

Forum:[Hack Forums](#)

Thread: ["Glitch in the Matrix" / Déjà Vu Thread: What's your weirdest unexplainable moment?](#)

Sift - October 11, 2026, 7:34 am

We've all had those moments where reality feels like it stutters for a second. You're sitting somewhere, talking to someone, or walking down a street, and suddenly you are hit with an overwhelming, undeniable wave of: "Wait... I have lived this exact moment before. The scenery, the conversations, the feeling—all of it."

Sometimes it's déjà vu, sometimes it's a bizarre coincidence that defies odds, and sometimes it's just a freak occurrence that sounds completely made up, but you swear on your life happened.

What is the weirdest, most "glitch in the matrix" experience you've ever had that nobody else would believe if you told them?

To kick things off: I've actually had these moments chronically ever since I was a kid so many times that I wouldn't even know where to begin the writing about them for. For most people, it happens once in a while, but it's been a lifelong thing for me where entire sequences feel entirely scripted experience like someone engineered the moments and my consciousness is sure I have experienced them already.

Anyone else experience it constantly, or do you just get them at random, rare intervals?

Drop your stories below. Let's hear the strange stuff!

Slumerican ? - October 11, 2026, 7:57 am

For me since I was a kid such things happend... for example that happens many times with movies: I saw a movie coming out in cinema for example this week for the first time but I can swear i seen it like some time back.. i can remember some scenes and i always was like wait whats going on i seen this.. it happend probably 10 times in my life i cant rembmer specific movies but from now on i will keep note to such experiencess with details. Other than that i went to places that felt familiar i ould swear i was there before. And people talking some topics is most often probably for me: i am talking to or hearing someone else talking about a thing and the way they pronounce an words or misspell it hits me like wait this exactly has happend before and im sure of it. This happens very often to me. Other things is when i enter a place and i see someone, most of the time i know if i should leave or stay since i know their energy and some things they do that i dont like and im very much right 90% of the time it has been proven to me many times over the 20+ years. And also people are predictable some things you can guess without having facts. The list goes on and on but this is for now :) great post OP thanks

Bastille - October 11, 2026, 8:18 am

Déjà vu (I love this expression because it's French, Neo says it in the Matrix movie, the first one, with the black cat) is something I experience quite often. I once watched a video about it, and from a "scientific perspective", it seems to have something to do with how neurons and synapses interact. That's the "official" explanation, at least.

However, during my burnout, I experienced something called "derealization" and "depersonalization", and those experiences are crazy.

I remember talking to my doctor and saying, "I feel like the world isn't real, like I'm living in The Matrix." People under burnout are usually describing the feeling like being in a movie rather than actually living your own life.

I remember I didn't want to tell this to my doctor because I thought I was losing my mind and became crazy. I'm glad it's part of the past now and feeling better. But maybe they gave me the blue pill ?

DemonAsylum - October 11, 2026, 9:43 am

I wouldn't say I'd have it happen any bit constantly or consistently, but I've absolutely had it happen plenty of times in my life. It's more like once in a good while that it seems to occur and what it occurs for could be just about anything. It's always such a strange feeling and that catches you off guard in the moment. It is quite the interesting phenomenon.

Undead - October 11, 2026, 9:56 am

Yeah, I've felt moments like that a few times throughout my life. I think we live in a sandboxed reality but sometimes you get these glitches where the reality that is hidden breaks through.

Sift - October 11, 2026, 9:57 am

(Oct 11, 2026 09:56 AM)Undead Wrote: [\[CITE\]](#) Yeah, I've felt moments like that a few times throughout my life. I think we live in a sandboxed reality but sometimes you get these glitches where the reality that is hidden breaks through.

For real sometimes an entire experience felt like I had dreamt every detail of it or already experienced it.

DemonAsylum - October 11, 2026, 10:06 am

(Oct 11, 2026 09:57 AM)Sift Wrote: [\[CITE\]](#) For real sometimes an entire experience felt like I had dreamt every detail of it or already experienced it.

I believe within the study of the whole thing there are connections that have been made between that feeling and dreams you've actually had, whether you remember them or not. I've briefly looked into it all in the past, likely off the back of experiencing some kind of déjà vu that had me feeling some type of way lol. Really interesting stuff though that anyone any bit curious about should look into.

Sift - October 13, 2026, 1:02 pm

(Oct 11, 2026 10:06 AM)DemonAsylum Wrote: [\[CITE\]](#) I believe within the study of the whole thing there are connections that have been made between that feeling and dreams you've actually had, whether you remember them or not. I've briefly looked into it all in the past, likely off the back of experiencing some kind of déjà vu that had me feeling some type of way lol. Really interesting stuff though that anyone any bit curious about should look into.

Yea also the butterfly effect is a very interesting subject to research.

Oh_Well - October 13, 2026, 11:38 pm

It happens to me a lot as well.

The scientific explanation is that one eye sometimes sends the information to the brain faster than the other eye, so when the information from the other eye reaches our brain, it feels like we have seen this again.

But besides that, the thing I could never explain is the "spider sense" I have a lot of times. For example, sometimes, if something is about to drop, my hand already goes there even if the thing hasn't started moving yet, and then it falls right into my hand.