

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

Post by “Eoghan Gardiner” of June 14, 2023 at 3:58 AM

[Quote from Little Rocker](#)

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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.

Yep same for me, at times it becomes overwhelming.