

Forum:[Hack Forums](#)

Thread: [What made you step away from the internet for a while?](#)

TheNaturalBoy - April 18, 2026, 1:08 am

As we all know, the internet is a massive collection of information—sometimes false, sometimes sensationalized, sometimes not even real, and so on.

But there are always things that leave us with a strange feeling: discomfort, secondhand embarrassment, disgust, outrage, and so much more. So, has there ever been something that made you say, “Damn, I need to stay off the internet for a bit—this is too much for me”?

Have you ever experienced something like that, or not yet? Did it happen unintentionally, or would you say you were the one who went looking without limits and didn’t expect to come across something like that?

HerrWinston - April 18, 2026, 2:05 am

Hmm good question, I dont think I ever had this feeling something was so bad I had to get away from the internet for a while but I did take breaks for various reasons, have you ever had what you describe in your thread? ^^

Edmond Dantes - April 18, 2026, 2:47 am

I was away from internet for 8 months due to being in a rehab centre because of gambling addiction. Finally got access to my phone every 3 days and I’m starting to follow the metas.

Phantom_NiNja - April 18, 2026, 8:17 am

(Apr 18, 2026 01:08 AM)TheNaturalBoy Wrote: [\[CITE\]](#) As we all know, the internet is a massive collection of information—sometimes false, sometimes sensationalized, sometimes not even real, and so on.

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I never experienced that but for this summer I want to touch grass. I been indoors or a long long time and just feel the need to go outside and enjoy the weather as much as I can because I normally don't get too often.

TheNaturalBoy - April 18, 2026, 8:22 pm

(Apr 18, 2026 02:05 AM)HerrWinston Wrote: [\[CITE\]](#) Hmm good question, I dont think I ever had this feeling something was so bad I had to get away from the internet for a while but I did take breaks for various reasons, have you ever had what you describe in your thread? ^^

Now that I think about it, there were only two things. Back then, when I used to go to a business that rented computers with internet access, I went there to do homework. I had to look up something related to the human body. I really don't know what I searched for or what I put in the search bar, but the images were gory, all related to bodies, accidents, dismemberment, and so on. I think I was about 11 years old. I got scared and didn't feel like going back for a few days (I didn't turn in that

assignment). As for the second thing, I think it happened when I was 14. Again, I was trying to find something for homework, but this time it was with a group of classmates. However, they ended up looking for pornography websites. I have to admit that curiosity got the better of me, but only for a few seconds. Then I just left. I was probably a little scared to see that they had girls who looked quite young. Besides, I was still dealing with the mental burden of having suffered sexual abuse at the hands of a family member.

I'm sorry if the explanation is a bit hard to understand—I had to use Google Translate because the AI wouldn't translate my text, possibly due to mentioning sensitive or intense topics hehehe.

(Apr 18, 2026 02:47 AM)Edmond Dantes Wrote: [\[CITE\]](#) I was away from internet for 8 months due to being in a rehab centre because of gambling addiction. Finally got access to my phone every 3 days and I'm starting to follow the metas.

Are you referring to a gambling addiction in casinos or similar places? Or to the well-known and controversial online and app-based casinos that are currently trending?

By the way, I'm really glad you've been able to move forward and manage your addiction—wishing you the best of luck in the future :3

(Apr 18, 2026 08:17 AM)Phantom_NiNja Wrote: [\[CITE\]](#) I never experienced that but for this summer I want to touch grass. I been indoors or a long long time and just feel the need to go outside and enjoy the weather as much as I can because I normally don't get too often.

Perfect, I hope you're able to achieve your goal—learning a new physical skill wouldn't hurt either :3

diablospartan - April 18, 2026, 9:16 pm

In my case not really because outside world its not so good .Only fake ,bad people and you cannot trust anyone nowadays

Deany - April 18, 2026, 9:55 pm

Nothing, I'm a reseller I need to be glued to the screen lol

TheNaturalBoy - April 19, 2026, 12:50 am

(Apr 18, 2026 09:16 PM)diablospartan Wrote: [\[CITE\]](#) In my case not really because outside world its not so good .Only fake ,bad people and you cannot trust anyone nowadays

I see, that's an interesting point of view—but don't worry. Believe me, there are times when we think the whole world is like that, when in reality we haven't even met 5% of the population haha. Don't get discouraged.

(Apr 18, 2026 09:55 PM)Deany Wrote: [\[CITE\]](#) Nothing, I'm a reseller I need to be glued to the screen lol

Hey, that's interesting—I imagine at some point you've come across someone offering something extremely weird or even questionable hahaha. I'm trying to sell a suitcase that a kind elderly woman gave me—she gave it to me after I helped her clean her house (back in my sweet days of going door to door doing jobs for food hahaha).

Oh_Well - April 19, 2026, 2:15 am

Mostly getting bombed with bad news makes me want to quit social media (not the entire internet).

TheNaturalBoy - April 19, 2026, 7:20 pm

(Apr 19, 2026 02:15 AM)Oh_Well Wrote: [\[CITE\]](#) Mostly getting bombed with bad news makes me want to quit social media (not the entire internet).

That's true—this has become really common lately. News is coming from everywhere, with unfortunate situations and sometimes stories that are extremely sensationalized and alarmist.

SpearFang94 - April 19, 2026, 11:20 pm

(Apr 18, 2026 01:08 AM)TheNaturalBoy Wrote: [\[CITE\]](#) As we all know, the internet is a massive

collection of information—sometimes false, sometimes sensationalized, sometimes not even real, and so on.

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I dont think I have experienced such other than one time seeing some isis or alqueda beheading people

TheNaturalBoy - April 21, 2026, 9:08 am

(Apr 19, 2026 11:20 PM)SpearFang94 Wrote: [\[CITE\]](#) I dont think I have experienced such other than one time seeing some isis or alqueda beheading people

Damn, that’s true. I still remember a lot of people saying those videos were online and that you could watch them. I once heard that there’s a serious epidemic of declining mental health among people whose job is to review and verify the content uploaded to certain websites.

Yakless - April 21, 2026, 1:36 pm

(Apr 21, 2026 09:08 AM)TheNaturalBoy Wrote: [\[CITE\]](#) Damn, that’s true. I still remember a lot of people saying those videos were online and that you could watch them. I once heard that there’s a serious epidemic of declining mental health among people whose job is to review and verify the content uploaded to certain websites.

I remember watching a documentary where Facebook content moderators talked about why they quit, and it was mainly because having to watch people/animals being abused/killed as your job is insanely mentally taxing to the point where it starts to change you as a person.

SpearFang94 - April 21, 2026, 8:17 pm

(Apr 21, 2026 01:36 PM)Yakless Wrote: [\[CITE\]](#) I remember watching a documentary where Facebook content moderators talked about why they quit, and it was mainly because having to watch people/animals being abused/killed as your job is insanely mentally taxing to the point where it starts to change you as a person.

Facts, I remember that documentary too, crazy shit been happening since

Darah - April 22, 2026, 5:20 pm

Not gonna lie. I stepped away for a couple years and completed a whole apprenticeship in electronic security systems. Completely forgot about forums until 1 day I rememberes its how I use to make money before I had a job lol