

Forum:[Hack Forums](#)

Thread: [Why sadness is wonderful](#)

SkilledHands62 - March 30, 2018, 2:54 am

I rouse from slumber
seeking the source
from whence the light floods in

Here I am
silently gazing out to the cadaverous streets below
My eyes grieve once more
I return to slumber

This is a very short poem I wrote today trying to convey my morning sadness. (or morning depression as the phenomenon is known)

It prompted me to ask the question; why does sadness feel good sometimes?
So I'll try to answer! (subjectively of course)

I believe sadness feels good, sometimes, because we are totally in touch with ourselves.
We aren't tricking ourselves into pretending we're happy like we often do.
I believe that our minds very much appreciate our own genuineness.
Sadness can make you reflect on yourself more accurately and thus
make you a better person in future reflective decision making.
Crying in relation to sadness has also been proven to reduce emotional stress.
So if you're feeling sad, be sad! Let it out and reflect.

And if you're feeling really sad, PM me and we can talk about it.

Angelus - March 30, 2018, 3:26 am

Love it :)

Thanks for sharing your opinion OP, I can relate to that for sure.

I've always believed sadness was very essential to eventually being happy someday, that you couldn't have one without the other.

Life is a warm glass of milk and cookies.

And life is the roller coaster you pissed yourself on in front of your crush during summer break.

But the idea of having experienced both of those things definitely arouses me :)

Have a good day or night OP ?

SkilledHands62 - March 30, 2018, 3:41 am

(Mar 30, 2018 03:26 AM)?Angelus? Wrote: [\[CITE\]](#) Love it :)

Thanks for sharing your opinion OP, I can relate to that for sure.

I've always believed sadness was very essential to eventually being happy someday, that you couldn't have one without the other.

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But the idea of having experienced both of those things definitely arouses me :)

Have a good day or night OP ?
Thanks Angelus!

Yes! It's a bit like the old yin / yang philosophy.
Life can be cruel, but one day it'll be equally as merciful :) Bittersweet, if you will ;)

You too my friend! ?

Views - March 30, 2018, 3:45 am

Forsure I always try to look at what I can do to better myself after being sad cause I want to make things improve.

Sometimes it just sucks though.

SkilledHands62 - March 30, 2018, 5:27 am

(Mar 30, 2018 03:45 AM)Views Wrote: [\[CITE\]](#) Forsure I always try to look at what I can do to better myself after being sad cause I want to make things improve.

Sometimes it just sucks though.

Sometimes it does suck - always best to push on and direct your energy to something positive.

After all, time will continue to pass no matter what

Wolf - March 30, 2018, 5:37 am

Sadness is by no means a bad thing. There is a misconception about this. We don't want to avoid sadness, we want to avoid situations that make us feel sad, due to social norms. Sadness, happiness, anger, they are all part of ourselves and are valuable.

At least, that's how I feel about it. I will not lose my sense of self, no matter how I feel. I'll be still me.

Cub™ - March 30, 2018, 8:18 am

(Mar 30, 2018 02:54 AM)SkilledHands62 Wrote: [\[CITE\]](#) Crying in relation to sadness has also been proven to reduce emotional stress.

So if you're feeling sad, be sad! Let it out and reflect.

I've had my share of rough times, and I totally agree with this. Sometimes you are so emotionally drained, you feel so much better after letting it out.

n_o_n_e - March 30, 2018, 8:34 am

I personally don't miss the days when I wanted to put a bullet through my head but, to each his own.

Renovatum - March 30, 2018, 8:38 am

You just copy-pasted a sadboi poem.

Being sad (and enjoying it) is not good for you in the long term. In fact, it's very bad.

Mr Meeseeks - March 30, 2018, 10:18 am

I believe that being sad is part of realizing how things truly are.

ven0m - March 30, 2018, 10:22 am

You write good poetry. You should be more frequent in the [Writers Tales](#) section and this thread can also be moved there as well.

SkilledHands62 - March 30, 2018, 3:01 pm

(Mar 30, 2018 08:38 AM)Renovatum Wrote: [\[CITE\]](#) You just copy-pasted a sadboi poem.

Being sad (and enjoying it) is not good for you in the long term. In fact, it's very bad.
I actually wrote it myself in the space of 10 minutes, I'll take the fact you think I copied it as a compliment.

I have to disagree, being sad in the short term is an integral part of being human. But I suppose that's my opinion, I think longer term sadness is something one should seek help with.

(Mar 30, 2018 10:22 AM)ven0m Wrote: [\[CITE\]](#) You write good poetry. You should be more frequent in the [Writers Tales](#) section and this thread can also be moved there as well.

Thank you sir, I'll think of more prose and poems to share :)