

Epicurean strategies for dealing with bad habits and urges.

Post by “Patrikios” of November 30, 2025 at 9:39 AM

[Quote from Daniel188](#)

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.

[Daniel188](#)

Here's are some examples of writings I have found helpful in dealing with hurtful choices.

Philodemus' *On Anger* provides the most detailed practical methodology. He acknowledged that anger arises from our nature and should be treated with compassion rather than suppression

Philodemus' ***On Frank Speech*** describe the used of "frank criticism" (parrhesia) within the community of friends. This involves honest, caring confrontation where friends help each other identify harmful patterns. Philodemus emphasized this must be done with gentleness and proper timing.