

# Anti-Natalism: The Opposite of Epicureanism

Post by “Rolf” of August 20, 2025 at 10:38 AM

I was a big fan of Benatar and antinatalism as a teenager. How things can change...

That said, I have less grievances with antinatalism than with, say, Christianity. At the very least, antinatalists want to minimise pain. And while they “throw the baby out with the bathwater”, the method of not creating kids in the first place *is* rationally sound - not being born is nothing to worry about, just as being dead is nothing to worry about - unlike the methods supernatural religions promote for the cessation of suffering. Most antinatalists I’ve spoken to have been depressed and cynical, yet generally rational, people.

Besides, it’s not like Epicureanism is an inherently *pro-natalist* philosophy. Epicurus never told us to “be fruitful and multiply”. As far as I’m aware, it’s fairly neutral on the question of whether or not we should procreate.