

# Epicurean Verse For When You're Feeling...

Post by "Eikadistes" of March 7, 2023 at 9:00 AM

[Quote from Kalosyni](#)

[Eikadistes](#), as I look over it some more:

1. my concern continues to be that these will end up dealing with "symptoms" and not "causes" of feelings and emotions. Also, you'll want to have your sense of anger working correctly, so it is there for you when you need it, and you should not be trying to tamp it down. So a truly emotionally healthy person will feel a rainbow of feelings and emotions, but they will not be perplexed, overwhelmed by, or stuck in their feelings/emotions. There will be a healthy flow. And healthy anger when it does arise won't be a big blowout, but a recognition of bodily feelings. And so...We need not the appearance of health but actual true health (VS54)
2. Verses taken out of context: -- the first listing under "persecuted" from Letter to Menoeceus; -- VS62 under "anger" is specifically between parents and children (perhaps there are others).
3. Some of words you use as "feelings" are in actuality evaluations/judgements and not feelings/emotions -- insecure, rejected, persecuted, injured, poor, weak.

Thanks for that - what I'm reading is that (1.) I should probably include more quotes from Philodemus' *On Anger* to better flesh out the nuances of anger, and not to frame it as something negative, merely something worth caution; (2.) While I did intentionally removed some of the items from their context for a purpose (the quote is still meaningful and more available to people without children in their lives) it is a good note to reflect that the context of some of these might be really important; (3.) That is a good point that not all of the items in the list are actually emotions, some are just conditions. I am open to replacing those conditional words with emotional words.

Still, it is important to me to keep *some* context. When I say "poor" I mean, "feeling dejected due to economic circumstances", economic safety being an instrument to happiness, as opposed to the general feeling of "jealousy", which might be vain (desire for fame). There are some nuances in terms of prescriptions that Epicurus provides to deal with conditions, and, I will just add, all of those quotes, thus far, strike me, within those labels, as being emotionally impactful, so if it isn't striking you, I am wondering where you might move the quote, or just get rid of it.

His sweetest quote on pain management is useful to me in acknowledging the power of remembrance, not a "How To Deal With Kidney Stones: For Men" guide. Likewise, the quote on dealing with childish anger is useful as a non-parent. At the same time, the quotes dealing with "hurtful-feelings caused by economic marginalization" is a nuance that I do not want to abstract to mere "jealousy" ... I think it could be re-organized under "hopelessness", or, better yet, I could add "frustrated". Immediately, that strikes me as the better option.

[Kalosyni](#) I think you brought up a great point that the condition feeling-ish words I used would be better address with nuances, if you have some suggestions. I think "frustrated" might be a better replacement for "poor", and so on.