

[r/GetMotivated](#)

[Tool] Marcus Aurelius said - "If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and thus you have the power to revoke at any moment."

u/imsowavy1 • 10h



► Watch This

I've always liked this quote.

But I have a difficult time understanding how to take control over your worries. The worries feel so beyond you, so out of your control.

As if the worry is 100% certainly going to happen/happening. Even though I'm aware these worries are irrational, I can't convince myself that they in fact are irrational. I'll keep tricking myself into believing the worries are going to happen.

Stoicism basically says that all you can control is your reaction (thoughts) about a situation. So yeah a lot of it is easier said than done, but in theory, its safe to say that if you stopped looking at things as life ending, they would be easier.

In his excellent “A Guide To The Good Life: The Ancient Art of Stoic Joy”, William Irvine devotes an entire chapter to voluntary discomfort.

Seneca contemplated bad things happening, in order to appreciate what he had. The Stoic rival Epicurus practiced poverty to determine whether he really needed what he had. But it was Musonius, says Irvine, who took things to a higher level:

In particular, we should periodically cause ourselves to experience discomfort that we could easily have avoided. We might accomplish this by underdressing for cold weather or going shoeless.

Or we might periodically allow ourselves to become thirsty or hungry, even though food and water are at hand, and we might sleep on a hard bed, even though a soft one is available.

The Stoics didn't embrace discomforts such as cold, or sleeping on a hard floor out of masochism, rather the Stoics advocate for the deliberate use of discomfort to raise the appreciation for what they currently have.

In many ways taking a cold shower strengthens this argument, by voluntarily accepting the discomfort of the cold, a decision that is not mandatory for us to make allows us to essentially immunize ourselves for any misfortunate and hardship, both physically and mentally in future moments.

The power of the cold, or exercise for that matter is that it encompasses the will of both the physical sensations and mental.

Epictetus advocates this intentional discomfort.

“But neither a bull nor a noble-spirited man comes to be what he is all at once; he must undertake hard winter training, and prepare himself, and not propel himself rashly into what is not appropriate to him.” (TD, Book One, Ch. 2, p. 10)

As with any practice that defies the norm, there is always criticism of such unusual practices, that to the average person may in fact just seem pointless, only being convincing through the rhetoric dialogue of ancient Stoic writing.

Simply, voluntary discomfort helps us practice being indifferent to situations that to the normal, untrained and unwise would seem stressful and disheartening.

Are you guys into stoicism? I've found that in some ways (not all) it aligns itself well most people who are motivated and seek self-improvement.

358 Comments

... | ↑ 7517 ↓

Best ▾

Write a comment

✓ progresionofgnosis 1 · 8h

Same sort of concept is brought up in Buddhism. You can't control what happens in life but you can control your reaction.

← ... | ↑ 265 ↓

✓ imsowavy1 51 · 8h

Great point and you're right. Buddhism and Stoicism have a lot of parallels, although completely different in some senses we can pick and choose the great stuff from both philosophies.

Would you consider Buddhism a philosophy or a religion?...Just out of curiosity.

← ... | ↑ 69 ↓

✓ soulessier · 7h

In Buddhism, there is a big emphasis on The Middle Way. I'd say it fits nicely inbetween a philosophy and a religion.

Source: am buddhist

← ... | ↑ 63 ↓

medlish 2 · 3h

I'm also buddhist and my answer would be that it doesn't even matter. Whether it is a philosophy, a religion or something else doesn't change anything about the teachings.

← ... ↑ 20 ↓

qpaenumw 66 · 7h

I say both.

Edit:

Regarding reactions to situation, the thing is, sometimes people let emotions govern their reactions. And that, I think, is the cause of the (eventual) pain.

← ... ↑ 21 ↓

direbear98 · 4h

I consider it a philosophy. The Buddha says repeatedly not to take things on blind faith, but to see for oneself. It's also not about worship of any sort, there is a definite goal and method. Faith and worship are only a means to an end.

← ... ↑ 11 ↓

imsowavy1 51 · 4h

Good point.

← ... ↑ 3 ↓

➤ [More Comments \(2\)](#)

_PM_ME_YOUR_ANYTHING · 5h

Don't all religions follow their own philosophy. In saying that, what is the difference between a religion and a philosophy?

← ... ↑ 5 ↓

imsowavy1 51 · 4h

The key difference is that they are different epistemological positions — philosophy has a system of logical principles in place to arrive at conclusions whereas many religions (such as Christianity) allow for other sources of knowledge (i.e. faith).

Simple feeling vs thinking.

← ... ↑ 4 ↓

FirstEvolutionist 1 · 4h

Perhaps that's why the question is more relevant for buddhism. There are a lot of practices that emphasize the "see it by yourself" method which is more akin to logical principals than faith.

There are faith based practices in many forms of buddhism though. Jodo shinshu, for instance, which is somewhat popular in Japan has a certain feel that is very similar to christianism in format.

← ... ↑ 1 ↓

➤ [More Comments \(1\)](#)

FlyPenFly 6 · 5h

Probably the lack of supernatural characters

← ... ↑ 7 ↓

FirstEvolutionist 1 · 4h

There are a lot of supernatural characters and tales in Buddhism. If you are in the west you have probably been introduced to a lot of its values in a secular form though.

← ... | ↑ 8 ↓

✓ FlyPenFly 6 · 4h

Yes, Buddhism is a religion.

← ... | ↑ 5 ↓

➤ [More Comments \(1\)](#)

✓ DachshundWarLord · 2h

There are. But you can choose Zen Buddhism that basically follow all teachings without any gods or super natural concepts. But with other religions you HAVE to follow or believe in that specific god or deity

← ... | ↑ 2 ↓

✓ hobbyhairsplitter · 1h

There are two schools of Buddhism, and they're as different as Judaism and Christianity. One is full of supernatural characters, the other has exactly zero. Apparently a few centuries after Buddha died, some guy claimed sea serpents gave him new hidden scrolls and then promptly flew out the window never to be seen again (I shit you not). It also merged a lot with existing Hindu beliefs and Gods. And that's the Buddhism most people in the West hear about.

← ... | ↑ 2 ↓

➤ [More Comments \(1\)](#)

✓ darkerside 3 · 6h

Tis a poor religion that offers no philosophy

← ... | ↑ 11 ↓

✓ Man-Bear-Sloth 1 · 3h

What are you talking about?

← ... | ↑ 2 ↓

✓ [imsowavy1](#) 51 · 6h

Stoicism is a philosophy not a religion.

