21 am

I haven't done it personally but I do believe I could if I wanted to.

Doomslayer - February 22, 2021, 11:57 am

I have had multiple high maintenance friends that I had to cut ties with for being toxic. It wasn't easy because we were friends for a while, but it was nice not having to take them to show up at their house to check on them every time they called me threatening to commit suicide if I didn't help them.

?Dødgygeez - February 22, 2021, 12:00 pm

I have considered it as it would help me tremendously in my goals. Unfortunately for personal reasons, I just can not do it and I also do not really want to. I have distanced my self and am trying to practice self-control and self-improvement.

Utility - February 22, 2021, 12:31 pm

I cut most of my family and retarded ass friends off a long time ago, I now primarily focus on my career.

Doktor - February 22, 2021, 12:35 pm

I did. Multiple times.

It's part of maturing process and isn't that odd.

Sometimes, it's hard, unpleasant, but overall, marks your development.

I'm satisfied with the change that action had on me, although it didn't always share that view.

******* - February 22, 2021, 12:42 pm

I had to a while back in Highschool with a childhood friend , Sometimes when all someone does is take and drain you have to cut the rope.

Juoku - February 22, 2021, 1:17 pm

If I find someone to be toxic or bad for me I'll definitely cut them out of my life completely, had a few

people I removed from my life easily, I even remember once I blocked someone and they called me after a few months so I got notified, called them back because I thought it had something to do with a common friend, they were like "how did you see I called you? It said your phone is off" so I just told them "I blocked you, got notified you called, what do you want?" And they were like "ohhh wow you went that far" so I just said "alright well I'm sitting with friends, cya" and hung up, that's the only way to deal with these situations imo, being blunt and letting them know you don't want shit from them in case they keep trying to stay in contact

Qebi - February 22, 2021, 2:00 pm

It's the life they want to live. Cutting ties with people allow them to transform into who they want to be by also cutting ties to their perceived past self that's tied to them people.

Bluffer - February 22, 2021, 2:06 pm

Sometimes it may be a bit of an extreme decision but a change of environment (including who you surround yourself around) can be a good decision in one's life.

No I've not done that but could some day.

Koyote - February 22, 2021, 2:13 pm

I have unfortunately had to remove friends from my life a few times now, and cut off contact completely. It's hard, I sometimes think about them and the good times and wish we could still hang out, but then I have to remind myself of how bad things got and how badly it made me feel on a regular basis. You have to quite honestly view them as dead to you, so you don't even allow the opportunity for them to come back, because if you've made that decision then you've gotta stick to it.

rSM- - February 22, 2021, 2:14 pm

The few "friends" I've had to cut off cut themselves off by either getting arrested or dying. Didn't have to put in any of the work or stress because they did it for me.

Neon™ - February 22, 2021, 2:16 pm

Yep, lost a fair amount of friends when I moved to another country, but that's normal and I don't regret it.

Grim - February 22, 2021, 2:27 pm

yes people that bring me down or make my life worse. only surround yourself with people that motivate you

Kriptik - February 22, 2021, 2:28 pm

I think it is normal for people to cut ties with friends or family, especially if these people bring nothing but trouble into your life. I would even say it is healthy to cut ties with people who don't help you grow in life.

Forest - February 22, 2021, 3:39 pm

Many people, if someone doesn't provide value to your life, don't waste your time.

You got one life to live, don't let timewasters bring you down

siddy357 - February 22, 2021, 6:02 pm

(Feb 22, 2021 12:07 PM)TazzyOpz Wrote: [\[CITE\]](#) I was discussing with a friend over the weekend about where he's at in life which brought up the discussion of him cutting ties with just about everyone. Most of his friends and family (His words). This sounds extreme but given the cards he was dealt I could see myself questioning the same thing if I were him.

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Sometimes it is necessary to leave people in your past so as to move toward the future.

Artisan - February 23, 2021, 2:57 am

I have cut ties with some specific people. Mostly coz they either lacked a conscience or they could lie very well.

jecoylecroy - February 23, 2021, 3:21 am

I didn't do it with my friends and my family but with someone else.

MarvinMalware - February 23, 2021, 8:34 am

Yeah I've always thought about it to be honest. I'm pretty bad with people at times, I prefer to be alone 99.99% of the time. I've slowly cut people out, whether it's for better or worse who knows? In your friends case though it's understandable and it's just what you need to do sometimes.

ghostboy - February 23, 2021, 8:59 am

Yeah pretty much everyone I grew up with. There all a bunch of parasites using each other

GruntStyl - February 23, 2021, 9:04 am

(Feb 23, 2021 03:57 AM)Artisan Wrote: [\[CITE\]](#) I have cut ties with some specific people. Mostly coz they either lacked a conscience or they could lie very well.

