

# What is the future of friendship? (Some random thoughts prompted by ChatGPT)

Post by "Don" of February 20, 2023 at 10:32 AM

[Quote from waterholic](#)

When it comes to Epicurus, accepting pain and anxiety may be acceptable for pleasure in the future,

Pain, yes. Anxiety, no.

I think we can be concerned about the future or plan for the future or foresee the future without including anxiety in the mix. Anxiety - defined here by me as the opposite of ataraxia - is adding suffering on top of waiting for evidence or planning for the future.

If I see a tornado in the distance, having anxiety about it doesn't help me or anyone around me. Of course, I'm going to take it seriously, I'm going to try and remember what I know about the behavior of tornadoes, I'm going to get my family and I moving, I'm going to keep an eye on its progress. But adding anxiety on top of that - "Oh, man! Oh, man! Oh, man!! It's coming. It's coming! - doesn't help me make prudent choices and serves no positive purpose.