

# Response to Pain; Positive Thinking ? Comparision with Cynics and (modern) Stoics

Post by "Cassius" of August 23, 2022 at 6:55 AM

And as usual, the Stoics try to claim Epicurus through "calmness" and this is the hazard of loose thinking about "tranquility" rather than pleasure.

## Quote

The Stoic version of the dispassionate mind has a certain kinship with the Epicurean approach. We've seen how Epicurus taught his followers to use their powers of scientific reasoning to convince themselves that the objects that most frequently give rise to fear, desire, or are not really anything to worry about. Through disciplined application of rational thought, the Epicurean mind becomes like a calm lake with nothing out there to disturb it. In Stoicism, the language of "indifferents" - a constant refrain in both Seneca and Epictetus - is quite similar, in that it appeals to philosophical reasoning to alter the learner's beliefs about what objects merit the emotional response