

**Mike Anyayahan's
Epicureanmindset.blogspot.com**

Blog:

Post by “Mike Anyayahan” of February 23, 2020 at 4:21 AM

Thanks Cassius for the commentaries. They are really helpful for me in refining the mentioned topics.

However on the part where you said that "expect the worst and you won't get disappointed," I don't think that's what I am trying to express. If you get back to the paragraph, I wrote: "In other words, expect the worst and execute your best response." This doesn't seem to express passive acceptance such as not getting disappointed by merely expecting the worst. My last sentence "execute your best response" is not a stoic response but a concrete response in addressing a problem which I also stated in the same paragraph "...so we can better construct an alternative response that can immediately address every potential problem..."

I also made it clear that the response is not a mental manipulation in the succeeding paragraph: "This implies that we don't have to manipulate our mind just for the purpose of not becoming troubled. We can't fake the reality. Fears and worries are real, "

Is addressing a potential problem possible without expecting it?