

# Suavity - General Discussion

**Post by "Cassius" of June 12, 2026 at 3:28 PM**

I would say analysis of this issue goes right along with analysis of the issue of the proper aspects of anger as referenced by Philodemus. If we don't have the integrity and presence of mind to feel righteous anger when ourselves or especially our friends are suffering serious harm, then we don't have the integrity and presence of mind to feel true love or compassion or graciousness or any other natural emotion when those are appropriate. As humans, pain is something we want to avoid, but we need to listen to Nature's signals and not suppress them. When it is natural and appropriate to feel pain, we need to feel it, just like the wise man cries out when under torture, but nevertheless remains "happy" in the broader sense of the word.