

Stoic view of passions / patheia vs the Epicurean view

Post by “Matteng” of November 1, 2025 at 6:19 PM

First I see is that it is all about mental (self caused) Emotions, bodily pain/ pleasure is out. In Stoicism this are indifferents and in control of fate/nature/logos.

When I understood Philodemus right, I think the Epicurean view would only match with the Stoic view when the Emotion

- 1) has harmful consequences (pleasure then is not choiceworthy for example)
- 2) is irrational, based on empty believe
- 3) is based on unnecessary desire

In short when the Emotions lead to more pain than pleasure.

From wikipedia:

Distress (lupē)

[Distress](#) is an [irrational](#) contraction, or a fresh [opinion](#) that something bad is present, at which people think it right to be [depressed](#).

Fear (phobos)

[Fear](#) is an irrational [aversion](#), or avoidance of an expected [danger](#).

Lust (epithumia)

[Lust](#) is an irrational desire, or pursuit of an expected [good](#) but in reality bad.

Delight (hēdonē)

Delight is an irrational swelling, or a fresh opinion that something good is present, at which people think it right to be [elated](#).

Two of these passions (distress and delight) refer to emotions currently present, and two of these (fear and lust) refer to emotions directed at the future.^[9] Thus there are just two states directed at the prospect of good and evil, but subdivided as to whether they are present or future:^[10]

Present Future

Good Delight Lust

Evil Distress Fear