

Forum:[Hack Forums](#)

Thread: [How many of you managed to actually beat depression?](#)

Sift - October 12, 2026, 4:16 am

Let's talk about a heavy topic: depression, and how people managed to actually come out the other side.

We always hear about managing it, coping with it, or living with it as a lifelong background condition. But how many of you have actually managed to fully defeat it?

For me personally, the turning point wasn't therapy, a lifestyle overhaul, or a new routine—it was stopping all the various prescriptions I had been loaded up on since childhood. Once I finally got off those meds, the results completely reversed my depression.

Looking back, it genuinely feels like the medications themselves were the root cause of my greatest pains all along.

Has anyone else had a similar experience where the "treatment" turned out to be the actual source of the problem? How did you manage to break free?

Bastille - October 12, 2026, 4:23 am

Went through a burnout in november 2023, I tried to heal without medication, it took a lot of time, then I fall back into depression and I decided to try medication.

I'm under Fluoxetine 20mg, it works very well actually

Sometimes I think about our ancestors going to the front, willing to sacrifice their life, and we're under depression for stupid things. I also remember myself watching reels on Instagram about people speaking about depression and stuff, I was like "bro, just wake up and go to the work", then karma hit me straight into the face.

I know understand that depression is a real thing

Cosa Nostra - October 12, 2026, 4:47 am

Interesting to hear how much of a difference that made for you. I think everyone reacts differently to medication, and finding what actually works for you can take a long time. Glad you managed to find some relief.

I managed to beat it by understanding what was actually causing it. A lot of it came from the stress I was putting on myself and everything going on in my head. Once I started understanding the root causes and dealing with them, things got a lot better.

Sift - October 12, 2026, 5:09 am

(Oct 12, 2026 04:47 AM)Cosa Nostra Wrote: [\[CITE\]](#) Interesting to hear how much of a difference that made for you. I think everyone reacts differently to medication, and finding what actually works for you can take a long time. Glad you managed to find some relief.

I managed to beat it by understanding what was actually causing it. A lot of it came from the stress I was putting on myself and everything going on in my head. Once I started understanding the root causes and dealing with them, things got a lot better.

I think depression comes from variety of things stress, caring what other's think of you, not being able to just enjoy the little things.

Eran - October 12, 2026, 6:23 am

I'll beat it when I get out of this goddamn financial pressure cooker. Taking some steps hopefully things are going to work out in my best favor.

Sift - October 12, 2026, 6:24 am

(Oct 12, 2026 06:23 AM)Eran Wrote: [\[CITE\]](#) I'll beat it when I get out of this goddamn financial pressure cooker. Taking some steps hopefully things are going to work out in my best favor. I wish you the best with that, depression is such a hard thing to go through.

Eran - October 12, 2026, 6:25 am

(Oct 12, 2026 06:24 AM)Sift Wrote: [\[CITE\]](#) I wish you the best with that, depression is such a hard thing to go through.

I'm holding on to the "the more fucked up your life is earlier on in life the more lucky you get later" :)

Sift - October 12, 2026, 6:26 am

(Oct 12, 2026 06:25 AM)Eran Wrote: [\[CITE\]](#) I'm holding on to the "the more fucked up your life is earlier on in life the more lucky you get later" :)

I would argue going through hard times makes you stronger in the end.

Russian bear - October 12, 2026, 6:58 am

It just go away on a random Monday idk.

Sift - October 13, 2026, 1:21 pm

(Oct 12, 2026 06:58 AM)Russian bear Wrote: [\[CITE\]](#) It just go away on a random Monday idk. Lucky you.

Oh_Well - October 13, 2026, 11:34 pm

Depression is no joke. I wish more people went to therapy.

Our mental health matters just as much as our physical health, and it's time we broke the stigma surrounding therapy. Seeking help isn't a sign of weakness, it's an act of self-awareness.

Sift - October 14, 2026, 1:51 am

(Oct 13, 2026 11:34 PM)Oh_Well Wrote: [\[CITE\]](#) Depression is no joke. I wish more people went to therapy.

Our mental health matters just as much as our physical health, and it's time we broke the stigma surrounding therapy. Seeking help isn't a sign of weakness, it's an act of self-awareness.

I'm not the biggest fan of therapy but if someone wants to go that way they of course.

Laughing Man - October 14, 2026, 1:52 am

I beat it everyday I wake up and don't cobain myself.

Oh_Well - October 14, 2026, 2:07 am

(Oct 14, 2026 01:51 AM)Sift Wrote: [\[CITE\]](#) I'm not the biggest fan of therapy but if someone wants to go that way they of course.

If you're closing up and start building patterns, how would you come to the realization and start breaking them without some help? It's pretty difficult.

Sift - October 14, 2026, 2:09 am

(Oct 14, 2026 02:07 AM)Oh_Well Wrote: [\[CITE\]](#) If you're closing up and start building patterns, how would you come to the realization and start breaking them without some help? It's pretty difficult. Never had an issue that I couldn't solve myself, would never put my trust in therapists personally.

Oh_Well - October 14, 2026, 2:16 am

(Oct 14, 2026 02:09 AM)Sift Wrote: [\[CITE\]](#) Never had an issue that I couldn't solve myself, would never put my trust in therapists personally.

That's very good man, I'm glad you are handling it that way. It's a valuable skill to control your thoughts and eventually act with clarity

Sift - October 14, 2026, 2:18 am

(Oct 14, 2026 02:16 AM)Oh_Well Wrote: [\[CITE\]](#) That's very good man, I'm glad you are handling it that way. It's a valuable skill to control your thoughts and eventually act with clarity

But of course if therapy is the way you want to go of course you should do it then choice on how to tackle a issue is personal preference of course.

Laughing Man - October 14, 2026, 6:58 am

Never give up is the best 2 cents that can be given.

Hern - October 15, 2026, 9:35 am

I would say the only way I beat it years ago is to stay consistent and have activities that you can do often.

Sitting in silence always made it the worst.