

# Tetrapharmakos in Philodemus's On Choices and Rejections

Post by “Eikadistes” of October 4, 2024 at 9:16 AM

[Quote from Kalosyni](#)

**Thank you!** [Don](#) for explaining the ancient Greek words used, very helpful.

Reason I was asking was that I thought that perhaps "terrible" was referring to "unnatural and unnecessary" - and that came out of my idea that "the pains from the unnatural and unnecessary are easy to avoid" - but looks like I was way off on that.

And as you are saying, **the correct translation is: "the terrible is easily endured"**.

One thing I'll note is that EYEKKAPTEPHTON is used in opposition to ΤΑΓΑΘΟΝ (which, as [Don](#) has demonstrated in the past, can appropriately be expressed as "The Good", which is *Pleasure*), so in this case, "the terrible" or "bad", I think, is referring to the general feeling of *Pain*.