

The Importance Of The Perfect Not Being Allowed To Be The Enemy Of The Good

Post by “Pacatus” of May 21, 2023 at 5:58 PM

I want to add that, for much of my life, I let the (unattainable) “perfect” both keep me from progressing from simple good to good - and be the condemnatory judge of wherever I happened to be in my life’s course. Never “good enough” - in the kind of Puritan/Kantian/Stoical milieu I had absorbed.

I had “good” programming for that in my early and formative years. And I compulsively (co-dependently) attached myself to people who would re-enforce/abuse/manipulate that tendency.

It was only in my 40s that (with the help of new friends) I was able to begin the process of extricating myself from that psychological morass. But it still lurks in my subconscious, rearing its head on occasion (especially in occasional nightmares).

Epicurus - after long searching in various spiritual and philosophical traditions (some helpful along the way) - gives me a sturdy base from which to examine and pragmatically address those tendencies. And that is why I am grateful to everyone on this site (even as I stumble along).

Maybe some of the newcomers here will not have to endure the years that I did.