

# A Fable on Unattainable Expectations

Post by “Kalosyni” of October 21, 2024 at 9:24 AM

Thanks [Patrikos](#) for the above info in previous post.

Some further thoughts...given that there is a clear aspect of the therapeutic benefits from Epicureanism, it is also important to remember that different people need different things, and this can have a basis in temperaments (from a combination of nurture and genetics). So I believe that it is very important to emphasize the movement to **pleasure**, rather than the movement to tranquility (as some people have no need to become more tranquil)...and because an emphasis on pleasure will include all temperament types:

Here are temperament differences that have been seen in psychology research (source link follows below):

## Quote

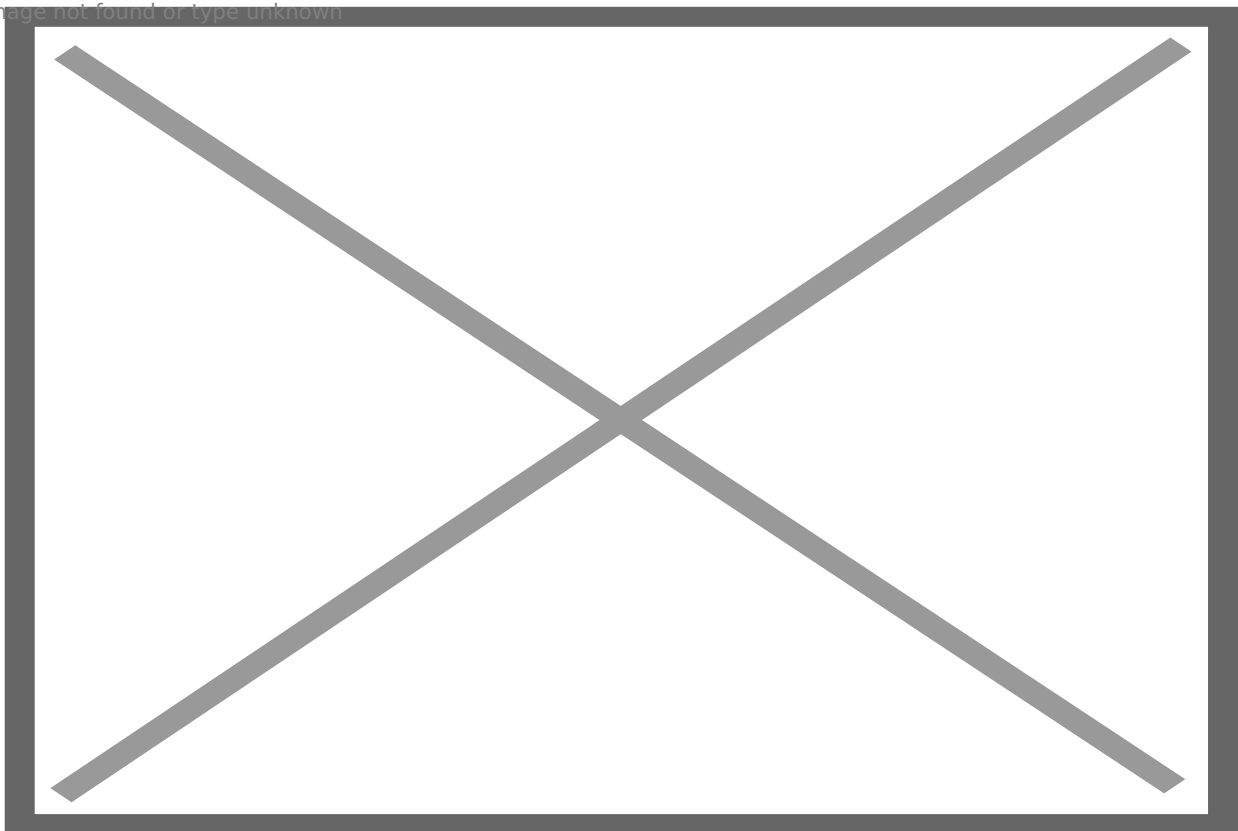
1. **Activity level:** This temperament refers to how active a person is. For instance, some individuals feel the need to move constantly. These high-activity individuals tend to move from one physical activity to another. As children, they may have trouble sitting still in class and fidget with their pencils. In contrast, low activity individuals tend to enjoy calmer activities.
2. **Biological rhythms:** This temperament is associated with the regularity of fulfilling biological needs, such as eating and sleeping. People with regular rhythms tend to stick to routines and have predictable daily patterns. On the other hand, people with irregular rhythms might forget to eat a meal, feel sleepy sometime during the day or not feel sleepy past their bedtime.
3. **Sensitivity:** Sensitivity refers to the intensity of the perception of certain stimuli. For instance, highly sensitive people may be bothered by many sounds, textures, and bright lights that others don't even notice.
4. **Intensity of reaction:** This temperament is associated with how strongly a person reacts to something. High-intensity individuals tend to have powerful reactions to even the slightest situations and create drama. In contrast, low-intensity individuals respond to even a major event as if it isn't a big deal.
5. **Adaptability:** [Adaptability](#) indicates whether someone can easily adjust to changes in their environment. Highly adaptable individuals can handle unexpected changes with ease. However, slow to adapt individuals may need additional time to feel comfortable with the same change.
6. **Approach/withdrawal:** Similar to adaptability, this temperament refers to how people tend to approach new situations or changes. People with an approaching

style can easily meet new people or try new things. Yet, withdrawing individuals may hang back, observe, and assess the new situation or people before joining in or taking action.

7. **Persistence:** This trait focuses on how long someone is willing to try and stick to a task. Persistent individuals tend to do whatever they can to reach the finish line. People with low persistence can be overwhelmed by the slightest challenge and give up easily.
8. **Distractibility:** This trait refers to whether a person tends to be distracted easily. Highly distractible people have difficulties paying attention to a task for long periods. They may also find it challenging to focus on a task when there are distractions in the environment. On the other hand, people with low distractibility can be absorbed in what they are doing, even in the loudest places.
9. **Mood:** Mood indicates the direction of our feelings. People with positive moods tend to see things from a brighter perspective and appear generally cheerful. In contrast, people with negative moods may have a gloomier attitude.

And the source site has a very good article (including a history about temperaments which first began with Hippocrates).

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### [Temperaments: Definition, Examples, & Types](#)

What are temperaments? Discover the meaning and origins of this concept, and explore its implications for child development and our behaviors.

[www.berkeleywellbeing.com](http://www.berkeleywellbeing.com)

And also something that [Onenski](#) said in yesterday's Zoom (paraphrased as I remember it) that we need pleasure when in pain (which includes removal of pain) and we also still need pleasure when no longer in pain. It is just part of human nature.