← ... | ↑ 2 ↓

✓ darkerside 3 · 6h

Which should make it clear I was talking about Buddhism. Any religion should offer a way of living to be useful.

← ... | ↑ 8 ↓

✓ SnorlaxMaster · 5h

Except Buddhism does offer a way of living.

← ... | ↑ 2 ↓

✓ darkerside 3 · 5h

Are you people serious? That's what I'm saying. Yes, it does, as any decent religion should.

← ... | ↑ 22 ↓

• ✓ Vinny_d_25 · 5h

I love this thread and how your praise of Buddhism offended everyone

← ... | ↑ 20 ↓

• • ✓ Rootsinsky 2 · 4h

I think his praise of Buddhism confused everyone one.

For context the person he responded to asked Do you consider Buddhism a philosophy or religion.

His response Tis a poor religion, that offers no philosophy alludes to the idea that religion by its nature presents a philosophy of living.

I don't think the people responding to him understood what he was saying at all.

Or maybe I'm the one who is confused. The world is a dark and mysterious place.

← ... ↑ 20 ↓

... dc-vm 3 · 4h

That, and the way his response was worded made it sound like he thinks Buddhism is a poor religion that offers no philosophy.

← ... ↑ 9 ↓

... throwawayplsremember 1 · 4h

Join my cult of Confucius studies

← ... ↑ 2 ↓

• QuasarSandwich · 5h

But Buddhism *is* a decent religion.

← ... ↑ 4 ↓

• [More Comments \(1\)](#)

[More Comments \(1\)](#)

SeamusHeaneysGhost 4 · 4h

It's a philosophy by many people's reckoning - without a deity to pray to and all.

← ... ↑ 2 ↓

[More Comments \(1\)](#)

sharadov 4 · 7h

Buddhism is a faith or you could say a way of life, so yes it's a philosophy.

← ... ↑ 0 ↓

[More Comments \(1\)](#)

atlasholdme 5 · 4h

Buddhism is simultaneously not either religion or philosophy and both together. What is your definition of religion and philosophy?

← ... ↑ 1 ↓

imsowavy1 51 · 4h

Philosophy = Logical reasoning coming to a conclusion of some sort.

Religion = Faith to back up a specific belief.

← ... ↑ 2 ↓

[More Comments \(4\)](#)

PrtyCrrty 28 · 6h

Curious, since i see this all the time. What reaction SHOULD you have to bad stuff? What does changing your reaction even mean? Am i supposed to tell myself that i like what's happening to me? What if i don't believe it? Sadness always come from something you care about, so if you're affected by something, you care about it. It means a lot to you. So what? Do you simply stop caring? Why should I not react badly?

oirljlosk 1 · 6h

Once the planet has beaten you about the head for a few decades you begin to realize that your caring is doing nearly as much damage to you as your not caring. It's a lose-lose situation.

Valqen · 5h

By changing your expectations. If you expect to always have something, you will react badly to losing it.

Astronauts and their wives do an exercise with NASA staff. It's a role play of exactly how things will go, how events will unfold if the astronaut dies. They know it can happen, and now they know the drill of exactly how things will play out. So there would be no "oh no, what am I going to do?" because they already know.

Of course there will still be sadness, but it's dulled a bit because the expectations were changed.

Stoic philosophers recommend you do similar exercises with other areas of life.

PrrtyCrrty 28 · 5h

So if i realize i won't always have something, i won't react badly to it? I reacted pretty badly to my cat dying. I'm not sure how acknowledging that you won't always have something will make it hurt any less.

That seems more like preparing for the worst case scenario. I'm not sure how you wouldn't be in constant worry of something going wrong and your lover dying horribly. It can't possibly be like, "Oh, well i had a feeling it was gonna happen." The end result is still the same. They're gone.

Yes, you can try putting a positive spin on events, but there's no need to pretend it didn't have some type of bad impact. At least, in my eyes.

Rootsinsky 2 · 4h

Let's imagine that you're going to eventually lose everything that you care about. That's not the worst case scenario that is the morbid dark truth of our decaying life.

Stoicism is not pretending things don't have a bad impact. It is like training your mind as you would any other muscle. You are training yourself with controlled loss and suffering. This strengthens your capacity to experience the death of the things your heart clings to. You still have the waves of emotion.

Your core identity has become stronger as it has been consciously tempered with the repeated realization that life is painful and the ultimate truth is you will survive everything that happens to you until death. In this realization "pain" "hurts" less. Until eventually you reach the place of experiencing your sorrow and agony as they occur from a place of solid peace that those emotions are not part of your identity. You are the rock, the solid constant in your life and that provides the greatest sense of peace.

PrrtyCrrty 28 · 4h

Most things i care about will last longer than me, just sayin'.

Well, if it's not pretending things don't have impact, then it's pretty much every other coping mechanism ever. Because all your trying to do is make the pain hurt less.

What makes coping mechanisms different is that they all have different methods of getting to that point. You just described the result. Not the method used to get to it.

pinkpantiesok · 2h

It's not a coping mechanism. It's about consciously changing your perception to be at peace with your life. The way you describe your life, it sounds like you are an aimless slave to your emotions. But emotions are such transient, nebulous things. Buddhists and stoics seek to allow emotions and sensations to run through their minds as passing visitors; they do not allow emotions and sensations

to control their reaction to the world around them.

← ... ↑ 2 ↓

• > [More Comments \(1\)](#)

✓ nodnizzle 2 · 4h

That's it, I'm not paying my rent and that way I can become enlightened.

← ... ↑ 3 ↓

✓ zezimitch 1 · 6h

But really what's the point in staying sad? Personally whenever I experience any physical or emotional pain i to absorb, and think about what happend, how it happened, and learn from it to prevent future pain. It's good to remind yourself that there is no happiness without sadness.

← ... ↑ 8 ↓

✓ PrttyCrrty 28 · 5h

I didn't say anything about staying sad. Although being happy with no reason or evidence doesn't do much for me, either. But i'm always able to find reasons to keep going. My problem is this quote implies that nothing should ever get to you, which i believe is strictly wrong. Some things do get to me, but i manage with a realistic and hopeful outlook. But some things DO get to me, because they matter to me. It's about something held close to my heart. I'm not in this world to be tough, I'm here to get the full human experience.

← ... ↑ 2 ↓

> [More Comments \(1\)](#)

✓ snowbunnie678 · 5h

I hear ya. Human beings in most cases can't just *stop* caring. I think the best you could do is stay mindful and distract yourself.

