

The Atlantic article on emotions in decision-making

Post by “Don” of January 4, 2022 at 4:56 PM

<https://www.theatlantic.com/family/archive/2022/01/emotion-isnt-the-enemy-of-reason/621148/>

Post by “Scott” of January 4, 2022 at 7:20 PM

I'm always stunned - I find it completely amazing that people think "rational thought drives our behavior". How deep that idea has pervaded our culture!

Post by “Don” of January 4, 2022 at 7:34 PM

[Quote from Scott](#)

I'm always stunned - I find it completely amazing that people think "rational thought drives our behavior". How deep that idea has pervaded our culture!

Agreed! Goes the whole way back to Socrates and Plato.

Post by “Kalosyni” of January 6, 2022 at 1:59 PM

Here is my response to the Atlantic article...another article (lol)...this is about decision making, which I think has good information for all modern Epicureans to consider (provides a bigger picture of decision making)...some excerpts:

Quote

Chocolate or strawberry? Life or death? We make some choices quickly and automatically, relying on mental shortcuts our brains have developed over the years to guide us in the best course of action. Understanding strategies such as maximizing vs. [satisficing](#), fast versus slow thinking, and factors such as risk tolerance and choice overload, can lead to better outcomes.

Quote

What is informed decision-making?

The ability to think critically is key to making good decisions without succumbing to common errors or [bias](#). This means not just going with your gut, but rather figuring out what knowledge you lack and obtaining it. When you look at all possible sources of information with an open mind, you can [make an informed decision based on facts](#) rather than [intuition](#).

[Decision-Making](#)

Chocolate or strawberry? Life or death? We make some choices quickly and automatically, relying on mental shortcuts our brains have developed over the years to...

www.psychologytoday.com

Post by “Godfrey” of July 13, 2023 at 5:28 PM

It takes practice to rely on emotions. But it's also not a case of "either emotions or reason". It's become such a paradigm that reason is the basis of wise choices. I'm finding that understanding the Epicurean Canon and the role of pleasure and pain within it is, with some work, a game changer for prudent decision-making.

Our feelings are always going to be there. Science is confirming that we just need to learn to listen to the wisdom that they offer us.