

# Critique of the Control Dichotomy as a Useful Strategy

Post by “Matteng” of February 21, 2026 at 4:08 PM

[Cassius](#) Thank you, that really sums it up. After distancing myself more and more from Stoicism, when I read their arguments I'm still occasionally drawn to the dark side 😊

And as you write, if one accepts their premises too quickly, one is right in the middle of internally agreeing with their logical conclusions. This shows how certain logics and abstractions/words can distance one from reality.

As you write, their initial assumptions are flawed. Judgment/Virtue/Reason doesn't exist in a controllable vacuum.

One needs a certain degree of health/life for Virtue. Sure, one can sacrifice health/life (for friends, family...), but only if one has/had it before.

I can only help others if I have a certain degree of health/life.

I can only think/judge with a certain degree of life/health. With severe brain damage or sensory impairments, I can't navigate life.

Everything I do is based on the premise of having/pursuing life/health.

Perfect sense for me now makes the sentence in the letter to Menoecus (Actually, every sentence in it is pure gold.):

(Not only) wisdom, honor, and justice are necessary for Pleasure, but also Pleasure (in the sense of physical/mental health) is necessary for living prudently, honourably, and Just.

Something the Stoics would never admit, but which renders their entire ethics unrealistic and empty from the ground and maybe even dangerous in neglecting the own health / Life or think it is the duty / right reason to do so. One possible way to become depressed / mental ill.