

Epicureanism and Romantic Love

Post by “Kalosyni” of June 27, 2022 at 8:39 PM

Hi Philliped1 and welcome to the forum. 😊

You wrote that you have peace of mind now, but yet friends, family, and society seem to suggest that singleness isn't "normal", and then this causes you to question if you are missing out on something -- even though in the past you were in several long-term relationships.

When it comes to either being single or in a relationship, I think Epicureanism would say that it would simply be a matter of personal preference. If you are happier being single than that sounds great, and maybe it is more about knowing how to handle what other people's perspectives or opinions are about being in a relationship?

Relationships can be difficult at times, and can take effort, but they should bring more pleasure than pain, and when too much pain arises then there are underlying causes which could be worked through with the help of a therapist. From the time we are born, we all learn about love from our parents and how they interacted with us (the mother-child bond) and with each other ([read this about attachment theory](#)).

You might find this very long thread on romantic love of interest:

Post

[**An Epicurean Understanding of Valentine's Day: Love, Romance, and Free-will**](#)

Valentine's Day is one month away...how do we make sense of romance and love within the "Epicurean worldview". Is romantic love in direct opposition of the wisdom of free-will?

[...]

Diogenes Laertius :

Book 10, Sections 84-154

"They do not think that the wise man will ever be in love, nor that he will be anxious about his burial, nor that love is a passion inspired by the gods, as Diogenes says in his twelfth book. They also assert that he will be indifferent to the study of oratory. Intercourse,...



Kalosyni

January 16, 2022 at 1:19 AM