

# **Epicurean versus deceptive (“modern”) Stoic decision making**

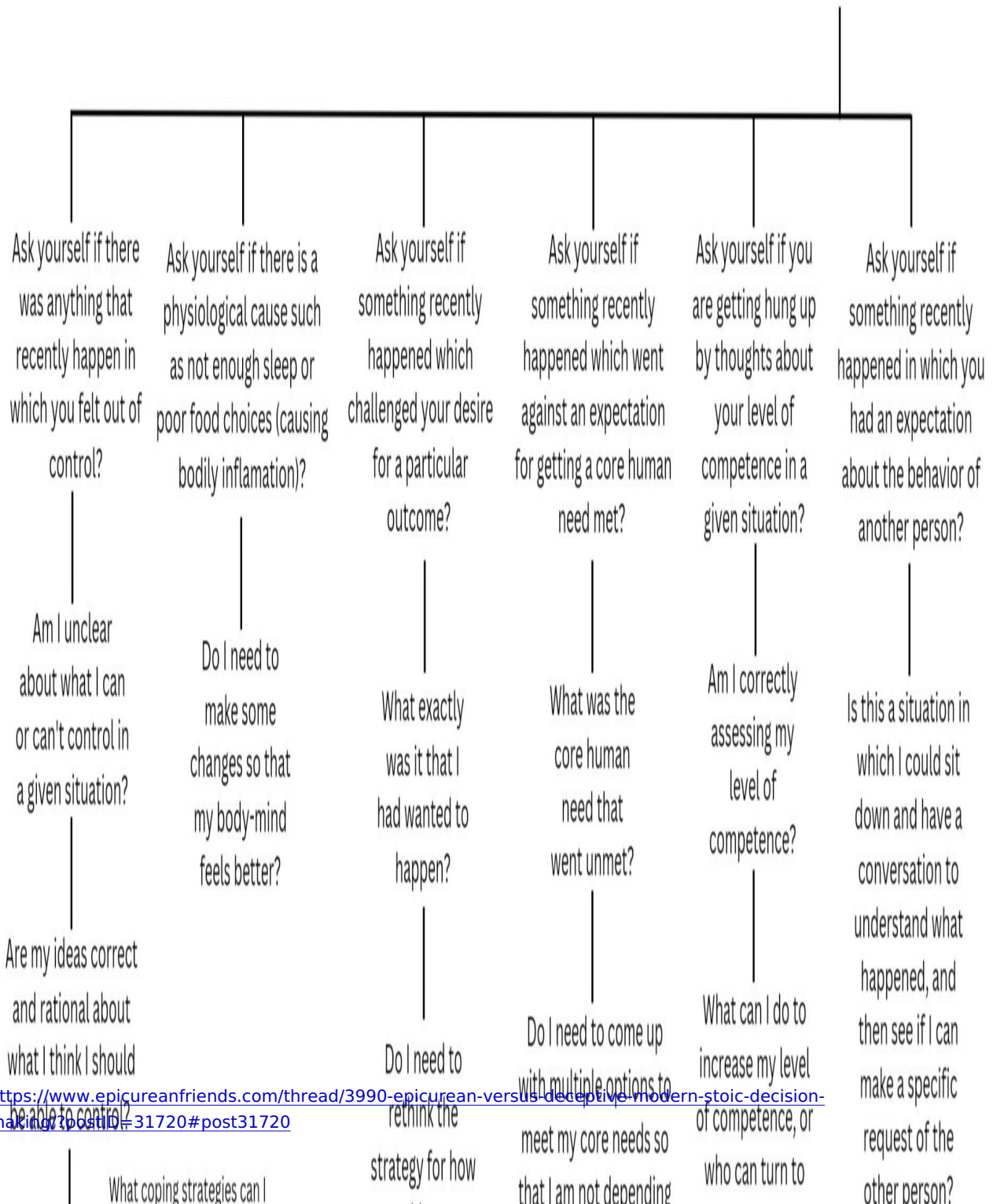
**Post by “Kalosyni” of August 10, 2024 at 11:47 AM**

[Julia](#) you may like this chart that I created, which is coming from a slightly different direction, and which is helpful for dealing with frustration, and incorporates an aspect of Epicureanism in making wise choices and avoidances:

Start at the top right where it says " I am noticing some tension and anxiety that is best described by the word "frustration", and then see which of the six below apply to the given situation, and then follow it downwards.

# For When You Are Feeling Frustrated:

I am noticing some tension and anxiety that is best described by the word "frustration"



<https://www.epicureanfriends.com/thread/3990-epicurean-versus-deceptive-modern-stoic-decision-making?postID=31720#post31720>

