

Emotional states from an epicurean pov

Post by "Cassius" of July 18, 2020 at 2:24 PM

[Quote from Eoghan Gardiner](#)

In this regard we Epicureans have a "friendly" relationship with our healthy emotions (non clinical) even if they are painful.

Yes I completely agree with this characterization and approach, and with what Don said. We do want to experience as much pleasure, and as little pain, as possible, but that doesn't come by "dumbing down" the faculty of feeling but by organizing our physical and mental lives so that we have as many pleasurable experiences / events, and as few painful experiences / events, as possible. If we were ever truly successful in suppressing the faculty of feeling pain we would doubtlessly veer off into disaster, which is pretty much exactly what Stoics do -- by suppressing feeling they deny themselves the only things in life that are worthwhile -- experiences of pleasure.