

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

Post by "Godfrey" of August 23, 2022 at 3:55 PM

[Quote from Matteng](#)

It sounds that Epicureans don't look Pain in the face, like a form of positiv thinking.

My points: First you should do something to change painfull situations (and question the underlying belief and the hedonic calculus). If that is not possible than cognitive methods could help, like memorizing pleasure or to change the attention.

This is spot on to me. The EP worldview, from top to bottom, is about understanding and working with reality. Part of that understanding is to get to know your pain, perhaps quite intimately. Only then can you work toward a deep and lasting pleasure.