

# **What is an Epicurean viewpoint on dealing with anxiety? Of losing the pleasures that one holds dearest, such as losing friendships or a pet being sick?**

**Post by "Cassius" of November 23, 2019 at 7:33 AM**

Posted by Elli:

I would like to share some of my thoughts that are based on my personal experience. When it happens to lose a loved one, the feelings of sadness i.e. these painful feelings should be felt like a burst/explosion of feelings that reach to the point, and to such an extent to be deflated. And that also means that when one holds or hides or buries the feelings of the pain/sorrow, these will be out, and on the surface of his life, in another way and another time, in which this person could not know what is happening to him and what is the first thing to blame! Because the subconscious did not bury the feeling of pain that the conscious tried to bury. The dreams of the person who buries his emotions are usually images of these buried/hidden emotions as well as a hidden fear of death. Epicurus exhorts: Of course, you'll feel the pain, you'll feel your anger - that this anger is usually remorse if there was a postpone of something to share with our friend- and at the same time, do not feel for your friend as were to be pitied. Because if he lived pleasantly and was safe all of his life, you have to do the same too i.e. you will continue your life without to postpone your joy and pleasure, and creating or maintain such relationships to feel safe and content.

Doctrine 40. As many as possess the power to procure complete immunity from their neighbours, these also live most pleasantly with one another, since they have the most certain pledge of security, and after they have enjoyed the fullest intimacy, they do not lament the previous departure of a dead friend, as though he were to be pitied.