

# Epicurean Attitudes Toward Emotion

Post by "Cassius" of March 11, 2020 at 7:34 PM

[Quote from Godfrey](#)

The primary fears are considered to be those of the gods and of death.

I want to comment on this because this formulation reminds me of some comments I have seen (maybe in Nussbaum) implying that death and gods were the "primary" concern of Epicurus. You're not saying this Godfrey, I know, but I have seen glib comments lots of places implying that Epicurus was primarily a therapist and he thought all he had to do was to deal with gods and death and everything would magically be OK.

I don't think that was his perspective at all. I think Epicurus highlighted those because they are of profound significance to any thinking person, no matter how healthy and normal and strong he might be otherwise. Someone can be intensely interested in those subjects without having a fearful bone in their body, and that's the way I picture Epicurus.

My point here is only that I don't think Epicurean philosophy and the PD's were organized so that they could be used like a protocol in a mental hospital -- I think they were organized in order of importance to any healthy and intelligent person.

I am sorry if my comments seem tangential but hopefully they aren't too obscure, and I don't mean to derail the point you are making, which is that we need to extend the principles and do a lot more discussion on the emotions at a very basic level.