

# Dealing with the Feeling of Frustration - a practical method

Post by “Matteng” of March 13, 2023 at 5:15 AM

Thanks.

I think it depends on the circumstances (pain/pleasure) how much if at all the emotions should be controlled/manipulated.

The Stoics are there extreme to want to eliminate the "passions" as illness. (Which is not to say one cannot learn from them (like Seneca learned from both schools))

The Epicureans see them more natural I think.

Better: Accept the emotions and control the behavior after the emotions prudently (when there is no disease of the soul)

Found this here:

[Epicureanism: Philodemus on anger \(first part\) - Epicurus Today](#)

[Philodemus on irrational anger \(second part\) - Epicurus Today](#)

[Epicurean therapy for anger \(last part\) - see other two parts below - Epicurus Today](#)