← ... ↑ 5 ↓

✓ THANE_OF_ANN_ARBOR 4 · 5h

If we're looking at this from the stoic viewpoint, then you should have *no* reaction to any thing that happens if that thing is out of your full control. Not a positive reaction, not a negative reaction, but just the understanding that any thing that lies outside of our control is the result of a long chain of events guided by the laws of nature, and could not but have happened in the way that it did.

Why should I not react badly

The Stoics would say that you should not react negatively to any thing for two reasons: (1) It is not the thing itself which has a negative quality, but rather your impression of that thing. Your favorite vase breaking is not objectively bad. It is bad because it is your favorite vase, and because you arbitrarily valued owning the vase. (2) Caring about things that are not fully within your control will push you away from guaranteed happiness. If you choose to only react to those things that are fully within your control, then you can control your level of happiness.

← ... ↑ 2 ↓

> [More Comments \(1\)](#)

✓ secondtolastaccount 3 · 4h

I don't think any of the original philosophers quoted throughout this thread would ever tell you that you can't or shouldn't ever feel sad, or anxious or afraid or angry for that matter. Of course we react to things, we feel.

What some of them might tell you, is, you don't have ever have to feel prey to your feelings. There is healthy grief and then there is self-destructive helplessness. There is caution, and then there is paralysis. There is a realistic assessment of danger and then there is unrealistic, dangerous even, fantasy. There is righteous anger and then there is self-righteous anger.

The reason we still talk about what they said is that they were trying to help us define where one turns into the

other, to help us stay on the right side of it all. It's good to feel, all of the feelings. It's not good to be stuck on just one.

← ... ↑ 3 ↓

➤ [More Comments \(1\)](#)

✓ FlyPenFly 6 · 5h

Your reaction to 'bad stuff' will automatically be a swirling emotional negativity vortex. It will be a self feeding cycle of pain and depression mixed with some horrible negative thoughts tending towards revenge or something similarly useless.

The idea behind stoicism is that hey, bad stuff is going to happen, guaranteed. The only real control you have in your life is how you think about the experience, the story you tell yourself about what happened. The easy path is taking all the feels and being a glutton for self punishment. Another path is to realize that life happens, move forward if you can, if you can't, there's almost always another route. As a martial arts guy once said, be like water.

I guess all in all, your natural reaction will be plenty to have the range of human experience. What stoicism offers is a way to treat your reaction in a way where you can cope and perhaps benefit from any experience.

← ... ↑ 3 ↓

➤ [More Comments \(1\)](#)

✓ seztomabel 4 · 5h

I know what you're talking about, it's something I've also thought about. For me, this approach has reduced what I actually react to as being bad. For example, getting cut off while driving, or not finding a parking spot nearby when it's raining out. Those are things that would have pissed me off in the past, now I react differently. Maybe that guy who cut me off is in a rush to see his newborn baby. Walking farther is good for me, and I enjoy it, rain or shine. However, if I somebody close to me dies, or my girlfriend cheats on me with a horse, I'm probably still going to be upset about such events.

← ... ↑ 1 ↓

✓ TheServantZ · 5h

What kinda horse did your girl cheat on you with?

← ... ↑ 3 ↓

✓ seztomabel 4 · 5h

Wyld Stallyn

← ... ↑ 3 ↓

✓ PrttyCrrty 28 · 5h

Imo, some people need to stop being afraid to acknowledge some things as bad. Like if they do, they'll sink into despair immediately. My therapist taught me to acknowledge both the good and the bad, and that negative feelings are necessary. It's equally important to put a positive spin on things.

← ... ↑ 2 ↓

✓ seztomabel 4 · 4h

Yes I very much agree. Overly positive, "everything happens for a reason" folks really grind my gears.. balance I reckon is the way.

← ... ↑ 3 ↓

➤ [More Comments \(1\)](#)

➤ [More Comments \(5\)](#)

✓ MeinNameIstKevin · 7h

It's big in 12 step groups too...

← ... ↑ 3 ↓

▼ anxious_ibex 5 · 5h

Nice change of pace from the Christianity I was raised in that said everything was your fault and you're inherently evil so you better get right with God before you die

← ... | ↑ 3 ↓

▼ _Brimstone 12 · 3h

Wow. Pretend life doesn't exist so you don't worry about it. Fucking deep.

← ... | ↑ 3 ↓

▼ Slann11 6 · 6h

Byt your reaction dictates what will happen in your life so...

← ... | ↑ 2 ↓

▼ MAADcitykid 3 · 5h

Wait what? No it doesn't

← ... | ↑ 1 ↓

▼ Slann11 6 · 5h

Yes it does. If i get fired and i react by working hard and looking for a job i will pull it together. If i react by becoming an alcoholic then my life will go to shit. Cause and effect

← ... | ↑ 6 ↓

▼ snowbunnie678 · 5h

It does - you can make a situation worse if you're angry for example

← ... | ↑ 1 ↓

▼ MAADcitykid 3 · 5h

And in AA and NA

← ... | ↑ 1 ↓

▼ Jonjovan7 · 5h

That's truly a beautiful way to look at life, thanks.

← ... | ↑ 1 ↓

➤ [More Comments \(3\)](#)

✓ cosmonautsix 6 · 6h

I can safely say that Stoicism saved my life and helped me through some of the craziest years of my life.... More than religion, or family or friends.

← ... | ↑ 24 ↓

▼ Conexion · 2h

Completely agreed. The way it can help put all sorts of things into a clearer frame of mind and its help in finding direction is invaluable. ((also people who are curious can join us over at [/r/stoicism](#)))

← ... | ↑ 2 ↓

✓ SirNedKingOfGila 2 · 7h

Am Army. Sometimes I take cold showers and choose to shit in a portojohn even if a building with a restroom is available... I feel like this helps when I'm away from home and everything sucks. At least shitting in a sweaty stinky dirty box doesn't suck. I do that a lot. Cold showers don't suck. I do that all the time.

There is always plenty else to suck.

✓ SplendidHippo 3 · 7h

Sometimes I choose to shop at Winn Dixie just to remind myself how good I have it being able to afford to shop at Publix.

✓ less_cranky_now · 7h

Grocery store translation needed. Is this a Whole foods to Grocery Outlet gap in fanciness, or more like a QFC v Safeway situation?

