

Forum:[Hack Forums](#)

Thread: [Been away from here to figure out what is wrong with me...](#)

Rsynced - May 29, 2026, 2:43 pm

I have learned our brains did not get designed by nature to be looking at a screen all day for starters.... ?

Posted some threads of what I have learned so far about myself and my own brain.

<https://hackforums.net/showthread.php?tid=6326248>

<https://hackforums.net/showthread.php?tid=6326243>

<https://hackforums.net/showthread.php?tid=6326254>

These all follow up to my original thread:

<https://hackforums.net/showthread.php?tid=6288842>

Hope this reaches some folk that need help and maybe you can snap out of it and reset if you share similar life experiences.

I know everyone is different, but I found this works for me and I feel like I am almost 'Normal' compared to how I was 3 years ago.

Pr0m3th3us - May 29, 2026, 2:55 pm

Bro its good to see you back, one of the legit dudes. Thanks for your threads. I only drank 5 beers yesterday....im down to an average of about 7-8 a day from 15-16 just months ago.

Rsynced - May 29, 2026, 3:11 pm

(May 29, 2026 02:55 PM)Pr0m3th3us Wrote: [\[CITE\]](#) Bro its good to see you back, one of the legit dudes. Thanks for your threads. I only drank 5 beers yesterday....im down to an average of about 7-8 a day from 15-16 just months ago.

Thanks, I feel HAPPY and HONOR from your welcome.

Keep it up man, I was forced cold turkey or I was going to die. I am still getting out of Ultra-Survival brain mode. My body and nervous system is still resetting like a spring going back to form from being stretched all the way out into a straight line.

I have some weird super ear hearing now and I can see super far but everything is all blurry up close like reading ect. Like I entered some primal state and got stuck like this. I am getting used to it and once I started not FEELING bad thoughts and letting them pass I started getting less stiff.

I COULD NOT BREATHE PROPERLY FOR LIKE 3 YEARS. MY BIGGEST FEAR.

Starting walking like 5 miles and running 50 yard dash. It fixed it... lol

FEAR HOLY SHIT :)

Pr0m3th3us - May 29, 2026, 6:19 pm

This reminds me of you right now bro.....

[Video: <https://www.youtube.com/watch?v=ad4CUFdNvec&list=RDLishAKkKlrA&index=9>]

Rsynced - May 29, 2026, 6:29 pm

(May 29, 2026 06:19 PM)Pr0m3th3us Wrote: [\[CITE\]](#) This reminds me of you right now bro.....

[Video: <https://www.youtube.com/watch?v=ad4CUFdNvec&list=RDLishAKkKlrA&index=9>]

Ya I guess it does feel kind of bad ass but I can not let that get me going, I get extreme mania and energy like it's fucking crazy. I feel like I am on speed all the time and the fucking rush is intense. Best I let myself rest and not get worked up. I am 45 years old, so I can not risk injury. I hope to come down one day soon cause now that I can control it I just want to be able to activate it at free will not be stuck like this. Shit I could live without it. Crazy you can control this shit without anything but your mind to hold back the rush from the chemical imbalance.

TheNaturalBoy - May 29, 2026, 11:51 pm

It's good to see you again. I'm glad you're still pushing forward and overcoming the obstacles that come your way, brother.

I'm still looking forward to your posts in the AI Art section. Honestly, it's always great to see one of your creations from time to time.

But above all, your health and well-being come first. I'm really happy to know that you're doing well and that you continue to keep striving forward.

RangoWorld - May 30, 2026, 12:03 am

Glad to have you back. Hopefully you will stay on this better mental health lath. Continue on reading more and finding more about self in this journey

Deany - May 30, 2026, 12:54 am

Welcome back. Don't worry, HF is here to heal you.

Edmond Dantes - May 30, 2026, 2:01 am

Glad to see you stopped drinking. This is the path !

Rsynced - May 30, 2026, 7:06 am

(May 29, 2026 11:51 PM)TheNaturalBoy Wrote: [\[CITE\]](#) It's good to see you again. I'm glad you're still pushing forward and overcoming the obstacles that come your way, brother.

I'm still looking forward to your posts in the AI Art section. Honestly, it's always great to see one of your creations from time to time.

But above all, your health and well-being come first. I'm really happy to know that you're doing well and that you continue to keep striving forward.

Good to see you again. I perhaps will do some art soon. I realize I have been using my mania in a good way when I am doing the artwork. It seems to fuel all my creativity. Taking things slow and putting less pressure on myself. The Adrenaline issues can get rather uncomfortable still. I feel I am slowly finding able to control my emotions and not have all day Adrenaline rushes due to my thoughts and reactions.

(May 30, 2026 12:03 AM)RangoWorld Wrote: [\[CITE\]](#) Glad to have you back. Hopefully you will stay on this better mental health lath. Continue on reading more and finding more about self in this journey

Thanks for the warm welcome. I have been training myself to get addicted to good mental actions rather than just letting everything flow and react in my mind. I had no idea you could not think anything you wanted. I thought it only mattered what you do... not what you think lol

(May 30, 2026 12:54 AM)Deany Wrote: [\[CITE\]](#) Welcome back. Don't worry, HF is here to heal you. It can heal and hurt me honestly. My choice :)

(May 30, 2026 02:01 AM)Edmond Dantes Wrote: [\[CITE\]](#) Glad to see you stopped drinking. This is the path !

At this point I just do not even want to think about it anymore. I just have flashbacks of the ER anytime I even consider drinking again in the future.