

# **Sunday November 9, 2025 - Zoom Discussion 12:30 PM EST - Epicurus on Good And Evil**

**Post by “Matteng” of November 12, 2025 at 5:25 PM**

[DaveT](#) On one point Epicureanism recognizes Pain as the core evil, on the other it wants to give help, ideas, techniques against it. So I can understand the irritation that than it is stated that Pain is not really a problem (maybe only meant for the Epicurean Sage or an irrational Fear of Pain ? )

What is your attitude towards pain? Or rather, what would be a healthy or resilient attitude towards pain in life?

How justified do you see the fear of pain ?

I ´ve read even an article that for natural/necessary desires it is right for an Epicurean to fear Pain for such desires. Otherwise one of the natural/necessary desires is the desire for eudaimonia/ataraxia, so to have no or very less fears.

Is the potential amount of pain in life too great ? What should we conclude then from this insight ?

What would you advice ?