

Attitudes: Stoic Gloom vs. Epicurean Sunshine

Post by “Mike Anyayahan” of January 21, 2020 at 11:33 PM

[Quote from Cassius](#)

Some people look at the pain of life, think that escaping pain is all that matters, develop a "gloomy" disposition, and even regularly question whether they would have been better off if they had never been born. It is probably fair to say that this is typical of a personality that strongly embraces Stoicism, while the Epicurean personality affirms that the joy in life is well worth the pain.

When I used to be active in one FB Stoicism group, I noticed that even stoics there are divided in this issue. Some are gloomy. Others are joyful amidst pain especially for those who incorporate stoicism into cognitive behavioral therapy.

I just can't understand until now how pain and joy can exist at the same moment. I practiced it before, and it didn't work for me. When I was jobless for quite awhile, I suffered from depression. None of those stoic applications helped me. What cured me was the pleasure I got when landing a new job. This is what makes me believe that practical Epicureanism makes more sense than practical stoicism. 😊