

Forum:[Hack Forums](#)

Thread: [What Was Your First Nightmare as a Kid?](#)

W1NK1LL3RX - July 31, 2025, 3:55 pm

What Was Your First Nightmare as a Kid?

This one's been on my mind lately.

As a kid, I used to have what I called "pull down dreams." These nightmares hit me hard; I had them almost twice a week for years.

In the dream, a hand would come up from between the wall and my bed and literally pull me down into the darkness. Sometimes I'd be stuck in sleep paralysis, unable to scream or move, just watching it happen. It felt so real that I'd be terrified to sleep at night. Eventually, I started staying up all night and only sleeping during the day.

It was terrifying, and for a long time, I thought I was the only one dealing with that kind of dream.

What was the first nightmare you remember as a kid? Was it something weird, scary, or recurring like mine? Let's hear your stories, even if it sounds crazy, this is a judgment-free zone. ?

Mech - July 31, 2025, 6:14 pm

I used to have the same nightmare over and over again when I was a teenager. Same thing happened every time in the dream.

Without disclosing to me personal details, distant family member would hang me over the top railing in his house and eventually let go.

Then I would start falling from space and then eventually to the ground. Always woke up before I hit the ground though.

Err0rX - July 31, 2025, 6:15 pm

(Jul 31, 2025 03:55 PM)W1NK1LL3RX Wrote: [\[CITE\]](#) What Was Your First Nightmare as a Kid?

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my nightmare was pretty strange too — I kept dreaming I was falling from a really high place, and then I'd wake up in the middle of a forest. It happened over and over again.

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Damn, that's rough. Falling dreams always hit deep — that feeling of losing control is brutal. Glad you woke up before hitting the ground every time, lol.

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I had some crazy dreams for a while in my life. Like fucked up dreams that made me think my head was super fucked.

W1NK1LL3RX - July 31, 2025, 6:57 pm

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Waking up right before hitting the ground, yeah, been there. It's like your brain's hitting the nope button last second. Did those dreams ever stop, or do they still pop up sometimes?

Err0rX - July 31, 2025, 7:11 pm

(Jul 31, 2025 06:50 PM)Mech Wrote: [\[CITE\]](#) I had some crazy dreams for a while in my life. Like fucked up dreams that made me think my head was super fucked.

We are the same — we both have weird dreams, and honestly, most of mine are scary and strange.

Mech - July 31, 2025, 7:49 pm

(Jul 31, 2025 07:11 PM)Err0rX Wrote: [\[CITE\]](#) We are the same — we both have weird dreams, and honestly, most of mine are scary and strange.

Dude mine are always super fucked up, when I do dream. Most of time I don't or at least don't remember them.

Err0rX - July 31, 2025, 7:58 pm

(Jul 31, 2025 07:49 PM)Mech Wrote: [\[CITE\]](#) Dude mine are always super fucked up, when I do dream. Most of time I don't or at least don't remember them.

I forget most of them too, I only remember three. Man, it's a strange feeling

xclouded1 - August 1, 2025, 12:51 am

I always used to get bad nightmares. The one I remember a lot was in a dark alleyway and some woman told me I would be murdered and I needed to run lol, dreams are pretty wild.

HerrWinston - August 1, 2025, 2:45 am

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Did you know, some scientists say that in rare cases of these dreams the brain thinks your actually falling, and you hit the ground the body thinks your dead and stops its work... so you actually die?

Like i said very rare cases but it happens sometimes

junooo - August 1, 2025, 2:58 am

It's probably not the first nightmare, but the first I remember. I was like 5 maybe, I was sick, and I got the Alice in Wonderland syndrome (where everything feels really big or small). I was too afraid to tell my mom that I was feeling sick or that I had a nightmare, so when I woke up I just kept walking up and down the stairs trying to find the courage to tell my mom I wasn't feeling well and that I had a horrible nightmare. I don't remember what happened after. I think I fell asleep or something.

That stuck with me, I experienced it once more later in life.

P??sonl?af - August 1, 2025, 3:39 am

I had one nightmare that really fucked me up as a kid & It's strange AF.

It's also quite hard to explain but there was this block in an empty space going back and fourth. (Closer & Further) each time it would get smaller but never quite disappear. Not something that should be seen 'scary' but I member that shit kept me up at night very often.

W1NK1LL3RX - August 1, 2025, 3:55 am

(Aug 1, 2025 03:39 AM)P??sonl?af Wrote: [\[CITE\]](#) I had one nightmare that really fucked me up as a kid & It's strange AF.

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That actually makes a weird kind of sense, sometimes it's not the obvious monsters that mess us up, it's those abstract, unexplainable things that hit different. The way you described that block almost feels like some kind of dream logic that your brain knew was terrifying, even if it sounds harmless now. Those kinds of dreams linger way longer than they should.

informalmarc - August 1, 2025, 5:58 am

Scooby doo he was chasin me and it was before the first day of school

Rahul007rhp - August 1, 2025, 7:14 am

For me it was drowning in a cold water the dream which for no reason i used to kept seeing . Till today, I'm scared of even bathing in cold water with my eyes closed xD

Oh_Well - August 1, 2025, 8:42 am

(Aug 1, 2025 07:14 AM)Rahul007rhp Wrote: [\[CITE\]](#) For me it was drowning in a cold water the dream which for no reason i used to kept seeing . Till today, I'm scared of even bathing in cold water with my eyes closed xD

Holy sht, drowning is the worst by far

K4RM4 - August 17, 2025, 7:26 am

Man it's weird sharing this, but I had a dream I was being tied down by leprechauns, and some how

I managed to get out, and literally started sleep running though the house smh lol.