

What is Virtue and what aspects of Virtue does an Epicurean cultivate?

Post by “Patrikios” of August 27, 2025 at 5:05 PM

[Quote from Matteng](#)

I see the biggest difference (virtue or pleasure as the core of eudaimonia/life goal) in that eudaimonia, the good self or inner spirit, is defined by the Stoics as "doing good" while Epicureans define it as "experiencing good."

[Matteng](#)

Thanks for sharing that insight on “doing good” vs “experiencing good”. I see the Stoic focus on virtue more for the external effect; how this virtuous act appears to others. While I see the Epicurean focus more on experiencing pleasure while engaged in a virtuous activity, and prudently considering whether this ‘virtuous’ activity brings pain or pleasure to others.

Does this view follow from your analysis?