

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

**Post by “DaveT” of November 13, 2025 at 9:53 AM**

My advice to anyone enduring extended suffering mentally, or experiencing ongoing significant physical pain is to share it. By this I mean, tell someone you love or trust about your situation. For those of us who have the means in WEIRD societies (western educated industrialized rich and democratic) or who have state provided care, "get professional help" can ease the burden sometimes. But for them, and most of the rest of the world; loved ones and trusted ones may help too, in the absence of professional care.

For me, the realistic goal is to experience living with more contentment (read as pleasure by the Epicurean) than pain/suffering. To try to attain the former permanently, or to banish the latter completely is unrealistic, perhaps a further cause of suffering, yet completely Epicurean, when you think about it.

How one might do it for themselves, during self talk, is a more individualized task, and if one technique works for a while, and then doesn't, my advice is keep exploring alternatives until you improve and can enjoy life better.