

# Confusion: "The feelings are only two"

Post by "Rolf" of May 27, 2025 at 4:39 PM

## [Quote from Godfrey](#)

We strive for pleasure and consider pain an "evil". But even as we sometimes choose a pain in the service of greater pleasure, even being more aware of our pains can provide us with guidance to greater pleasure.

For sure. When it comes to pains that are chosen to avoid greater pain or achieve greater pleasure, I completely understand. However, I am more concerned about the pains that we do *not* choose - the unnecessary pains that serve no purpose. How do we reconcile them under Epicureanism, particularly if they are frequent? If one is truly unable to get rid of such pains, is it best to adjust one's mindset and accept them? Does Epicurus write about this sort of thing? From what I've read so far, pain is mainly mentioned in the contexts of a) pain should be avoided and b) some pains should be chosen in the name of prudence. But what of the pains that can neither be avoided nor are chosen?