

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

Post by "Onenski" of January 28, 2026 at 8:03 PM

In my opinion, the phrase makes much more sense within the framework of Stoicism, where, in the effort to secure peace of mind, one seeks to adjust desires to the actual state of the world. The Stoic aims to wish that the world be exactly as it is (and usually struggles to achieve that desire). If I may suggest, the phrase sounds more like a kind of dissatisfied conformism, similar to the fox in Aesop's fable.

The Epicurean does not want to conform, but to feel satisfied. Epicurus observed that our constitution allows us to feel satisfied quite simply with what nature provides. It is not that we flee from what is difficult for us (for example, some luxury or great objective) out of fear of frustration, but rather that we actively seek what brings us pleasure, and that is usually easy to obtain.