✓ SplendidHippo 3 · 6h

Not sure about Grocery Outlet or QFC. Publix is probably on par with Safeway, and Winn Dixie smells like piss most of the time.

✓ TitaniulVI 5 · 6h

Is that a special Winn-Dixie air freshener they use? Mine has a funky smell to it too. Unfortunately it's like 2 blocks away from my house, so if I need something quick, I deal with it. Otherwise, it's Publix all the way.

✓ SplendidHippo 3 · 5h

I got so excited when they opened a new one nearby that smelled nice and fresh. Had a lot of free samples too. Wasn't even a year before it smelled like homeless people lived there.

➤ More Comments (1)

✓ 0xJRS 4 · 6h

Ah, a fellow southeasterner. I do this same thing by going to Walmart just to remind myself how good i have it when i shop at Target

➤ More Comments (1)

✓ eightpearls 1 · 6h

This. This really put it into perspective for me hahaha

➤ More Comments (4)

✓ WillyTanner · 7h

Stay strong , you'll be back soon

✓ dvsjr 1 · 7h

Exactly.

✓ paleoprimate · 7h

Another topic on the hot page is tifu by pooping outside.

0xJRS 4 · 6h

Godspeed, sir

← ... ↑ 2 ↓

Gooberbooberg · 5h

There's slot of things to suck

← ... ↑ 1 ↓

natsirtenal 2 · 4h

I like to say why bitch. Someone always has is worse than you.

← ... ↑ 1 ↓

➤ [More Comments \(1\)](#)

➤ [More Comments \(1\)](#)

✓ NovaKong 13 · 7h

His "Meditations" have some really empowering quotes, but they're mostly about controlling our feeling and emotions and reactions to events ourselves, instead of trying to control those external events themselves. Which I don't think is a popular viewpoint today.

← ... ↑ 26 ↓

Atreiyu 1 · 6h

It's not about that - it's about the process of accepting your situation at hand while you cannot get out of it at that very moment.

For things you can control, definitely control them so it goes on a better path.

← ... ↑ 27 ↓

✓ NovaKong 13 · 6h

Sorry, yes that's what I meant.

← ... ↑ 3 ↓

✓ Signal2NoiseRatio 1 · 4h

That's the surface level to get ready for the big picture, living with not just prudence, but also being virtuous, noble, taking the self control to a level where if responsibility is necessary, the ability to not just suffer douchebags, Fuckstick McRetards, and narcissistic whores, but help them evolve. Ol Marco was probably if not for sure the only non douchy Roman Emperor, pretty much a stand up guy, especially considering his peers. Dude rocked as his meditations seemed to be written for just him, like a diary, while he waged war and governed pretty damn fair in an age of some nasty shit tornados and shit hawks pecking at him, trying to ruin his day, everyday.

He started his days going , "yep, fucking douchebags all up in this bitch. Ain't no thing, I'm expecting those motha fuckin haters. Shit, I run the haters ball. Let's do this. And be Nice. " Well, I'm paraphrasing.

← ... ↑ 4 ↓

➤ [More Comments \(1\)](#)

✓ balleyhooey · 3h

I was tracking what you meant. I agree with you guys.

← ... ↑ 3 ↓

✓ schlazz 1 · 6h

["Meditations"](#)

← ... ↑ 10 ↓

✓ NovaKong 13 · 6h

Is that the entire Meditations as a Youtube video? Amazing, thanks for that!

← ... | ↑ 7 ↓

✓ -aurelius 17 · 5h

You're welcome.

← ... | ↑ 4 ↓

✓ Kiwi150 8 · 4h

Whaaattttt amazing

← ... | ↑ 2 ↓

✓ rant_casey 1 · 4h

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment. - Marcus Aurelius

This is like, the perennial example of "easy for you to fucking say". This dude fed gladiators to lions. From 16th century theologian John Foxe:

Some of the martyrs were obliged to pass, with their already wounded feet, over thorns, nails, sharp shells, etc. upon their points, others were scourged until their sinews and veins lay bare, and after suffering the most excruciating tortures that could be devised, they were destroyed by the most terrible deaths. Germanicus, a young man, but a true Christian, being delivered to the wild beasts on account of his faith, behaved with such astonishing courage that several pagans became converts to a faith which inspired such fortitude.

← ... | ↑ 2 ↓

✓ NovaKong 13 · 3h

Wait, what has a theologian, centuries after the fact, got to do with a historical discussion?

← ... | ↑ 8 ↓

✓ Nixplosion 4 · 6h

This is a philosophy I live everyday ... sometimes to my detriment.

Anything stressful or worriesome that arises never really gets to me like it would other people. And sometimes those in my life dont understand it to the point of thinking me irresponsible or not caring.

I always have to explain that my lack of reaction does not equal a lack of concern or caring.

← ... | ↑ 9 ↓

✓ fappolice 1 · 4h

But how do you make the transition of giving fuck to not giving a fuck?

← ... | ↑ 3 ↓

✓ Jurassic_Mars 1 · 3h

I don't think his point was not giving a fuck, but more like being very good at managing the fucks

← ... | ↑ 7 ↓

➤ [More Comments \(2\)](#)

✓ MusicandWrestling 2 · 8h

See I find this sort of stuff far more motivating than the average [/r/GM](#) "THE WORLD IS HELL AND EVERYTHING'S TOUGH BUT BE A BIG STRONG INVINCIBLE MAN NOW, RAWRRR!!!"

I've always found it far more motivating to just try to realize that most of the fear and worry you feel surrounding the things you'd like to do is pointless or even dumb, so just get going and enjoy yourself and you'll figure out the rest.

← ... ↑ 28 ↓

✓ deville05 6 · 7h

Holy shit.. I keep saying this to people in my own understanding of emotions. Things only mean something If you give it that weight in your mind and that's why they get to you. Maybe I'm pretty smart too

← ... ↑ 10 ↓

✓ curi0usyell0w 1 · 4h

Write your stuff down with reasoning. That shit is good wisdom. You might help someone.

Edit: I find that if I write ideas and arguments down. I solidify my understanding of the conception. And thus it is easier to explain to others.

← ... ↑ 3 ↓

✓ deville05 6 · 3h

Absolutely true 100% of the time. Especially for people like me whose brains work on overdrive and it can't seem to keep up with itself.

