

Chatgpt on how to live the Epicurean life in todays society... overall not great

Post by "Don" of October 23, 2023 at 11:29 AM

Ah, ChatGPT... Maybe I'm glass half full, but it could have been worse 😊

Here are some specific problems I see...

4. Practice Mindfulness: Be present and mindful in your daily life. Savor the sensory experiences of the moment, whether it's enjoying a good meal, a beautiful sunset, or a conversation with a friend. (NOTE: While I agree that Epicurus calls us to "[savor the sensory experienced of the moment](#)," the use of the jargony "mindfulness" brings some baggage. Again, I'm not saying I disagree with the sentiment ChatGPT came up with for no. 4, but it could imply advocacy for specific forms of mindfulness meditation, etc.)

5. Seek Intellectual Pleasures: Pursue intellectual pleasures by engaging in lifelong learning, reading, and philosophical exploration. *Epicurus believed that the highest form of pleasure is intellectual, so feed your mind with knowledge and meaningful ideas.* (NOTE: We're back to Epicurus saying "the highest form of pleasure is intellectual..." I can certainly see where ChatGPT is getting that from its large language model since that's a predominant position out there on the internet.)

9. Live in Harmony with Nature: Epicurus believed that living in harmony with nature was essential for happiness. This can mean respecting the environment, spending time in nature, and aligning your lifestyle with natural rhythms. (NOTE: Again, I'm not saying I disagree with the overall sentiment; however, as the saying goes, the devil is in the details.)

11. Practice Philanthropy and Altruism: Helping others and contributing to your community can be a source of happiness. Acts of kindness and philanthropy can create a sense of purpose and fulfillment. (NOTE: This one's a little more problematic. While, acts of kindness and philanthropy can bring pleasure, I have real problems with the whole "sense of purpose" direction no. 11 is going.)

So, overall - for a mindless algorithm pulling from a large language model of sources of text - I'd grade this answer to the question a C or even B- maybe. I don't think it's a Fail or D grade. A lot of the nuance is lost in the answer, and I can see where ChatGPT's algorithm picked up some of this response it pulled together from disparate sources. I could easily see this posted on someone's website or on Wikipedia and passing it off as legitimate. I am VERY curious to see others' reactions to this.

That said, it should serve as inspiration for posting our own answer to that question!

Thanks for posting, [Eoghan Gardiner](#) !