

# Dealing with the Feeling of Frustration - a practical method

**Post by “Matteng” of March 12, 2023 at 4:36 PM**

It would be interesting to compare that with Stoic advice.

For example, dealing with emotions. That was a core subject in Stoic ethics/psychology (therapy of the passions).

Stoics tend to see the happy life as erasing frustrations ((a)pathe).

What would be the alternative in Epicurus' philosophy?

What is the difference between the feelings of pleasure/pain and emotions?

Emotions that cause suffering (pain ? )such as anxiety/obsessive-compulsive disorders should probably be countered as the Stoics or CBT envisage, but perhaps in a milder form?

In the end, probably the advice would be to learn the most prudent /wise way to deal with emotions. But which one would that be?

I think Philodemus once wrote about it, right?