

# Episode 291 - TD21 - Epicurus Pushes Back Against "Expect The Worst And You'll Never Be Disappointed"

Post by "Patrikios" of July 25, 2025 at 4:14 PM

## [Quote from Cassius](#)

Cicero's focus on this indicates to me that [#VS55](#) is extremely underappreciated in most discussions about Epicurus

[Cassius](#) , excellent podcast on the important topic of how to deal with strong emotions, e.g. grief. The key seems to be finding a balance in planning for the future, remembering past pleasures or pains, but not dwelling on the past pains. We can use past pains to help guide us in preventing or mitigating those pains in the future.

I liked how [Joshua](#) brought in [#VS47](#) to show that Epicurus did compel us to squarely face the future and take actions today that protect us from probable harms.

## Quote

VS47. **I have anticipated thee, Fortune, and entrenched myself against all thy secret attacks.** And I will not give myself up as captive to thee or to any other circumstance; but when it is time for me to go, spitting contempt on life and on those who vainly cling to it, I will leave life crying aloud a glorious triumph-song that I have lived well.