

# How Does An Epicurean Feeling Overwhelmed Or Depressed Overcome That Feeling?

Post by “Little Rocker” of June 13, 2023 at 6:45 PM

## [Quote from Pacatus](#)

I was raised in a milieu of Christian/Stoical/Kantian “virtue moralism” that I liken to a Pavlovian programming that leaves an array of reactive triggers in your subconscious – that can grab you decades later (at least for me).

Yeah, in my experience it never goes away....it just gets muffled.