← ... ↑ 3 ↓

✓ Sergeithecreep 2 · 6h

Last October I was hit by a car and stuck in the hospital for a month. I live in Japan and as such there was no way for my family to come see me; let's say I was a bit bummed out. My chance I had bought the book "The Obstacle is the Way," which summarizes Stoicism, a few weeks before the accident and had a friend bring it to the hospital. I can say with absolute conviction that the accident made me a better, stronger man, and spending my days reading about stoicism was a big reason for that.

← ... ↑ 7 ↓

➤ [More Comments \(2\)](#)

✓ SimulatedMe · 5h

Fuck it ...i just had a root canal treatment it hurts as hell...I also been having herniated disc for a year now.. the chronic pain is driving me insane

← ... ↑ 4 ↓

✓ lambscramble · 5h

Me too both... :/

← ... ↑ 1 ↓

➤ [More Comments \(3\)](#)

✓ diesel_rider 1 · 7h

Instructions unclear: My clothes caught fire, I rejected my estimate of the pain, still have ouchies.

← ... ↑ 17 ↓

✓ NovaKong 13 · 7h

It's one thing to reject your estimate of the pain, but another to not react to objective damage being done. That's the difference. Pain is nothing in itself, but only an indication of POSSIBLE harm, so use it as that - evaluate it, deal with the harm if need be, but don't pay any attention to the pain itself past that.

Pain is like your car alarm. Go outside and check if someone's breaking into your car, but if noone is and it was just a raccoon, turn it off and go back to sleep, instead of being leaving it blaring and being kept up by it.

← ... ↑ 11 ↓

✓ zugunruh3 3 · 5h

This is good advice if your 'pain' is a mild stress related headache or something, but as someone that's been living with chronic pain (due to a fuckton of metal implanted in my spine) for 10+ years I gotta tell you this shit is trite when it comes to anything past that. There is no reasoning with severe pain. You can't do it, I've tried. If you think you can do it you've never been hurt bad enough or you're capable of doing something the vast majority of people aren't.

← ... ↑ 8 ↓

✓ NovaKong 13 · 5h

There is no reasoning with severe pain.

It's not really "reasoning" with pain, so much as it is a more detailed exploration of this philosophy:

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

With pain from a lot of external factors solidly in the realm of "the things I cannot change".

← ... ↑ 6 ↓

✓ zugunruh3 3 · 5h

You can't really 'accept' severe pain any more than you can 'accept' severe diarrhea. You just wait for it to be over and pray it's soon.

← ... ↑ 2 ↓

✓ NovaKong 13 · 5h

I'm not disagreeing, I think this is what the philosophy (in general) is saying. I think the use of "accept" is more in the sense of "accepting that you cannot change it, and that this is the reality of the situation." I think it would be contrasted with, to use the same example, attempting to find ever-more-fanciful ways to eliminate the pain in the style of Dr Strange (pardon the comparison).

Though now that I'm considering it, chronic pain is not as inevitable as some other things to which the philosophy would more aptly apply. Chronic pain is not only ongoing but whose cause is also ongoing, and therefore should always be open to resolution.

I would think that the philosophy is more applicable to events like the death of a loved one, to which the only healthy response is acceptance and a coming to peace with, instead of railing at the world or at fate or at God.

← ... ↑ 5 ↓

✓ zugunruh3 3 · 5h

Gotcha. Sorry I'm a bit of a crabass about it, I can't tell you the amount of times people have acted like I can just get over pain if I felt like it.

← ... ↑ 5 ↓

• ✓ lambscramble · 5h

Have spinal injury.. Agree :/

← ... ↑ 2 ↓

• ✓ NovaKong 13 · 4h

No no, no need to be sorry. The worst I've had is a couple of days with appendicitis, so I can only imagine what chronic pain is like to live with. You've my sympathies, and, short of anything actually helpful, my sincere hope that a cure or longterm solution is found.

← ... ↑ 2 ↓

✓ SatanismPAC · 5h

Some of the ancients who came up with these philosophies were former slaves, permanently injured Romans and Greeks, who had none of the medical technology we had today.

They WERE in tremendous pain. And they saw that what they wanted most was to be rid of that pain, yet they couldn't. Instead, they realized they'd feel better MENTALLY about it if they stopped wanting the pain to go away.

They can't make the pain go away. But they can stop themselves from wanting the pain to go away.

They can't heal themselves of chronic pain, but they can make themselves stop wanting the cure.

You are always in control of your DESIRES. That's the point. Not that you can somehow stop pain or stop from feeling terrible... but that when you have chronic pain and also have an ongoing desire to be rid of that pain, that ongoing desire is doing more harm to your happiness than the pain itself is.

For these Stoics, they believed you can be in pain AND be happy, by simply shifting your desires to be something you CAN attain (calmness, happiness, etc.) instead of desiring something you CAN'T attain (health, no more pain)



👤 zugunruh3 3 · 5h

None of them had metal embedded in their spines like I do. Sometimes greater medical technology leads to greater suffering. They can kiss my ass.



👤 srs_throwaway5302960 · 5h

You *are* an ass and your opinion of ancient philosophers is valueless.

Your "pain" is not a good excuse to trash philosophers that have given more to western thinking and culture than you ever have or will.

You are so obsessed with the idea of your own suffering being "the worst" that you apparently can't see past it and this has hobbled you intellectually and made you incapable of objectively assessing the suffering of others. Your whole post screams "self-centered."

Stoicism would do you a lot of good.



👤 zugunruh3 3 · 5h

You have no understanding of what it's like to live in severe daily pain if you think some philosophical bullshit will fix it. If you weren't so obsessed with philosophers that have been dead hundreds or thousands of years you might pull your head out of your ass and realize you're talking to a living person that's been in severe pain for over a decade. If it's a solution to pain I have tried it, and that includes 'oh just don't care about it too much and you'll feel better.'

Nah man, if you're in severe pain you don't just stop caring about it or stop being attached to your pain or the idea of not being in pain or whatever horseshit way you want to phrase it. If you think it works that way you have not had pain severe enough to blot out all thought and reason. If you think it works that way you haven't been struggling through your day and suddenly started screaming without meaning to because the pain abruptly went from a 6 to a 10. If you think that way you haven't woken up in the middle of the night from a nightmare where your legs are on fire and after you wake up *it doesn't stop*. There is no intellectually working around that, you can only wait for it to pass. I'm glad that's something you don't understand because no person should have to understand what it's like to live in pain this long.

