

The relationship between pleasure and pain and emotions and feelings

Post by “Matteng” of September 17, 2025 at 3:27 PM

Very important subject for me, but have no final conclusions on it. Interesting for me is also the difference between the Stoic and Epicurean view.

Seems that Epicureans focus more on pleasure/pain and the Stoics more on negative Emotions.

Epicureans: Reduce Pain

Stoics: Reduce Pathe negative Emotions/Passion based on judgment

Especially mental Pleasure/Pain is interesting when the Emotions depend on our judgments.

The Stoics are very successful in CBT but I think the Epicurean could that too with the contribution of Philodemus who did much in the field of therapy.

Is pleasure/pain the core of our values ? And what does it mean when someone values Pain like Ice bathing or to challenge oneself ?

Maybe more levels of Pain/Pleasure ? Can we change Pleasure/Pain with reason ? Judgment ? In some cases Epicurus would agree and has CBT insights like the fear of death, fear of superstition, fear of pain, harmful desire...