Definitely agree with this. Especially the lying. Best part being that you know when they're lying but they continue to add to a story or multiple stories to try and validate their lie. It becomes exhausting and sometimes cringe.

Big Tyrone - February 23, 2021, 9:08 am

Yeah I did it with my baby's mother, shit was a toxic relationship. It needs to be done sometimes some people are better apart for the greater good.

SIM-4923173 - February 23, 2021, 12:48 pm

(Feb 22, 2021 12:07 PM)Tazzy0pz Wrote: [\[CITE\]](#) I was discussing with a friend over the weekend about where he's at in life which brought up the discussion of him cutting ties with just about everyone. Most of his friends and family (His words). This sounds extreme but given the cards he was dealt I could see myself questioning the same thing if I were him.

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Just curious if any of you have done this and how it has affected your life whether it be positively or negatively. And share your story as to why if you want.

If I were you I would be worried about your friend. You and your friend knows what's going on. I don't since you don't give details. I am assuming and it comes off from just your post that he might be suicidal. Most people in the right mind don't cut ties like that unless they're depressed or on drugs. However, it's also possible that family and friends are either toxic or causing major issues in his life. Again I don't know what is what because there's no details given about your friends situation.

So, for him doing so it's either a good thing or a bad thing. If he's depressed and cuts ties because of depressing it will lead to him comit suicide. If it's friends and family being toxic or jut causing

too much problems in his life then it's a good thing but only you and him would know this not us since I don't know the real situation.

GruntStyl - February 23, 2021, 1:32 pm

(Feb 23, 2021 01:48 PM)SIM-4923173 Wrote: [\[CITE\]](#) If I were you I would be worried about your friend. You and your friend knows what's going on. I don't since you don't give details. I am assuming and it comes off from just your post that he might be suicidal. Most people in the right mind don't cut ties like that unless they're depressed or on drugs. However, it's also possible that family and friends are either toxic or causing major issues in his life. Again I don't know what is what because there's no details given about your friends situation. So, for him doing so it's either a good thing or a bad thing. If he's depressed and cuts ties because of depressing it will lead to him comit suicide. If it's friends and family being toxic or jut causing too much problems in his life then it's a good thing but only you and him would know this not us since I don't know the real situation.

We've been friends for about 15 years. I think I know him well enough that he isn't Suicidal. He's just been dealt some crappy cards the last 10 years. (Married, Cheated on, Divorced, can't see his kids, lost his father 2 years ago, lost touch with his mother, in an abusive relationship currently, lost his job 4-5 months ago, etc) The list goes on.

His plan was to move south (United states) and kind of restart with only keeping in contact with a couple select people (myself being included). When he explained this and how serious he was, is the reason I made this thread because it caught me off guard but after letting all the info sit in my head a bit I could see why he came to this conclusion. I wanted to see other peoples point of view and if they've done the same.

Koyote - February 23, 2021, 3:13 pm

(Feb 23, 2021 02:32 PM)TazzyOpz Wrote: [\[CITE\]](#) We've been friends for about 15 years. I think I know him well enough that he isn't Suicidal. He's just been dealt some crappy cards the last 10 years. (Married, Cheated on, Divorced, can't see his kids, lost his father 2 years ago, lost touch with his mother, in an abusive relationship currently, lost his job 4-5 months ago, etc) The list goes on.

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I can see why he'd want a fresh start, and it's for better reasons than most would wanna disappear over like crime or drug related stuff etc. I think maybe in that particular scenario, it would be good for him to have that clean slate so he can find a new way to live and a happy ending for his story. Is there no chance he can ever reconnect with his mother?

SIM-4923173 - February 23, 2021, 6:12 pm

(Feb 23, 2021 02:32 PM)TazzyOpz Wrote: [\[CITE\]](#) We've been friends for about 15 years. I think I know him well enough that he isn't Suicidal. He's just been dealt some crappy cards the last 10 years. (Married, Cheated on, Divorced, can't see his kids, lost his father 2 years ago, lost touch with his mother, in an abusive relationship currently, lost his job 4-5 months ago, etc) The list goes on.

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oh then I never done anything of that but if he decides to do this then you should keep in contact with him because from what I see people can become depress. For example if I had family lets ay 6 people and maybe had 200 friends. I decide the hell with them.

I shrink down to 3 or 4 friends and then move to another location where I cannot walk to these 3 or 4 friends home. You will be isolating yourself. Yes, you can make new friends and new relationships but from just experience new friends and new people might bring more trouble like they won't be as close to you. You might have events in your life where you need to talk to someone and it's different talking online verses in person. Most of the stories I heard normally these types of people ended up either suicidal or killed by murderer that was the persons new friend.

I am just giving you all aspects as to think if it's best for him or not. If he cannot visit one single friend in person that he knows for years. He will be isolated it would be the same effect if you went to live up in Alaska in a cabin alone.

