

Would It Be Fair To Say That Epicurus Taught "Lower Your Expectations And You'll Never Be Disappointed"?

Post by "wbernys" of January 27, 2026 at 3:45 PM

Quote

He (sc. Metrodorus) [writes] that, although he likes the idea that the [best] life is the one that is [accompanied by tranquillity], peace, and cares that cause minimal trouble, it does not seem that this goal is achieved at least in this way, namely, if we avoid all those things over which, if they were present, we would sometimes experience difficulties and distress.

I originally answered yes but I think I would change my answer to the third option. I think Philodemus's quote of Metrodorus best exemplifies the Epicurean viewpoint on this quote. Essentially An Epicurean would wish that that statement was true, and should try to apply it as best we can for a fuller life of pleasure, but sadly it in fact it isn't entirely true, as there are just some things which we will be pained by no matter how much we lower our expectations or how much wisdom we have (namely bodily pain).