

# A Depression Thread at the Epicurean Philosophy Facebook Page

Post by “Cassius” of January 30, 2022 at 3:36 PM

## [Quote from Marco](#)

About depression:

‘...Nor can one live wisely, honorably, and justly without living pleasantly..’. PD 5

So, someone who is depressed should ask himself: ‘Where was I not living wisely/prudently, not honorably or not justly’ and change that.

Marco (and to comment on recent other points):

I think what we are zeroing in on is that there are multiple causes for depression. Some of those causes are "logical" caused by holding bad premises (worries about the gods, about death, about being confused over the goal of life).

On the other hand there are medical / clinical causes that are beyond the control of "changing your thinking" to help.

The trick is to distinguish between the two: Epicurus has lots to say and lots to help on the first category. On the second category, the prudent thing to do is to figure out that the problem is medical and you need professional help.

And unfortunately often in the case of category two, it's hard to self-diagnose and realize or accept that we need professional help. That's where friends need to use the art of persuasion to the extent possible to encourage outside help.

"So, someone who is depressed should ask himself: ‘Where was I not living wisely/prudently, not honorably or not justly’ and change that."

So yes, that question needs to be asked, but people need to be ready from the very beginning to realize that their own choices "may" not be the cause of their problems.