

# Stoic view of passions / patheia vs the Epicurean view

Post by “Kalosyni” of November 3, 2025 at 10:37 AM

## [Quote from Matteng](#)

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.

Thank you [Matteng](#) for pointing this out.

Perhaps there is a way to fine-tune the differences, however, and especially because both feelings and emotions are important for making sense of the world, and so we need them as valid input for making good choices. Feelings and emotions have important input and shouldn't just be brushed aside in a "stoic" fashion. If something *is* actually "irrational" you would want to take the time to fully understand why, and that means you need to be able to tolerate the discomfort of seeing and understanding the big picture.