

Possible use of the Pythagorean exercise called "evening review" for Epicurean purposes.

Post by "Kalosyni" of December 19, 2025 at 5:44 PM

Here is the first part of the quote above, which has a different goal than in Epicurean philosophy:

"All our senses should be educated into strength: they are naturally able to endure much, provided that the spirit forbears to spoil them. The spirit ought to be brought up for examination daily. It was the custom of Sextius when the day was over, and he had betaken himself to rest, to inquire of his spirit: "What bad habit of yours have you cured to-day? what vice have you checked? in what respect are you better?"

I seems to suggest that a "perfectly virtuous" person will live a pleasant life, however it is also brings with the suggestion that this can only be done through the subjugation of emotions. This is not Epicurean, as we need emotions to see what is pleasurable and what is painful. The only people who need to subjugate their emotions are those who are pursuing empty/vain desires (great wealth, high status, etc) - since these are are difficult and painful to pursue.

There are times that anger is helpful, which is talked about by Philodemus. So that is an added layer that isn't covered here.

I would suggest doing internal self-reflection only on an as needed basis (and not nightly), when one feels internal distress. One could examine what is going on and think about how to make better choices in the future. Self-harm from over-indulgence (food or alcohol) results in physical discomfort, and the Epicurean takes note of bad results and thinks about what to do differently next time. Also, the Epicurean naturally understands that any time one causes harm to another human being that there will be consequences -- mental uneasiness and disturbance will result and the person harmed will seek restitution or retribution, lawfully or otherwise (or their friends or family will seek restitution or retribution) -- or if minor harmful actions are done then their reputation and trust will be lost.

[Quote from Daniel188](#)

We reflect on what we've accomplished from our planned tasks. We appreciate ourselves for completing them and allow ourselves to feel satisfied with our goals.

We reflect on what we didn't achieve and why. Was it due to a lack of desire, fatigue, or perhaps something that happened during the day that caused us to lose motivation? We don't rely on first impressions, which are often misleading, caused by regret or irritation. We try to calmly find the real cause of our failure.

The words here seems to point toward something that ought to be reflected on when starting ones day at an office or job -- a professional work issue -- and possibly the need to implement good time management skills.

Instead of thinking about work at the end of the day, it seems like an Epicurean might be more focused on all the pleasant things that happened - practicing gratitude for ones friends and family and reliving any happy/fun/pleasurable events that happened earlier in the day...anything that one appreciates.

So now thinking... an Epicurean might like to create a nightly habit of practicing gratitude and appreciation, and happy recollections on a nightly basis. 😊