

# Fear and/or grief concerning the death of others

Post by “Robert” of July 27, 2025 at 3:42 PM

Hello everyone:

In my readings to this point, I've noticed that Epicurean therapy concerning death mostly relates to fear of our own death. The Epicurean argument is that we should not be afraid of it because we will lack sensation and perception after we have died. I find this argument convincing.

However, we will *not* lack sensation and perception when those around us die--e.g. friends, family, or pets. How does Epicureanism approach this problem? What are some relevant passages?

Nature shows us that people are resilient in the face of loss, but we usually go through a grieving process. Grief could be considered a kind of disturbance and thus a hindrance to attaining or sustaining ataraxia. How is this apparent dilemma addressed?

I have a hunch this is discussed in a thread somewhere on the site, so please feel free to direct me accordingly. 😊

I