

Epicurean strategies for dealing with bad habits and urges.

Post by “Adrastus” of November 24, 2025 at 6:40 PM

Emotions are also just one piece of our Canon. Society is often quick to fill our anticipations with things we could be afraid of and our emotions might well follow suit if we believe such sources of information to be trustworthy; yet using our sense of sight of instance can help us determine whether any of these fears are actually indicating threats to our happiness and safety anywhere at all around us. A whole wild storm can rage in our minds and cause our bodies to painfully react; whilst outside in the world might be a pleasant, breezy, sunny day or a gentle shower that you could be enjoying if only your mind wasn't clouded by what are most likely false anticipations you really shouldn't be adding into any sort of calculation about how to live.

When we have these painful anticipations and disposition whether from thoughts or painful social and material conditions, it is not so much our bodies cravings for indulgences like booze, drugs or sweets or excesses of other food and drink that we need to be worrying about; but our trying to satiate or calm other cravings for safety, for happiness brought by friendly relations, for less worry and less stress by experiencing perhaps less abuse by others or the rigors our social systems put us through in these unhealthy ways that don't actually satiate those cravings. In this way, arranging our circumstances and environments and meeting the true, honestly discerned needs we have that our emotions and body sensations are actually asking for is the way forward. Sometimes waking up to the needs our sensations are telling us is painful or perhaps saddening (which may actually be healthful) work in itself as we realize perhaps that we have a lot of painful relations in our life that caused us to be dour, self (i.e. body)- denying in the first place. The lineage of these painful approaches to life can go back to our earliest memories and closest relationships and that can be extremely difficult to honestly recognize and address when all along we've been taught we mustn't reason from our anger, sadness, distress and such...

In these ways, it is more often false ideas that hurt us rather than our goodly emotions and bodily desires that become twisted by our false ideas and painful approaches to living.