

# Hedonophobia

Post by “Patrikios” of October 8, 2024 at 12:08 PM

Thanks for an interesting topic, Pacatus.

*"due to a cultural background or training (either religious or cultural) that eschews pleasurable pursuits as frivolous or inappropriate."*

Here is an example of the religious culture defining appropriate pursuit of happiness. In some of my family's Christian evangelical circles, any pursuit of personal pleasure is only appropriate if you follow the **JOY** priority of how you spend your time to bring happiness to your life:

**J**esus first

**O**thers second

**Y**ourself last.

That was a formula that resulted in more anxiety and dis-ease. Some in those groups would use that meme as a tool for judging any "inappropriate" pursuits; often couched in condescendingly sayings such as "*we'll pray for you*", while thinking [and your poor lost atheist soul]. This may be an example where their interpretations of 'scripture' led them to their own '*hedonophobia*', which they attempted to spread to others in their circle.

Through our studies of Epicurus, I have come to understand the importance to instead follow the airplane rule: "***put on your oxygen mask first, before you help someone else.***" Through our prudent evaluation of pleasures and the work/effort required to obtain them, we can be thoughtful and supportive of the needs of family and friends, while maintaining an Epicurean practice that enables us to operate from a core sense of happiness, as our basic necessities are met.