

Epicurean versus deceptive (“modern”) Stoic decision making

Post by “Julia” of August 11, 2024 at 12:11 AM

[Quote from Don](#)

It does appear you're correct. To use Saint-Andre's translation as a starting point: [...]

Thank you! I do appreciate your verification 😊

It seems so obvious to me now: When placing myself *into* the future action would be a Cyrenaic position and placing myself *after* the future action is Epicurean, then of course I got tripped up by choosing, prioritising and planning my actions according to their outcome (Epicurean) but trying to start and accomplish them whilst fixated onto their progress (Cyrenaic).

(I feel like life threw me two compounding curveballs: the Stoics and 3rd wave dialectic behaviouralism, a type of “therapy” which anchors itself in the Stoics' radical acceptance and then adds "mindfulness" as an awareness of the present moment, environment, emotions and sensations - as if enduring everything wasn't enough, one has to also feel every detail of it! Now, I just do what brings me pleasure, and if doing something is itself not pleasurable, I may simply escape to the future, move my mind ahead in time, to after the task's completion, until reality catches up with me and the future pleasure I held onto finally materialises. That notion makes me very happy!)