

What Would Epicurus Say To Someone Who Said To Him That The Value of Being Dead and Being Alive Are Equal?

Post by "Todd" of June 24, 2026 at 5:22 PM

[Quote from Cassius](#)

Presuming they are more on the "not consistent thinker" edge of the range, for reasons that we might choose to find sympathetic (so we continue to talk to them!) what else can be said to help them see that their position is damaging?

It is quite possible to arrive at this conclusion without any logical inconsistencies. For example, if you believe your *telos* to be removal of pain, then it would be perfectly consistent to see death as a shortcut to that end. In that case, death would not be merely a matter of indifference, but should actually be preferred over life, which will inevitably involve pain at times. The only inconsistency would be a failure to act on that conclusion.

Since I would not want to convince someone that suicide is their only logical choice...I think the best approach would be to understand why they have this belief in the first place (which you have not stipulated) and approach it from there, rather than attacking the life-vs-death logic directly.