

# Epicurean Group Cohesion - Comprehension and Implementation of the Philosophy

Post by “Kalosyni” of October 27, 2025 at 4:27 PM

I am currently thinking about how every person both understands (comprehends) and implements, Epicurean philosophy uniquely. Some people put most of their focus onto the ethics, and others really prefer contemplating "the nature of things".

We each understand the telos uniquely and we each have our own reasons for why we continue to implement the philosophy in our own lives. Our choices and avoidances are also unique to our given situations.

I've been thinking about why that is, and have been thinking about how individual temperaments and individual formative childhood experiences influence how we make sense of Epicurean philosophy, and the kinds of evaluations we each make regarding pleasure, pain, and formulation of guessing future outcomes and consequences when we make choices.

I made this chart as a way to think about how we individually move through choices. Of course this uses a rather primitive understanding of temperament (based on the four humors). In modern times we have the Myers-Briggs personality type indicator.

**Temperaments and Choice and Avoidance**

	fight	flight	rest/digest	befriend	create	explore
sanguine nature - enthusiastic, social, sensory seeking						
choleric nature - ambitious, decisive, aggressive						
melancholic nature - depressed, inactive, solitary						
phlegmatic nature - shy, reserved, yielding						

So here on the forum, the different ways of interpreting the Epicurean philosophy arise out of individual differences in temperaments.

With an in-person group we would have quite a task of determining what activities to do as a group, and would likely have to split up into smaller groups... for example: those that are seeking quiet and therapeutic aspects, and those that are seeking ambitious goals of spreading the words of Epicurus.