

# **Would It Be Fair To Say That Epicurus Taught "Lower Your Expectations And You'll Never Be Disappointed"?**

**Post by "Kalosyni" of January 26, 2026 at 2:29 PM**

The wording of this doesn't quite work for me. An internal feeling of disappointment happens because a mental expectation was not fulfilled. But if you understand the nature of the world well, you will know which situations come with a higher probability of fulfillment and which come with a lower probability, and you won't create unrealistic expectations.