

Epicurean strategies for dealing with bad habits and urges.

Post by “Daniel188” of November 24, 2025 at 3:15 AM

Hi, I'd like to ask you about the methods the Epicureans taught for improving our habits and avoiding unnecessary emotions.

Surely, each of us is sometimes influenced by an impulse that, if acted upon, leads to bad consequences (for example, eating junk food, smoking cigarettes), or we experience emotions that cause us to do something we shouldn't.

In such cases, the Stoics recommended working on judgments because they believed that all emotions are the result of individual judgments. But what did the Epicureans think about this, and what can we think about it when we combine it with modern scientific research?