

Marriage, Children, & Personal Relationships - Greater Difficulties and Risk Can Make Them Harder Than Ever. Epicurean Perspectives on Remedies

Post by "Titus" of August 3, 2026 at 5:34 PM

Looking from the end rather than from the start, I have been thinking since a long time that Epicurean philosophy works as a good compass to navigate all the problems people are facing, especially nowadays, regarding starting a family and managing personal relationships.

Focusing on what brings us joy, especially the "little" things, which in turn are usually the naturally grounded ones is a basic tool. Not pursuing every desire just because this desire is "reachable". I'd rather prioritize simple structures within my life, being deeply intertwined with everything and everybody I am connected to.

In my opinion, a key problem of modern societies is externalization. The world is a big place. We rely on too many factors, instead of living according to simple principles . I know that not everything in life can be made simple, but we can try to do so. With every little step we get more control and effectively will feel more in control, which is what in the end reduces stress and anxiety.

I strongly believe that what a family needs to get started and to succeed is deeply interwoven with creating structures ahead on which those family can rely on.