

Epicureanism and Romantic Love

Post by “Matt” of June 29, 2022 at 8:40 PM

I've made some changes in my life recently that are directly related to this...

I'm 37, I was married for 10 years...I have 2 daughters.

In my case in my marriage the passion has dissipated significantly and I was “dissatisfied” over the course of about 5 years. This feeling led to a feeling of depression.

So that relationship ended...

And this is what I've learned. People have wildly varying ranges of sexual desire...it has to do with genetics, age and hormones. The problem is that we often aren't honest about what we want when meeting someone, we don't communicate well. This was especially true in my 20's.

But what I've learned now is that honesty is in fact the best policy when it comes to a sexual relationship....one you verify that the other individual is on the same page as you with their drive matching yours, it's critical to let them know exactly what you desire in this relationship so as to manage expectations. I think unmanaged expectations are the main source of dissatisfaction in a sexual relationship...and communication is key.

To reach the best conclusion, we must always manage expectations by communicating.

And I'll say I have spread the gospel of Epicurus far and wide these days.