

Personal mottos?

Post by "Rolf" of May 15, 2025 at 9:15 AM

[Quote from Cassius](#)

I have a general concern in philosophical discussion that - under the influence of Stoicism or similar views - people "accept" far too many things that could be changed with the right effort.

This is a wise and helpful perspective, thank you Cassius. It's gotten me thinking how deeply engrained the glorification of acceptance is within myself and modern society. Even before reading up on stoicism, and after disregarding it, I've placed great value in so-called "radical acceptance". Of course acceptance can be useful at times, but you're right that we mustn't lose sight of the bigger, fundamental picture - it's all about pleasure and pain. If I accept something that's causing me pain, it might minimise the pain slightly, but it's always going to be better to root out of the source of the pain entirely if possible.

That said, painful chronic conditions are something I'm still struggling to reconcile with the philosophy. I've heard arguments against Epicureanism that "it's a philosophy only for healthy, happy people". While I disagree, I'm not entirely sure how I'd respond to the criticism.