

# Talking About Epicurus With Someone Who Is A Stoic (Or Of Some Other Anti-Epicurean Philosophy)

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From my past Stoic experiences (although I have to admit that I don't have that much of it), I think the best thing to do would be to look at the **why?** I think that everyone employs philosophy in order to satisfy certain beliefs.

A few examples? I strongly suspect that some people drawn to Pyrrhonism are wanting to avoid conflict and recognize that there're many ways to look at a certain problem. Stoics want to reach certain goals and employ this philosophy in order to work in high-stress environments. Aristotealians want to "be the best version of themselves". And so on.

Obviously, this is the biggest generalization possible, but please see these examples simply as examples. At least these were my personal factors why I liked these philosophies, **they are different for everyone else.** Thus, in order to speak with others about philosophy, it's of utmost importance to understand why someone is drawn so a certain philosophy. I even think that Epicureanism has a strong psychotherapeutic effect, because it replaces false with true beliefs (although that's what every sect would say, tbh). And, after I understand why someone is e.g. a Stoic, I should begin showing him why his desire to be emotionally firm won't bring him the most happiness in the long run. Of course, only if he/she wants to hear my opinion- if this person is a hard-pressed soldier, it probably isn't the best idea to tell him/her about the glorious life Epicurus led in his garden.

Thus, after I show the other person that firmness of character or complete suspension of every belief won't lead to the most happiness in the long run, I can proceed by showing another path which evidently leads to the most happiness in the long run. It feels almost surreal that so many people don't recognize that in order to be happy, they should listen to themselves, what their bodies and minds tell them. That's literally the only and single thing Nature tells us in order to be happy 😊

So, in the end, it comes down to the "WHY?" Just as analytical psychotherapy tries to find out why someone suffers from certain symptoms, the Epicurean should try to understand why someone believes that virtue is the only good, in order to then cure this non-natural and non-necessary desire of being 100% virtuous, and then replacing this belief with the right one.

While I was writing this, I began understanding the therapeutic aspect of Epicurus more and more. It's such a strange philosophy, completely alien to us- yet it's the most logically coherent one (looking at you, Stoicism!), and probably the one which will bring the most happiness and pleasure in the long run. Well, at least I hope that 😊