

# What is the future of friendship? (Some random thoughts prompted by ChatGPT)

Post by “Don” of February 20, 2023 at 8:26 AM

[Quote from waterholic](#)

indeed, sometimes periods of anxiety are unavoidable and even desireable for the likelihood of future pleasure.

I'm still not convinced by this sentiment even though I respect all three people making it: [Kalosyni](#) , [Cassius](#) , and @waterholic .

Anxiety need not be a given in our lives. We can plan without being anxious. We can endure pain - even deliberately choose pain - without the addition of anxiety if we consider the circumstances or know it will lead to more pleasure. We can choose to remain calm even "under fire" (literally, in the case of the video of David Hogg during a school shooting.) Freedom from anxiety and its associated mental disturbances is what Epicurus is calling us to experience so that we can better experience all the other pleasures available to us, free from the underlying mental disturbances that would mar that pleasurable experience.

Just having compiled in another thread all the references to ataraxia and related terms from the texts, I remain convinced this is the case.