

What is terrible is easy to endure

Post by “Eikadistes” of October 17, 2024 at 4:30 PM

[Quote from Kalosyni](#)

There isn't much on emotions in Epicurean texts.

Definitely check out Philodemus' [On Anger](#). He has a lot to say about the spectrum of human emotion, particularly, a comparison of natural "anger" versus contemptuous "rage".

His treatise [On Frank Criticism](#) provides advice for guides and teachers to observe a student's temperament so that constructive criticism can be delivered and received most effectively.

In a few places throughout [On Death](#), Philodemus describes the lamentation that can come from a sudden loss, and evaluates how healthy it is to ruminate versus reflect. This seems to echo KD40 as well as Vatican Saying 66, which recommends against indulging depression.

In the sagely sayings that Diogenes records, Epicurus is documented as having identified *hatred*, *envy*, and *contempt*, in particular, as being unhealthy emotions that must be overcome by reason. He also recognizes *happiness*, *gratitude*, and *pity* (in terms of feelings towards servants, as is written), and then cautions against *romance*, *love* (i.e. *infatuation*), and *sexual arousal*.

There's also a fair amount of discussion on fear. (Come to think of it, I should have started with this, because overcoming *Fear of God* and *Fear of Death* are expressed in KD1 and KD2). KD10 discusses the uselessness of physical pleasure if the mind is stunted by fear from the unknown, and then in KD12, follows up by identifying sympathy for myth as a primary source of fear.

I personally find a lot of useful tips as far as counsel goes for feeling *shame*, *guilt*, and *worthlessness* from economic insecurity. In particular, Bailey fragments 29, 37, 48, 85, and KD15. Nowhere does he explicitly mention those emotions by name, but that's how I read into those sayings.