

Episode 292 - TD22 - Is Virtue Or Pleasure The Key To Overcoming Grief?

Post by “Godfrey” of August 5, 2025 at 6:07 PM

A sidebar on grief, and its many layers...

One aspect to consider, which I think can only follow after the wailing war widow phase, is to parse out what exactly you are grieving. Is it for your loved one's experience of being no more? Are you grieving for yourself, as you live in loneliness? Is it the fear of moving on, and in doing so losing your memories of your loved one? Is it grief for what the deceased will never have a chance to do?

Then there's the practical aspect of moving forward and continuing to pursue your most fulfilling life. You're in a place that you never expected to be. You might be older and more vulnerable than in the past, realizing that you need to be open to life and new possibilities, and that you have to learn new ways of doing so.

Obviously there's much more. But Epicurus has provided a framework, if not a path, to continue to pursue your best life. His opponents, in their glib talk of manliness and strength. Have completely missed the point.