

# The attitude to have when working at your Job

Post by "Don" of May 10, 2022 at 4:05 PM

[Quote from reneliza](#)

[Quote from Godfrey](#)

are you trying to paper over misery with a coating of pleasure?

Just out of curiosity - is this what Epicurus was doing in his final days when he was (apparently) cheerful and in high spirits even though he was in tremendous pain? Where is the line drawn for when it's ideal to find pleasure in less than ideal circumstances and when that's a delusion being used to mask the pain?

I get the impression that [Godfrey](#) was referring to when we try fooling ourselves. With Epicurus, no doubt that he felt and acknowledged his pain - no getting around that - but he could also experience pleasure in the memory of talking with friends. What he wrote was:

*My continual sufferings from strangury and dysentery are so great that nothing could augment them ; but over against them all I set gladness of mind at the remembrance of our past conversations.*

The word for "over against them" had the connotation of holding ground against as in the line of battle. So, he was in great pain, but he fought against that - arrayed himself against that - with memories of friendship. He didn't paper over anything, he used his life's philosophy to fight against what would otherwise have been overwhelming and what did in short order actual kill him.