Subject: Music and Moods
Posted by Kingfish on Thu, 18 Apr 2013 17:51:34 GMT
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When you get depressed, do you find that sad songs help pull you out of it, or keep you there? When I get in "a mood", I need music that gives off the opposite vibe.

Subject: Re: Music and Moods
Posted by iLoveiPod on Fri, 19 Apr 2013 00:24:13 GMT
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When I'm depressed, sad music is the LAST thing I need. Like you, I need to listen to upbeat music to pull me up and out of the slump. I don't need any of that "tear in my beer" mess when I'm already having a bad day!!

Subject: Re: Music and Moods
Posted by Kingfish on Sat, 27 Apr 2013 02:37:20 GMT
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iLoveiPod wrote on Thu, 18 April 2013 19:24 I don't need any of that "tear in my beer" mess when I'm already having a bad day!!

Well put. I know Elton John had that song "Sad Songs", so I know a lot of people feel that way. I know there's a certain "comfort in numbers" where people need to be around others who feel the same way, but yeah, some hard rock will pull me out every time.

Subject: Re: Music and Moods
Posted by audioaudio90 on Mon, 29 Apr 2013 13:29:46 GMT
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I'm with you. Some music with a good beat and cheery tone is the way to go when I'm depressed. I almost never enjoy sad music; it's hard enough to keep myself on an even keel.