

Depression and Arrogance
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Recently, I was presented with the concept that depression might be a self-inflicted ailment. Having been exposed to the formal medical definition for many years, my first instinct was that of rejection. On further consideration, however, there might be some merit to it.

In similar fashion, I have, on occasion, been accused of arrogance. Having dealt with such statements for a much longer time, I had already come to the conclusion that the subject is more complex than it seems on the surface.

Certainly, there are people who are truly arrogant, but I am not one of them, for I feel no superiority to others. And yet I can explain the feeling that some others have had in this regard. It begins with their own feeling of inadequacy. The fact is that the arrogance-inadequacy range is a two-way street.

Examining the concept of depression leads me to a similar conclusion. Should a person feel inadequate, especially if the feeling is extreme, that person may easily develop chronic low self-esteem and eventually sink into depression.

We all deal with these feelings on a daily basis. We are all good at some things and do poorly at others. Self-induced arrogance or depression might easily result if we allow either our prowess or failures to outweigh the counterbalances of our failures and strengths.

Having arrived at this conclusion, I still cannot deny the fact that some, perhaps even most, cases of depression are the result of a biochemical imbalance. The near proof of that is in the fact that drugs have been developed to deal with depression. There are no drugs for low self-esteem, at least none that I know of.

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During the review of this piece, I came to realize that there is a third source of depression. I call it 'Situational Depression.' It comes about when a person finds himself in an undesirable position and is completely unable to do anything about it. The condition can be worsened if there is no one there to help. Situational Depression can occur even when the person has perfectly acceptable self-esteem and is devoid of chemical imbalances. The only cure is a change in the situation, and, should that occur, there are often few if any residual effects.