

# Epicurean Attitudes Toward Emotion

Post by "Godfrey" of March 11, 2020 at 8:00 PM

Quote

...we need to extend the principles and do a lot more discussion on the emotions at a very basic level.

Exactly. I think that it's ultimately of limited use to try to dissect an individual emotion but is of great value to understand the factors which contribute to various emotions. For example a proper understanding that [death is nothing to us](#) has an underlying relationship to particular instances of grief, among other things. Understanding the nature of desire has an underlying relationship to envy, among other things. And so on. It seems to me that examining the nature of things as contributing factors is where the useful discussion can occur. This discussion could be carried out with regard to factors underlying particular emotions **in particular instances**, however I've found that just increasing my understanding of nature, pleasure and desire has gone a long way toward making me a "happier" person.