

Emotional states from an epicurean pov

Post by “Don” of July 18, 2020 at 12:50 PM

I agree. If we are to use our emotions or feelings or pathē as criteria for our choices and avoidances, we had better be able to listen to them. From my perspective, Epicurus was telling us to use pleasure and pain as our stop and go signals. You can't just go, go, go. We have both pleasurable and painful emotions. If we're feeling a painful emotion, why? What's the cause? How can we use that to make a choice to avoid that cause? Or are we experiencing that painful emotion in order to achieve pleasure later? Suppressing specific emotions cuts one off from half one's criteria for prudent decisions.

I hope I characterized your thoughts correctly in my contribution here. Good topic!