

# Epicurean Verse For When You're Feeling...

Post by "Kalosyni" of March 7, 2023 at 1:16 PM

## [Quote from Nate](#)

His sweetest quote on pain management is useful to me in acknowledging the power of remembrance,

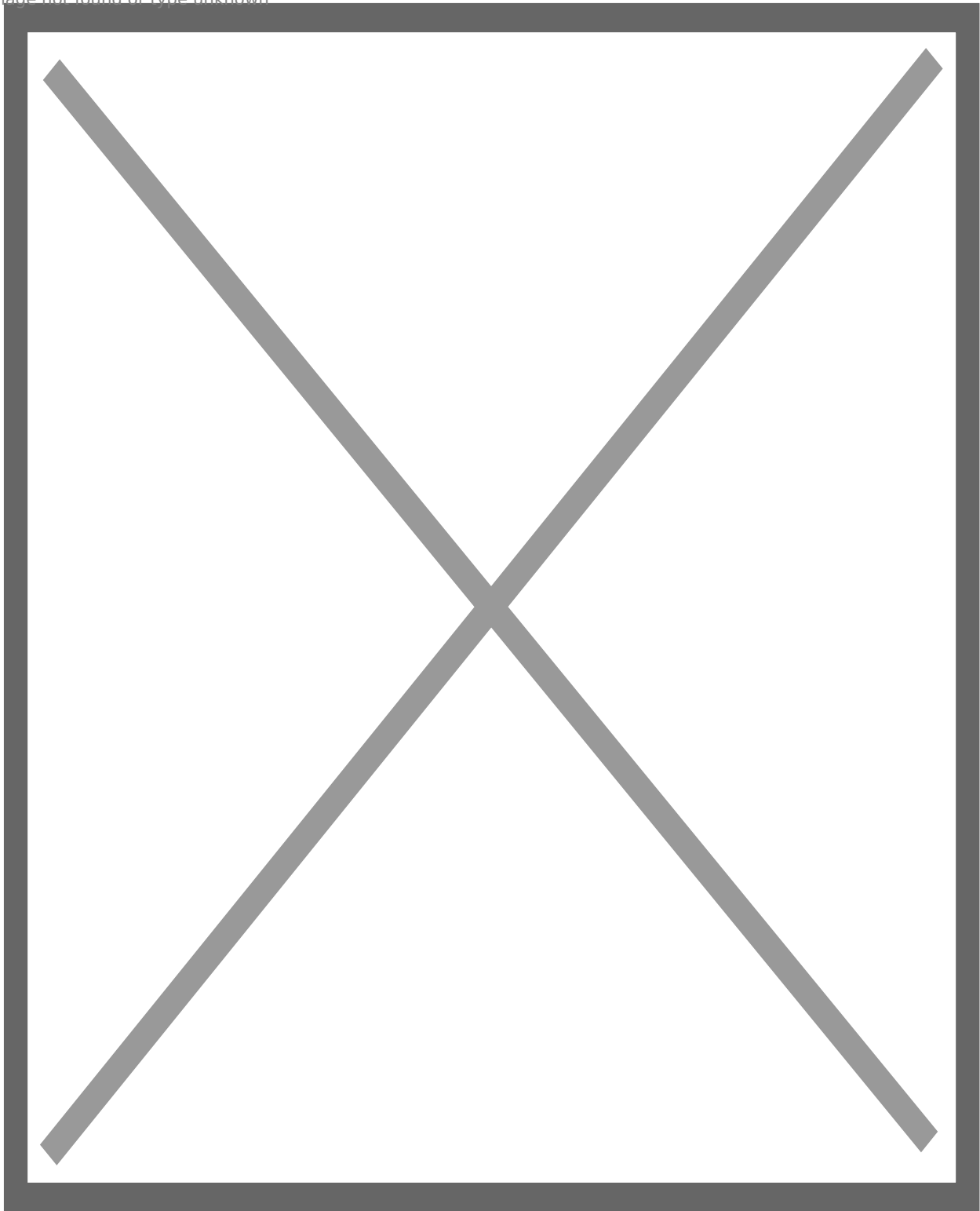
Yes, and everyone will have varying results in how they understand and use Epicurean ephorisms, so it could be a very individualized process. Perhaps everyone should make their own collection of what they find helpful, as an exercise and to assist in learning.

As for myself...there is now so much on the internet. And all I have to do is type in whatever problem I am encountering and then lots of practical advice comes up for me on various websites. I even can recommend Wikipedia, when I looked up the word "frustration".

## Quote

In psychology, **frustration** is a common [emotional](#) response to opposition, related to [anger](#), [annoyance](#) and [disappointment](#). Frustration arises from the perceived resistance to the fulfillment of an individual's [will](#) or goal and is likely to increase when a will or goal is denied or blocked.<sup>[1][2][3]</sup> There are two types of frustration: internal and external. Internal frustration may arise from challenges in fulfilling [personal goals](#), [desires](#), [instinctual drives](#) and needs, or dealing with perceived [deficiencies](#), such as a lack of [confidence](#) or [fear](#) of social situations. [Conflict](#), such as when one has competing goals that interfere with one another, can also be an internal source of frustration or annoyance and can create [cognitive dissonance](#). External causes of frustration involve conditions outside an individual's control, such as a physical [roadblock](#), a difficult task, or the perception of wasting time.<sup>[4]</sup> There are multiple ways individuals [cope](#) with frustration

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[Frustration - Wikipedia](#)

[en.m.wikipedia.org](http://en.m.wikipedia.org)

[Coping - Wikipedia](#)