

Epicurean Verse For When You're Feeling...

Post by "Kalosyni" of March 6, 2023 at 2:28 PM

@Nate, as I look over it some more:

1. my concern continues to be that these will end up dealing with "symptoms" and not "causes" of feelings and emotions. Also, you'll want to have your sense of anger working correctly, so it is there for you when you need it, and you should not be trying to tamp it down. So a truly emotionally healthy person will feel a rainbow of feelings and emotions, but they will not be perplexed, overwhelmed by, or stuck in their feelings/emotions. There will be a healthy flow. And healthy anger when it does arise won't be a big blowout, but a recognition of bodily feelings. And so...We need not the appearance of health but actual true health (VS54)
2. Verses taken out of context: -- the first listing under "persecuted" from Letter to Menoecus; -- VS62 under "anger" is specifically between parents and children (perhaps there are others).
3. Some of words you use as "feelings" are in actuality evaluations/judgements and not feelings/emotions -- insecure, rejected, persecuted, injured, poor, weak.