Humans are social creatures we need to talk to people and vent at times. That's why people say money isn't everything. You can have all the money in the world but you won't be happy because the people around you might be fake and you cannot buy love, loyalty, friendship etc. You can pay people to pretend but you will never get the real stuff.

this is just my point of view. I never done this and I would be afraid to do this because you just never know what could go wrong and it's like go out to remote areas. You should prepare before doing it. If I were him I would try it out first and don't like cut cold turkey on day one but he could leave and then call back home but don't tell where you're at. You could say another location just on vacation. If he likes it where he's at etc and he met good people that he can count on then he could decide if he wants to cut ties.

This is just my thoughts on the subject matter. There's always pros and cons to it.

ingenious - February 23, 2021, 9:55 pm

I have done it with several people over the years.

Very important to remove toxicity from your life

?ystem - February 24, 2021, 1:29 pm

Yup! With two separate groups of previously "good" friends over the last ten or so years. Just simply had enough of their bullshit and felt the resentment gradually invading my brain, so I just cut off ties completely. Blocked their numbers, accounts, everything. No explanation provided either.

Blogger - February 24, 2021, 3:52 pm

Hell yeah. I cut off my brother and his entire family because they're all cunts. You can read the entire story on my blog. ;) But we live on the same property and haven't spoken to each other in nearly 3 years and I have no intention of ever speaking to him again.

The Pact - February 24, 2021, 3:57 pm

I cut off ties with my abusive mother via her dying of dementia via her dying so.....not really. (Dark humour.)

Herbert - February 24, 2021, 6:51 pm

Too many to count.

Sometimes I take things too personal, sometimes I'm better off.

Nuworld - February 24, 2021, 8:09 pm

All my friends are ether dead from drugs overdose or in jail.
ya all can all pound sand as far as I'm concerned.

Once you get to be my age? you'll understand.

Ya all have a good day now.

Blogger - February 25, 2021, 2:06 am

(Feb 24, 2021 04:57 PM)The Pact Wrote: [\[CITE\]](#) I cut off ties with my abusive mother via her dying of dementia via her dying so.....not really. (Dark humour.)

Out of curiosity, what were the early signs of her dementia? Any crazy behaviour?

Koyote - February 25, 2021, 3:06 am

(Feb 25, 2021 03:06 AM)Blogger Wrote: [\[CITE\]](#) Out of curiosity, what were the early signs of her dementia? Any crazy behaviour?

I'm not the guy you replied to, but with my grandma it was things like her walking in and out of rooms without saying anything and not knowing why. Or she would stop mid sentence, then ask what you wanted or why she was where she was. The worst was one day she got all the knives from the kitchen and put them on her bed, because she thought she was still a chef and needed to pack up her tools, and then she'd forgotten about them and went to go lie down before my grandpa realised what she about to go and stopped her.

I know of someone else, a friend of a friend, whose granddad had dementia and he poured boiling water on his feet one day thinking he was washing off his army boots with a can. Absolutely horrific stuff, and so sad to see or hear of.

Lyrlei - February 25, 2021, 3:10 am

When I was younger this was like the norm, lol, I only have a handful of people that are my friends nowadays.

Blogger - February 25, 2021, 3:10 am

(Feb 25, 2021 04:06 AM)CuriousCoyote Wrote: [\[CITE\]](#) I'm not the guy you replied to, but with my grandma it was things like her walking in and out of rooms without saying anything and not knowing why. Or she would stop mid sentence, then ask what you wanted or why she was where she was. The worst was one day she got all the knives from the kitchen and put them on her bed, because she thought she was still a chef and needed to pack up her tools, and then she'd forgotten about them and went to go lie down before my grandpa realised what she about to go and stopped her.

I know of someone else, a friend of a friend, whose granddad had dementia and he poured boiling water on his feet one day thinking he was washing off his army boots with a can. Absolutely horrific stuff, and so sad to see or hear of.

I'm just looking for some insight through first hand experience, so thanks for replying! It's a horrible disease. Sorry you went through it.

Koyote - February 25, 2021, 3:13 am

(Feb 25, 2021 04:10 AM)Blogger Wrote: [\[CITE\]](#) I'm just looking for some insight through first hand experience, so thanks for replying! It's a horrible disease. Sorry you went through it.

No problem! With my grandma we weren't sure if it was dementia or Alzheimer's specifically, as she passed before there was a definitive diagnosis, but it was a really sad way for her to end her life after being so active and with it.

Sometimes though you'd get a funny moment, like when we were all sat around the dinner table and she very seriously turned to my dad and asked if he needed to use the toilet before we ate lol.

Then sometimes she'd remember that and know why it was funny, but then other times not so much, so I think you just have to try and power through and make comedy of what you can so their last memories are filled with smiles and laughter.

