

# Compassion in Epicurean Philosophy

**Post by “Kalosyni” of February 8, 2022 at 12:13 PM**

Pity is looking down at someone and creates an "object" divorced from feeling, whereby we need not do anything to help.

Compassion is caring and consideration for another in a way that sees the fullness of their humanity. If for some reason, we turn away from the feeling of compassion, then we turn also away from our own self, so that we then lose our ability to be self-compassionate.