

# Epicurean Virtue

Post by "Matteng" of February 8, 2026 at 2:32 AM

[Quote from Cassius](#)

[Quote from Kalosyni](#)

Ultimately they can be summed up as "do no harm" both to others and to oneself. Non-harming brings about a good life free from troubles.

What? Define the goal purely negatively? If that were the case Epicurus could have stopped at "freedom from pain" without ever referring to pleasure (?)

[Cassius](#)

Good point, more positively would be to pursue philia and pleasure but also the non-harming can mean to take active actions for example to help not someone who needs help und we could easily help could be seen as harming someone. Is a „not-decision“ sometimes also a decision ?