

# Tetrapharmakos for Golfers

**Post by “Patrikios” of September 4, 2025 at 4:27 PM**

As I am interested in applying Epicurean principles in all aspects of my life, I sometimes have philosophical dialogues with my various Personal.AI personas. After asking **Chip** (my golf coach AI persona) to review some [#Epicurean](#) papers, here was Chip’s suggestion of applying basic #tetrapharmakos principles to a golf game.

<AI>

*“The #Tetrapharmakos (four-fold cure) can be adapted for golf:*

- 1. Don't fear the course*
- 2. Don't fear failure*
- 3. Good shots are achievable*
- 4. Bad shots are manageable”*

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*“Too many players get caught up in score and forget the simple pleasure of being outdoors, making good shots, and spending time with friends. This connects to the Epicurean view that friendship and positive social connections enhance our experience.”*

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**Post by “Don” of September 4, 2025 at 6:47 PM**

 with my usual caveats ...

The first two lines in the original are not imperatives (commands) but declarative statements. So...

1. The course is not to be feared.
2. Failure is free of guilt.

The second line is originally something like "free of suspicion" or Death is free of suspicion (that something is bad about it). I used poetic license on using "guilt."

## Post by “Patrikos” of September 5, 2025 at 4:54 PM

### [Quote from Don](#)

The course is not to be feared.  
Failure is free of guilt.

### [Don](#)

Thanks for the correction ☐☐

I'll try to remember the difference and be more **declarative** when I'm on my 3rd stroke in a deep sand trap ☐☐ on a hot, humid day ☐☐ on the golf course 😄