

Article by Voorhoeve: Epicurus on Pleasure, A Complete Life, and Death: A Defense

Post by "Cassius" of March 4, 2022 at 3:04 PM

[Quote from Kalosyni](#)

1) pleasure (and pain) as guiding choice and avoidance, and living a full social lifestyle, from an extroverted disposition and a physically visceral experience.

2) pleasure (and pain) as guiding choice and avoidance, and living a quiet and reserved lifestyle, from an introverted disposition and a mentally rich experience.

So how you choose to live most pleasantly is coming from your in-born nature (or nurtured) disposition.

Yes - that's always a major point. Different people have different circumstances, and different immediate needs and wants.

Sometimes you're in a "defensive" position and need to focus on getting rid of pain; sometimes you're in a more "offensive" position when your life is pretty much in order, and you can afford to be more aggressive in pursuing specific pleasures you'd like to pursue.

There's no one-size-fits-all approach that applies to everyone, everywhere, all the time. If you're "sick" by all means get treatment; if you're healthy, by all means go skydiving if that's what you'd like to do.

How's this for a "chess" analogy?

When you're "sick" and you are under attack from specific pains, you pretty much have your chessboard laid out for you. You are close to being in checkmate and you have to focus immediately on the response to the attack.

When you're "healthy" you still have a chessboard, because life doesn't have unlimited options even for the most rich and most powerful, but you're more like at the opening of the game, with both sides equally equipped, and you have the first move -- you can choose many different options, and it's up to you to decide among them.