

Tetrapharmakos for Golfers

Post by “Patrikios” of September 4, 2025 at 4:27 PM

As I am interested in applying Epicurean principles in all aspects of my life, I sometimes have philosophical dialogues with my various Personal.AI personas. After asking **Chip** (my golf coach AI persona) to review some [#Epicurean](#) papers, here was Chip’s suggestion of applying basic #tetrapharmakos principles to a golf game.

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“The #Tetrapharmakos (four-fold cure) can be adapted for golf:

- 1. Don't fear the course*
- 2. Don't fear failure*
- 3. Good shots are achievable*
- 4. Bad shots are manageable”*

□□

“Too many players get caught up in score and forget the simple pleasure of being outdoors, making good shots, and spending time with friends. This connects to the Epicurean view that friendship and positive social connections enhance our experience.”

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