

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

Post by "Don" of December 19, 2025 at 10:34 PM

I'm coming late to the game here, so I'm just starting from the top...

[Quote from Daniel188](#)

This exercise doesn't have to be used to pursue "virtue." It can be developed specifically to improve prudence

This seems akin to exercising *parrhesia* (frank speech) upon oneself. Not that I'll necessarily have the discipline to implement this on a regular basis, but I can see the utility of doing this to increase one's prudent choices and rejections.

[Quote from Cassius](#)

I thought this was an Epicurean forum, not a Stoic forum?

I'm inclined to take Seneca's advice (up to a point): "I am wont to cross over even into the enemy's camp,—not as a deserter, but as a scout."

[Quote from Daniel188](#)

Self-awareness is useful in pursuing this goal because it allows us to recognize habits that are harmful. When I think of harmful habits, I mean those that cause more pain than pleasure in the long run. Without any regular introspection, we often resolve to do things but are unable to stick to them. While this is useful, it is only one possible trick and is not necessary. Self-awareness is not a goal in itself.

Well said. Self-awareness - whether gaining it from others through frank speech or looking at ourselves objectively (as far as that is possible) - is a tool, just like virtue, on the way to a more pleasurable life.

[Quote from Daniel188](#)

Rather, I'm aiming to distill the specific exercise itself. In this case, regularly reviewing everyday events in order to learn from them.

Exactly. Using a tool or modifying a tool does not endorse someone else's use of that tool in a different way. Okay, that's a clunky metaphor... but I hope the general thrust of that comes

through.

[Quote from Kalosyni](#)

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.

...

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.

I like the idea of a regular practice of gratitude and recollection. This seems to dovetail nicely with an Epicurean perspective. I do think that recollecting where we may have made imprudent choices leading to pain - to bring back in the self-awareness can be helpful, too. So a balance between what gave us pleasure and how we got there balanced with noting what brought us pain and how we can avoid that would be a part of a worthwhile practice. As [Kalosyni](#) said, "compare and contrast".

An interesting and worthwhile discussion. Welcome aboard, [Daniel188](#) !