

# Epicurean Verse For When You're Feeling...

Post by "Cassius" of March 6, 2023 at 11:06 AM

I want to hear lots of perspectives on what Kalosyni just wrote from NVC, but I have one already:

Quote

"The cause of anger lies in our thinking - in thoughts of blame and judgment."

- Marshall B. Rosenberg, PhD.

If that is supposed to mean that I should view anger as something to eliminate, I don't want to do that and I don't think Epicurus did either. I want to be sure my anger is directed at the proper objects, and then I want to work as hard as I can to resolve that problem clearly and directly, even if the other person or people disagree. Where warranted, you act forcedly and even angrily because the goal of life is not suppression of anger, or any other kind of pain, as an end in itself, but only toward the highest goal, which is living pleurably. Everything is always judged by consequences, not by a priori commitment to any virtue - not even "nonviolence."

So at a very basic level I don't think Epicurus has any problem with "violence" or any other tool that is necessary under the circumstances to live pleurably.

I see that entailed as far up in the PDs as [PD06](#).

"Whatever you can provide yourself with to secure protection from men is a natural good."