Empathy would do you a lot of good, I suggest opening your mind and trying to imagine what it would be like to live with the worst pain you've ever felt for 10 years straight. To spend years going through cycles of 'maybe it will get better, maybe it won't be this bad tomorrow, maybe if I try this or that it will get better' followed by the pain remaining the same or getting worse. What it's like to live with that hanging over your head every second of every day, everything you want colored by the knowledge that you have to deal with your pain first. Instead of shrinking away from it and the implications actually try to imagine it. If it doesn't disturb you then you're not trying hard enough.



•  nodnizzle 2 · 4h

With pain, it's like my anxiety disorder shit I deal with. People tell you that it's shit you can control if you try. No, it takes a lot of time and therapy and it's still there no matter what I do because shit doesn't work right by default or something that happened or whatever.

May take medication sometimes too, but I feel like that shit makes it worse on purpose when you're not taking it so you're always taking it and never feeling that much better. Like with benzos, you stop getting benefits after a while unless you are on super high doses and if you miss them you have seizures and shit.

People don't get it until they have it happen to them or maybe someone they know. Can't tell you how many times I was told to get over what I can't control.

← ... | ↑ 2 ↓

•  [More Comments \(2\)](#)

 [More Comments \(1\)](#)

 imsowavy1  51 · 6h

haha.

← ... | ↑ 1 ↓

 2mice 2 · 5h

you knew Marcus Aurelius?!

← ... | ↑ 6 ↓

 -aurelius 17 · 5h

I touched him on the shoulder once.

← ... | ↑ 3 ↓

 Duckboy_Flaccidpus 17 · 4h

I did not say I knew him..

← ... | ↑ 2 ↓

 [More Comments \(1\)](#)

 rethinkingat59 7 · 7h

Fear is not real. It is a product of thoughts you create. Do not misunderstand me. Danger is very real. But fear is a choice.

Will Smith in a movie

← ... | ↑ 9 ↓

 dandaman910 1 · 5h

thats not true. if you're in the face of death you cannot will yourself out of fear, The best you can do is choose to be brave in the face of it.

← ... | ↑ 3 ↓

 notwastingmyuber4u · 5h

That's absolutely not true. A good third of Stoicism is overcoming the fear of death. The concept is present in all the Stoic authors, Epictetus even is blase about it, he doesn't even act like he's responsible for teaching you how to overcome it. Especially taking in the fact that the philosophy had a strongly positive view on suicide, dying without fear is one of its most important aspects.

To what extent fear can be controlled by willpower can be argued. That the fear of death can be overcome is certain, if you have complete confidence that death is nothing to be feared.

← ... | ↑ 9 ↓

➤ [More Comments \(2\)](#)

✓ Shautieh · 3h

Why fear death? Only atheists and sinners fear it :3

← ... ↑ 3 ↓

➤ [More Comments \(1\)](#)

✓ PrtyCrrty 28 · 6h

That movie was terrible. And fear is sometimes a necessary emotion. And how exactly do you stop feeling fear?

← ... ↑ 2 ↓

✓ sasquatch_yeti 192 · 5h

I think the main thought is you 'observe' it. In other words instead of "I am afraid, this is uncomfortable how do I get away from the fear as soon as possible?" you think "OK, my brain is saying that I am experiencing fear, this is an input, a data point. What other inputs do I have available to help me decide how to proceed". Fear starts a physiological process which signals the body to increase stress hormones, shorten breath and it causes you to make quick rash decisions. Stopping everything, breathing deeply (even for several minutes) and realizing fear is just an input and need not control you can reverse the process. It's not perfect, and doesn't work on everyone the same, but it is a skill that can be cultivated and in time make a person more resilient.

← ... ↑ 3 ↓

✓ rethinkingat59 7 · 6h

I think you manage it until you become semi-immune to it.

I used to be afraid of public speaking, after doing it a dozen times annually for years, I still get nervous, but am not afraid of my fear.

Like giving blood for the 100th time.

← ... ↑ 3 ↓

✓ PrtyCrrty 28 · 5h

You still get nervous, meaning you're still fearful. You've just accepted it.

Courage is not the absence of fear. A shitty movie and a shitty quote.

← ... ↑ 2 ↓

✓ rethinkingat59 7 · 4h

Reread my comment,

I am not afraid of my fear.

← ... ↑ 1 ↓

➤ [More Comments \(1\)](#)

✓ elliottrose 2 · 6h

Coming to the realization that about the only thing you can control extends to the tips of your outstretched fingers has helped center me. Intentional action and reaction are powerful tools. Have you tried to lose weight and live and die by the daily scale and are disheartened because it hasn't moved? Reevaluate whether you have stuck to your plan. Mend any mistakes. Continue forward. If you haven't made a mistake, the body reacts in strange nonlinear ways, continue on your path, it will eventually right itself. Do you wish your novel were better or more well-received by your friends and family? Work on improving the prose. That is the one thing in your power. Do it to the best of your ability. How others receive it is beyond you so don't let the actions of other dissuade you.

← ... ↑ 5 ↓

✓ Appraisal-CMA 1 · 6h

Fuck yeah. Stoicism was my jam in HS and college. I totally got chewed out by my football coaches for being stoic. Not that I wasn't into the team or anything, I'm just not a rah rah kind of guy. The social workers I deal with now hate

stoicism, they just don't understand not having an emotional reaction. Brutus was a stoic. He may have helped kill Caesar but, by all accounts Brutus was a pretty stand-up guy.

← ... | ↑ 4 ↓

✓ Duckboy_Flaccidpus 17 · 4h

It is a way of internalizing external events, processing them without show of emotion. I guess I can empathize with those who misunderstand me because I am not keen on folks who have an out pour of emotion to elicit all kinds of responses from people.

← ... | ↑ 2 ↓

✓ 12wd 8 · 6h

wow. so I've been looking at ass cancer all wrong!

← ... | ↑ 2 ↓

✓ teraken 1 · 6h

It's amazing how much self-help advice goes back to Mindfulness and meta cognition as a whole, and its numerous benefits for a healthy mind and mindset.

← ... | ↑ 5 ↓

✓ imsowavy1 51 · 6h

I'd go as far to say that mindfulness is the key to happiness. It answers everything.

← ... | ↑ 5 ↓

✓ darrellbear · 5h

My favorite of his:

Live a good life. If there are gods and they are just, then they will not care how devout you have been, but will welcome you based on the virtues you have lived by. If there are gods, but unjust, then you should not want to worship them. If there are no gods, then you will be gone, but will have lived a noble life that will live on in the memories of your loved ones. I am not afraid.

