

Response to Pain; Positive Thinking ? Comparision with Cynics and (modern) Stoics

Post by "Cassius" of August 23, 2022 at 6:38 AM

I disagree with this:

Quote

Rather than confronting painful thoughts in an attempt to desensitize oneself, Epicurus favors turning the mind away from them and focusing on the pleasurable elements of our experience.

Yes Epicurus does not advocate desensitization, but No Epicurus does not advocate "turning the mind away from" painful thoughts as if he advocates running from them. He first advocates fixing the problem wherever possible (the purpose of the physics and epistemology) and only where fixing is not possible does he point to the balance of pleasure still being worth the pain that is being endured (as on his last days).