

# Critique of the Control Dichotomy as a Useful Strategy

**Post by “Matteng” of January 4, 2026 at 4:33 PM**

Yes, the only good thing in the control dichotomy in my view is to don't worry about unchangeable things and to focus on what you can do.

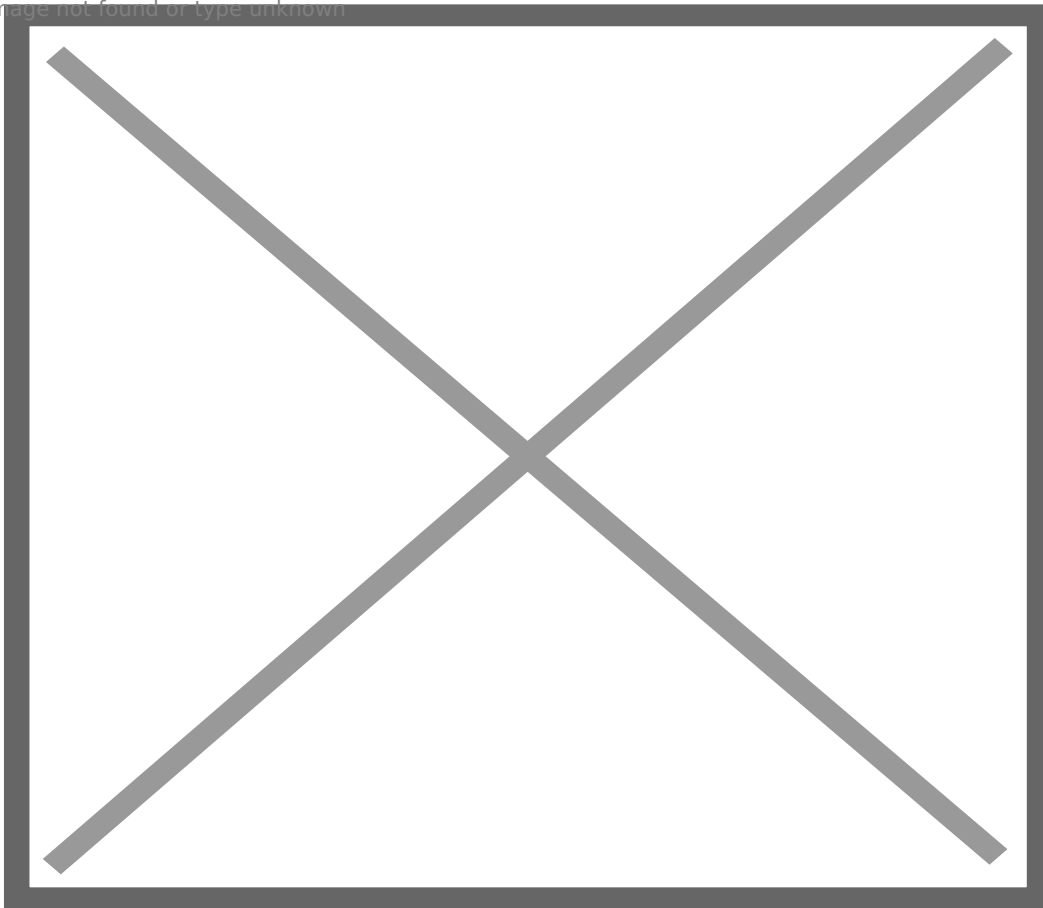
This is often seen as one of the greatest benefit of Stoicism but it was first in Epicurus Philosophy but without providential goodness for necessity.

Also there is the own agency stated as a source of causal power besides chance and necessity:

Letter to Menoecus

„[133] Who, then, is superior in thy judgement to such a man? He holds a holy belief concerning the gods, and is altogether free from the fear of death. He has diligently considered the end fixed by nature, and understands how easily the limit of good things can be reached and attained, and how either the duration or the intensity of evils is but slight. Destiny, which some introduce as sovereign over all things, he laughs to scorn, affirming rather that some things happen of necessity, others by chance, others through our own agency. For he sees that necessity destroys responsibility and that chance or fortune is inconstant; whereas our own actions are free, and it is to them that praise and blame naturally attach“

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[Epicurus' Letter to Menoeceus - Epicureanfriends.com](http://www.epicureanfriends.com)

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