

Does the philosophy change you?

Post by “Eoghan Gardiner” of June 14, 2023 at 12:37 PM

Catholic guilt prevades the lives of many catholics and ex catholics, when I enjoy food I feel guilty at times, when I laugh with friends I feel guilty...it's very deep for being brought up in this way. It makes it so every pleasure is marked with guilt. Speaking to hundreds of other ex catholics over the years it seems to be a common thing.

For example I am playing video games, I feel guilty I feel as if I am doing wrong. Other Christians seem to get it around sexually matters but Catholics and Orthodox seem to get it around every pleasure every joy.