

# Critique of the Control Dichotomy as a Useful Strategy

Post by "Cassius" of February 19, 2026 at 1:23 PM

## [Quote from Matteng](#)

The main point is that when you desire no things outside of your control ( like life, health ... ) you encounter no „unhappiness“ or when you desire only Virtue you get „complete“ happiness. I'd start by saying that their definition of "happiness" is absolute BS. No issues of control are even relevant until you forthrightly start with a clear explanation of what "happiness," means without the BS "virtue" overlay.

It appears that many Stoics are comfortable saying that they have no concerns about life and health. For my part I'd say that unless you have life and at least some degree of health, no happiness is possible.

This is an unbridgeable divide. The Stoics can go their way and I'll go mine.