

Stoic view of passions / patheia vs the Epicurean view

Post by “Matteng” of November 4, 2025 at 4:13 PM

[Martin](#) , yes in core the hedonic calculus, an yes maybe a better word for the difference would be arational (I have never read it) for unconscious or without needed reason and irrational (often negative seen).

@Eikadistes , yes the difference between the Faculty of pleasure/pain and Pleasant/Painful Things/situations is crucial, that will play a role below in my post you will see.

[Kalosyni](#) , thank you, now it would be interesting to go deeper in this subject of Feeling/Emotion in regard how to value them and what exactly is to avoid or pursue (Feeling, things, situations)

In discussion with Stoics I notice that they would agree with the article and would say that the Epicureans are the one who doesn't accept Pain and try to avoid it.
Epicureans say Stoics doesn't accept or want avoid (Painful/harmful) Emotions.

How can we get there more clear ?

I could imagine this would be a response of each school:

- Start of fictional discussion between the schools -

Epicureans: We want not fight the Feelings like Pain, but the circumstances/causes. We want to change the situation, things, relationships, ideas/views, the faculty of pain/pleasure and the prudent reflection of them and judgment with our feelings is our main way of life.

-> Stoic objection: one cause for Feeling pain is your Faculty of Pain, wouldn't you take Tranquilizers for getting rid of pain your greatest evil ? Or when you want (have a desire/wish for) that a friend is getting well, do you want it for the pleasure (desire satisfaction/whish fulfilling) than a pill who let forget you your friend or his illness could do the same ? Or do you want it indepentend of the consequence feelings ?

Stoics: We only want to root out passions / harmful Emotions not for the Painful Feeling (that is an indifferent for us) but because it dims our rationality/sociality so our human nature and our Character, our only good (Virtue or Progress to Virtue) and we do more harmful Things to us and others.

-> Epicurean objection: So you value your human Nature/Character/Virtue yourself, others and Passions/harmful Emotions damages these ? The idea of this damage is "mental pain" that lies on the core of your judgement. You "want/like" to live in Agreement with

Nature/Logos/Virtue/Human Nature, that is an affection, that is in core in the end a Feeling of Pleasure/Pain.

- End of fictional discussion between the schools -

So that are my currently not finished and Maybe confused ideas about that, what to do with that 😊 ?