← ... | ↑ 4 ↓

✓ ICantSquat4Squat · 4h

I don't recall this lyric in a Tool song. However, Tool in brackets makes me recall Tool songs.

I am motivate.

← ... | ↑ 3 ↓

➤ More Comments (1)

✓ SimpleWhistler · 5h

sounds like something someone with no real problems would say.

← ... | ↑ 6 ↓

✓ dblackdrake · 1h

To be fair Marcus Aurelius had a MASSIVE amount of problems.

← ... | ↑ 2 ↓

✓ WZBK · 47m

Well he ran one of the most powerful empires in the history of humanity. I'd say he's had to deal with more problems than anyone here.

← ... | ↑ 2 ↓

➤ More Comments (2)

✓ King-fannypack 2 · 6h

I'm currently reading "The Meditations" by Emperor Marcus Aurelius- full of good stuff, I recommend that to anybody if they want some challenging reading.

← ... | ↑ 3 ↓

✓ dangerdaveball · 5h

I was homeless for most of a decade.

Then I went on Survivor.

The whole time, while people were melting down around me, I was laughing in my head how easy it was.

"Yep. We are sleeping outside and pooping on the ground. Nbd!"

Your mind rules all.

← ... | ↑ 3 ↓

✓ imsowavy1 51 · 5h

Did you really? lmao what was it like.

← ... | ↑ 2 ↓

✓ dangerdaveball · 5h

Hard AF.

← ... | ↑ 2 ↓

✓ processthis · 5h

Rather than thinking "wow this is really bad", practice thinking "my mind thinks this is bad, let me see why". Thus you objectify uncomfortable thoughts, keeping the frontal cortex in control, which means you control emotions. Once you allow your thoughts to be part of you, they have ability to control emotions. Read Eckart Tolle "A new Earth" to learn more.

It is a Buddhist principle, often referred to as "stepping out of your mind"

← ... | ↑ 3 ↓

✓ _Blue_Jay_ 1 · 8h

As with any big change I think it's best to start slowly, single steps. Just beginning to understand that the way you deal is the issue could begin the trip. In your head when you recognize that voice losing it's beans, you have already begun to distance yourself from it.

← ... | ↑ 2 ↓

✓ WaffleWizard101 3 · 6h

My strategy is to come up with other possible outcomes, and then comparing their probabilities.

← ... | ↑ 2 ↓

✓ KILLJEFFREY 2 · 6h

[/r/stoicism](#)

← ... | ↑ 2 ↓

✓ maggic66 1 · 6h

Just like athletes train their bodies for a competition, Stoics train their minds, their inner self to confront life's daily battles. Great tactic.

← ... | ↑ 2 ↓

✓ no_no_Brian 2 · 6h

On app and don't know how to save, so commenting to find again.

← ... | ↑ 2 ↓

ins2be 1 · 4h

Tap ... In top right, then tap Save.

← ... | ↑ 1 ↓

notsurewhatiam 1 · 6h

<http://i.imgur.com/qNUfuFi.jpg>

← ... | ↑ 2 ↓

WarriorPoetX 3 · 6h

I always felt that the Five Rings by Musashi work the way and the purpose of the Perfection of stoicism.

I don't think anybody has mastered stoicism like the Japanese. I feel that they are the only ones who have been able to separate themselves from themselves enough for stoicism to be a reality.

I'm not strong enough to be a stoic.

← ... | ↑ 2 ↓

zenatintin 1 · 6h

[r/Stoicism](#) is leaking and I love it :)

← ... | ↑ 2 ↓

VirginWizard69 · 5h

Read the book: The Worry Trap.

← ... | ↑ 2 ↓

imsowavy1 51 · 5h

What is it about?

← ... | ↑ 2 ↓

VirginWizard69 · 5h

3rd wave psychology. Empirically based. Not some Tony Robbins mumbo jumbo.

← ... | ↑ 2 ↓

help001001001 · 5h

serious problem of human rights at fujitagiken thailand

please help me

← ... | ↑ 2 ↓

imsowavy1 51 · 5h

What's up?

← ... | ↑ 3 ↓

equalityNOTfascism · 5h

This guy never got stabbed in the nuts.

← ... | ↑ 2 ↓

imsowavy1 51 · 5h

LOL

← ... | ↑ 3 ↓

✓ myshieldsforargus 5 · 4h

You should tell the Guantanamo inmates when they get waterboarded that.

← ... ↑ 2 ↓

✓ nugymmer 3 · 4h

Pretty hard to be stoic when you're watching a defenseless baby boy having his penis mutilated by some sickos in white coats, even worse still when you know that it's entirely unnecessary and the damage that it does not just to the baby's penis but even more so to his developing brain from the acute trauma that is being deliberately inflicted on him.

← ... ↑ 2 ↓

➤ [More Comments \(1\)](#)

✓ RAWRzilla22 · 3h

The way I finally was able to live with less anxiety is reminding myself of how many times my anxieties were true or happened: it's a stupendously low number. I realized I spent three times as much time worrying about the thing, when I could just deal with it directly and immediately, and have the peace of mind later knowing it worked out well, if I communicated well. Can't tell you what a relief this was for me. You might have to become comfortable with how sudden your honesty may have others being honest with you though. Gotta take it as well as you dish it out. :)

← ... ↑ 2 ↓

✓ Solstice89 · 3h

If you don't mind it don't matter- my ex marine boss when us employees would complain over trivial stuff. To this day it has stuck with me. The mind is an extremely powerful tool if you can learn to control it

← ... ↑ 2 ↓

✓ CushKoma · 2h

All of the pain we experience is a result of our expectations - Eyedea

← ... ↑ 2 ↓

✓ LaughinAnLyin 1 · 7h

I think Stoic philosophy is very useful especially right now, but at the same time almost dishonestly simple in that it does not, to my knowledge, treat reactions to institutional injustice altogether separately from those of natural misfortune and pain. There is a reason things stir us in uncomfortable ways. We should be acting more on those stirrings. I have trouble squaring Stoic philosophy with the idea that righteous indignation is virtuous.

← ... ↑ 2 ↓

✓ MusicandWrestling 2 · 4h

I think the larger point is that, if these feelings actually help you, then okay. But in my experience it's pretty darn easy to figure or logic out what you want to change. The rest is just 'gravy'... that sucks and is painful and may actually just paralyze you from doing anything positive.

