

"Choice" and "Avoidance"

Post by "DaveT" of February 28, 2026 at 10:47 AM

[Quote from Kalosyni](#)

We have only two options: to learn from other's mistakes (or their advice) or to learn from our own mistakes.

Yes in many ways this is true and vital for each of us. Yet, I'm thinking about how Epicurus thought we ought to navigate within our ordinary daily habits and small choices. I think they are barely noticeable to us as we go about the day. Retrospective reviews of our past actions in pursuit of reduced anxiety or physical pleasure are easier (if we are introspective from time to time). Like recognizing that carrying that 30 extra pounds is the result of engaging in unnecessary desires over the last x number of years is not healthy and we maybe, ought to eat less.

Certainly the small things that happen every day add up. Like negative thinking, and who among us has the skill set to analyze our daily lives in an ongoing manner to address and reduce negative thinking or on the physical side, over eating, much less reducing physical pain or discomfort? Perhaps my examples are poor ones, and they certainly are not meant to be exclusive.

And this is why I originally asked if Epicurus was saying we ought to make choices just at "critical times" in his later writings (if it was later in his life), as opposed to frequently making choices and avoidances in our mundane daily lives (which seems nearly impossible as an ongoing practice to be happy).