

## Why do some people think depressed people are more deep and philosophical?



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Hi Anonymous!

You ask:

### Why do people in some places think that depressed people are more deep and philosophical?

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Many cultures have memes that describe people who are depressed as being deeper or more philosophical for two reasons:

First, depression is a tool for a person to go deeper into themselves and their memories to heal traumatic past experiences that were repressed. Repression is a cognitive response to trauma that enables a person to continue operating in spite of being deeply hurt.

In severe cases repression becomes a habituated response to any memories or associations with the trauma. That sort of reactive avoidance prevents a person from healing.

Depression is a natural response that helps isolate a wounded person to focus them on the deeply repressed pain and feelings they have been avoiding so that they can heal.

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Second, depression appears to be more philosophical because philosophies are tools for coping with life.

A depressed person often feels they have run out of options for dealing with their problems. Learning new philosophies helps them extend their range of options in response to a conflict which has them feeling locked up with no options.

Because depression often emerges when there is a deep internal conflict that begs for a resolution that requires new philosophies to solve it, depression becomes associated with being more philosophical.

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To learn more about the benefits of depression you may want to read:

[Do people diagnosed with depression feel they're in another reality or alone in the current one?](#)

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*Enjoy!*

*love, the grigs...*

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## **Why do some people think depressed people are more deep and philosophical?**

### **ADVISORY:**

If you are using psych meds please do not stop taking your meds without a doctor's supervision.

Many people only learn to thrive once they discover which meds work best for them.

If you are someone who does well enough without meds or who has some other good reason not to use meds then please do not encourage other people to stop using their meds; please do not criticize them for seeking help from a doctor in order to try new meds in search of something that will help them.

Meds save lives, even if they can't help everyone.

We caution people using meds to never abruptly stop taking their meds because the side-effects of quitting may be very dangerous.

*Yes, we said that right; for many people on psych meds the side-effects of quitting meds can be dangerous.*

Abruptly quitting psych meds may make depression much worse; psychotic episodes may even be triggered.

Only withdraw very slowly under medical supervision.

Let people know what you are doing; have them verify your plan with your doctor if they are afraid for you.

We know medications can work but we also know how often people only want to quit their meds.

Please don't argue the merits of one life choice over the other, instead allow others the courtesy to make their own choices just as you do, and just as you would want them to allow you to do.

Please support each other and stop hurting each other over the issues of whether or not to medicate or how to medicate safely.

Anyone self-medicating should educate themselves about their meds of choice and also find more help from people they trust.

### **FURTHER ADVISORY:**

Gharveyn, by any and all aliases, is not a licensed medical practitioner, nor any other sort of professional care-provider. His opinions, however well-formulated they may sometimes appear to be, are not the products of a formal education; Gharveyn holds no degrees of any sort.

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## Why do some people think depressed people are more deep and philosophical?

GRIGORY RHO GHARVEYN, BIO:

We identify as a 'multiple personality'. To ourselves we appear to be a collective with many members or associates, some of whom may be avatars of other people we have known, and some of whom are avatars of ourselves at different ages in this incarnation.

Some of our members are avatars of some of our past or future incarnations.

Some of us appear to be machines or cyborgs; many of ourselves appear to come from alternate realities or from different eras of time.

Some of our group's associates appear to be avatars of some of our favorite authors, or the avatars of some of their fictional characters. Some of our associates appear to be mythical beings from ancient Rome, Greece, or Egypt.

It's complicated, but it seems to work well enough for us...

We have no degrees or titles, nor are we an authority of any sort.

We have been partially or acutely disabled by chronic pain for more than 35 years.

We have lived with depression for more than 50 of our 60+ years in this incarnation.

We need physical therapy and exercise but we can scarcely walk or afford transportation.

We wish we could go swimming every day, like we used to do at Ocean Beach in San Francisco.

We currently reside with our girlfriend Tina, roommate Sid, houseguest Jenny, 2 dogs and 2 cats in a small apartment in Gaskill, a small neighborhood in Oakland CA.

We have been almost desperately poor; keeping well fed and keeping the lights on is sometimes a challenge. It's been about 12 years since the last time we were homeless.

To learn more about us or some of our work please visit [gharveyn.com](http://gharveyn.com)

*Cheerio!*

Keywords:

alienation, loneliness, apathy, depression, suicide, healing, cognit, mental illness, psychology, psychiatry, psych meds, hope, help, hotline, marginaliz, ostraciz, conditioning, shunning, defense mechanism, inner voice, conflicted, repressed memor, self medicating, kill myself, Deepak Choprah, ptsd

*Some keywords have been 'short-spelled' to match multiple forms of a word.*

*For instance: cognit == cognitive, cognition*

*Theory: searches for either of these longer words will be matched by the short-spelled form.*