

# Critique of the Control Dichotomy as a Useful Strategy

Post by “Don” of March 11, 2026 at 4:29 PM

## [Quote from Cassius](#)

if someone thinks that "I can't have any pleasure, or any happiness, at all so long as I am experiencing any pain," then they have set themselves up for failure.

Well put.

Along those lines, Epicurus himself was experiencing severe pain in his last days but could also call that time blissful (μακαρίαν "blessed" aka like a god) and could experience the pleasure of the "gladness of mind" (χαῖρον a kinetic pleasure). That seems to me a perfect embodiment of what Epicurean eudaimonia encompasses.