GruntStyl - February 25, 2021, 7:02 am

(Feb 25, 2021 04:06 AM)CuriousCoyote Wrote: [\[CITE\]](#) I'm not the guy you replied to, but with my grandma it was things like her walking in and out of rooms without saying anything and not knowing why. Or she would stop mid sentence, then ask what you wanted or why she was where she was. The worst was one day she got all the knives from the kitchen and put them on her bed, because she thought she was still a chef and needed to pack up her tools, and then she'd forgotten about them and went to go lie down before my grandpa realised what she about to go and stopped her.

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This was actually pretty sad to read.. ?

shakur123 - February 25, 2021, 9:54 am

I do it all the time with people that doesnt really give to my life good input, its not easy specially if theres factors like time or blood links in the relationship. We live to have fun and a good time, theres no need for drama, backstabbing and shitty attitudes in our life!!

Pug Life - February 26, 2021, 9:51 am

I cut of most of my old "friends" long time ago

I dont have much family only my mother and my little brother and i would never cut them out of my life because i lost too many.

Friends come and go, i only have like 1-2 close ones thats it.

Dont want more and dont need more

Deany - February 26, 2021, 10:03 am

No need. I've always been a hermit and a loner :)

Trev - February 26, 2021, 11:39 pm

I strongly believe in cutting ties or ending relationships if they are bad/toxic or just not for the greater good. I personally have done this with plenty of my old "friends" and even some of my "family"

xPlutus - February 27, 2021, 1:09 am

I was in this exact situation for the past 2 years. Have left almost everyone behind me. Bad influences & toxic relationships with people. I've been stuck for almost 6 years which felt like one big mess. I'm glad I'm working on myself now and the future is looking bright

The Pact - February 28, 2021, 2:51 pm

(Feb 25, 2021 03:06 AM)Blogger Wrote: [\[CITE\]](#) Out of curiosity, what were the early signs of her dementia? Any crazy behaviour?

She got early onset dementia in her 50s. Horrifying. She was a PhD. The first sign was just her not being able to remember how to drive to places she used to go to all the time in neighbourhoods that were very familiar to her in the past. She also kept trying to buy me a subscription to Time Magazine for a present but never paid for it and they kept ringing me up about it. I found an envelope on the floor that looked like an empty envelope that had been open that I was about to throw out but decided at the last minute to check it and there was \$400 inside it that she'd just stuck through my letter slot. More crazy behavior came later.

I probably sound very ungrateful she was a very generous mother. She inherited a lot of money and

liked to spoil her kids with and was kind in that way but she had wild mood swings and beat me and said very spiteful abusive things when she was in a her bad moods.

I've recently kind of done it with someone else in my family but it's such a complicated and unusual situation that I don't really feel comfortable going into detail here. I haven't cut off ties completely but I got him out of my house via police. I'm still talking to him on Facebook. It isn't a romantic partner.

Wafflemonger - February 28, 2021, 9:13 pm

I have cut off ties with a couple people that I used to call my best friends. They ended up being very toxic all around and I wanted to move forward in life. However I usually only leave cutting off for extreme circumstances. Someone I call a good friend would have to mess up bad for me to cut them off.

Verethragna - March 1, 2021, 6:36 am

(Feb 22, 2021 12:07 PM)TazzyOpz Wrote: [\[CITE\]](#) I was discussing with a friend over the weekend about where he's at in life which brought up the discussion of him cutting ties with just about everyone. Most of his friends and family (His words). This sounds extreme but given the cards he was dealt I could see myself questioning the same thing if I were him.

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Just curious if any of you have done this and how it has affected your life whether it be positively or negatively. And share your story as to why if you want.

It sounds like your friend is maturing and knows what direction he wants to travel in his life. Sometimes we have people in our lives that are toxic and will prevent us from accomplishing goals that we want/need to. I've certainly had to cut off numerous people throughout the years and it can be painful. However, our peace of mind and mental health is far more important.

I'm sending positive vibes to your friend and I hope he's able to restart and feel refreshed and positive about the future. Sometimes destruction is needed to create growth. I wish you all the best =D

Skisuit - March 1, 2021, 6:46 am

This thread got me thinking, I have surprisingly cut of ties with many people, friends and family members included. My life has significantly improved, the only regret I had was not cutting ties with these people even earlier

GruntStyl - March 1, 2021, 10:13 am

(Feb 28, 2021 10:00 PM)-Scrub Wrote: [\[CITE\]](#) Can't hang out with chickens and expect to soar with eagles ..

I like that quote. Good way to put it.

Ichigo Kurosake - March 1, 2021, 10:48 am

Dealing with emotion beings requires making ties and cutting off them when needed. Yes with my buddies.

Maskin - March 1, 2021, 1:58 pm

Some friends yes, but not with family. It's normal as you get older.

eupraxia - March 1, 2021, 2:37 pm

I did this last year with most of my (then) bestfriends/partial family and others. It's great.

