

What is terrible is easy to endure

Post by “Kalosyni” of October 17, 2024 at 3:27 PM

There isn't much on emotions in Epicurean texts.

Here are some further thoughts, and a website about primary and secondary emotions:

Primary emotions: Joy, Trust, Fear, Surprise, Sadness, Disgust, Anger, Anticipation

Quote

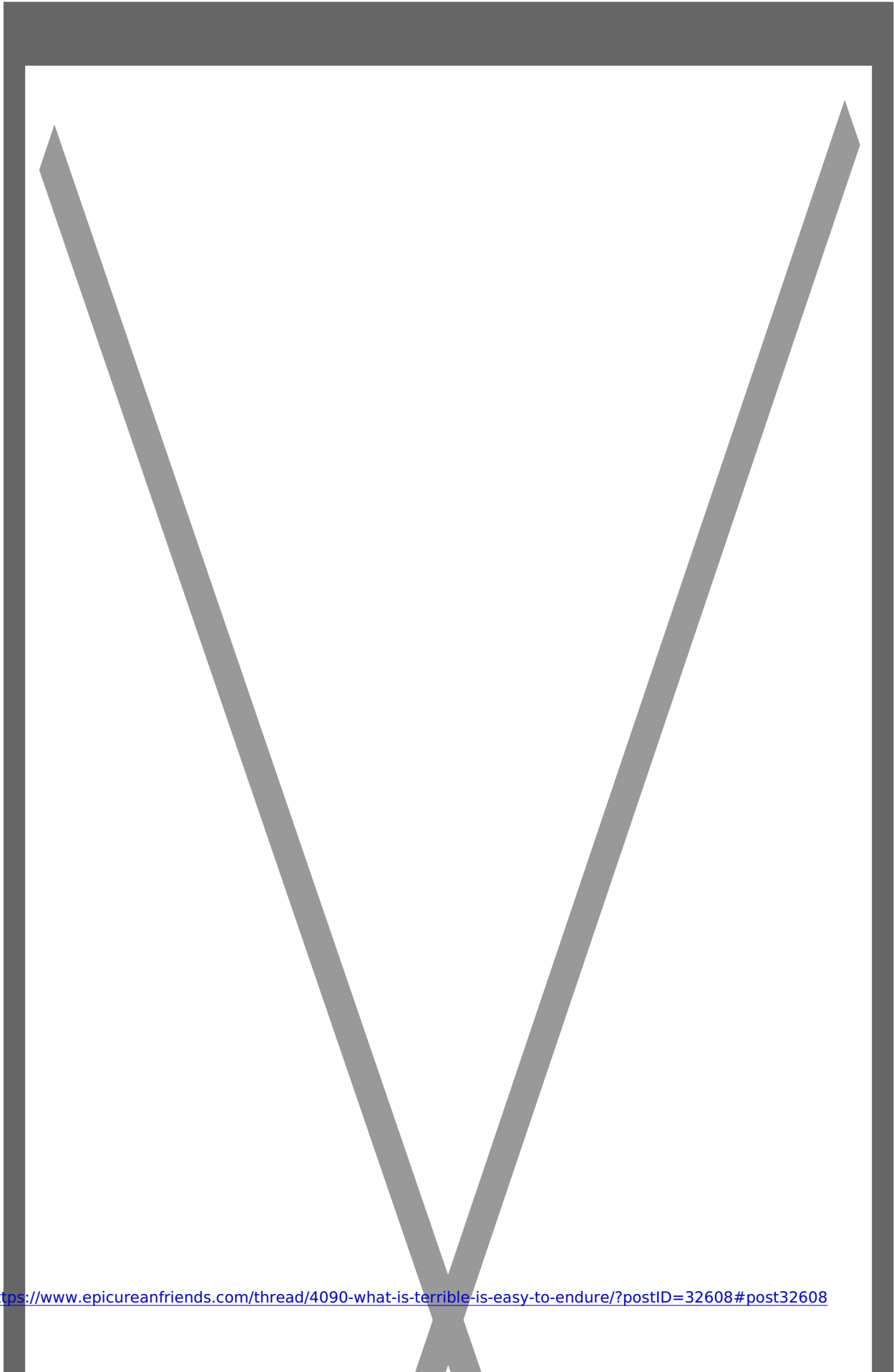
The main difference between primary and secondary emotions is that primary emotions are how we react to events and situations, whereas secondary emotions are reactions to how we feel.

For example, feeling shame (secondary) about feeling fear (primary) in a certain situation. The distinction helps in understanding emotional reactions and their underlying causes more deeply.

Quote

You can also ask yourself whether the emotions receded after the initiating event receded. If the emotion was strong at first but has since diminished, it is likely a primary emotion. If the emotion continues long after the event and interferes with your abilities in the present, it is likely secondary.

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[Primary and Secondary Emotions: What's The Difference?](#)

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