Let's take the political fucked-upedness that's happening in the US right now: Who's doing more- the guy who reads every paper, soaks up everything and freaks himself out over every story all day every day.... or the guy who reads almost nothing, but donates to good organizations, calls a congressman every week, etc etc and absorbs the important shit through cultural osmosis?

← ... ↑ 4 ↓

➤ [More Comments \(1\)](#)

✓ GSGrapple 1 · 8h

I love this quote too, but I read a more concise translation: "If you are pained by external things, it is not they that disturb you but your own judgement of them, and it is in your power to wipe out that judgement now."

← ... ↑ 4 ↓

✓ ArcticIceFox 5 · 7h

I didn't know this had a term for it. Some of the stuff stated are what I do on a regular basis, the whole discomfort side of things. I have also trained myself to handle each situation as its own, and not freak out. Doesn't always work, since certain things can be more stressful than I can handle, but it definitely helps in calming the mind in tough situations.

← ... | ↑ 4 ↓

✓ LordGSO · 7h

Stealing my own comment from [a thread](#) in [/r/malelifestyle](#) about this exact quote:

I love Marcus Aurelius and stoic philosophy and I absolutely think every man should read *Meditations*. Actually I recommend the more modern translation *The Emperor's Handbook*. Here's the same passage as above but from this newer translation. Overall I find this translation the easiest to understand and often times the language is very poetic and beautiful, which older translations lack.

If you're troubled by something outside of yourself, it isn't the thing itself that bothers you, but your opinion of it, and this opinion you have the power to revoke immediately. If what troubles you arises from some flaw in your character or disposition, who prevents you from correcting the flaw? If it's your failure to do some good or necessary work that frustrates you, why not put your energy into doing it rather than fretting about?

"But something stronger than I prevents me."

Then don't worry. It isn't your responsibility to do what you lack the power to do.

"But if it isn't done, life isn't worth living."

Then quit this life in peace, as one who dies full of good work and forgiveness for those who opposed him.

The Emperor's Handbook 8-47

← ... | ↑ 2 ↓

✓ dandaman910 1 · 5h

no, you cant control your own pain. Thats something that defies logic. This may sound vaguely comforting but anyone with an ounce of sense and experience knows that pain is transcendent.

← ... | ↑ 4 ↓

➤ [More Comments \(2\)](#)

✓ JuliusCaesarAMA 1 · 7h

I agree with this in most circumstances. Our perceptions of pain are exacerbated by the amount of stock we place into the outcomes of certain events. In most situations, we are our own best guides for success; our own best guides for this reprieve from pain. Unfortunately, this advice did not work for me that time I got stabbed 23 times on the floor of the Senate. That external pain was pretty real.

← ... | ↑ 2 ↓

✓ Phyroxis · 7h

How did it feel to be betrayed?

← ... | ↑ 5 ↓

✓ JuliusCaesarAMA 1 · 7h

Like being stabbed in the back. 23 times. Not even the time when I got kidnapped by pirates could compare to the level of pain I felt in those hallowed halls of the Senate.

← ... | ↑ 3 ↓

✓ -aurelius 17 · 5h

So was the choke-hold Commodus put on me right before he seized the throne, but a life free of pain is a life not lived.

← ... | ↑ 1 ↓

✓ PositivityByMe 2 · 6h

I feel kind of like the opposite. I know how to put my feelings in a box so I can work a situation and make it better. I can compartmentalize almost anything. The quote, however, feels incredibly poorly said. It feels honestly like its telling me to kill myself, not to worry about things outside of me

← ... | ↑ 2 ↓

✓ jaysqueens 2 · 5h

He also told you to kill yourself.

← ... | ↑ 2 ↓

➤ [More Comments \(1\)](#)

✓ little_foxes · 7h

This mindset is how I manage to get through doing planks.

One YouTube video I was working out to has the host say something like "now if you can't do this it's ok" and just hearing about potentially failing makes the exercise 10x harder.

← ... | ↑ 1 ↓

✓ imsowavy1 51 · 6h

Planks are all mind, for real.

← ... | ↑ 2 ↓

✓ africans0w · 5h

Can you at least give credit to the person who originally posted this? You just copy & pasted.

← ... | ↑ 1 ↓

✓ imsowavy1 51 · 5h

It was me, but I re-posted it here. You can check out my blog to see the source philiphimself.com
:)

← ... | ↑ 2 ↓

✓ cleomedes · 5h

The reddit Stoicism [FAQ](#) might be a good place to start.

A note of warning: Irvine makes significant alterations to Stoicism in his presentation, some of which he explains, but the implications of his changes are much larger than he indicates. [This review](#) described some of the issues.

← ... | ↑ 1 ↓

✓ mibugu · 5h

Try this: simply focus on whatever discomfort or pain is bothering you. That's it. Try it with that itch on your back, or that stomach ache that won't go away.

hardmode: Focus on a sensation, such as an itch, then move it to another part of your body. Easier on very localized sensations.

The, try focusing on that which is focusing.

← ... | ↑ 1 ↓

✓ Kirioko · 5h

I have definitely been motivated by Stoic thought for self-improvement. I have a lot yet to learn from Stoicism though, at least if I aim to take it seriously as I have. I'm not one for religion or spirituality, but as far as Stoic 'spirituality' goes, I don't think there is anything negative or harmful about it.

Also: [/r/Stoicism](#) is a great community!

← ... | ↑ 1 ↓

imsowavy1 51 · 5h

They sure are!

← ... ↑ 1 ↓

baconNeggs21 · 5h

I kinda of practiced Stoicism prior to reading this thread which is also where I found out of stoicism itself. Weird

← ... ↑ 1 ↓

imsowavy1 51 · 5h

What an attest to its powers and ability to synergise with the human mind. Read into it or check out the video for more :)

← ... ↑ 2 ↓

baconNeggs21 · 4h

It took a couple of attempts in google and my finding is that of this is amazing!!

http://www.liquidinformation.org/ohs/62_paper_augm_hum_dig_hlam.html

← ... ↑ 2 ↓

imsowavy1 51 · 4h

Fascinating.

← ... ↑ 2 ↓

aecotra · 5h

But I have a difficult time understanding how to take control over your worries. The worries feel so beyond you, so out of your control.

I can help you with this. Your problem likely stems from your connotation of "take control" that gives you the impression that the worry itself is something to be resolved or overcome. This is the wrong approach.

Instead, look at the utility and effects of worrying. It has zero utility; it will not help you or give you advantage. Its effects on you are wholly *negative*, making you anxious and indecisive.

Therefore, realize that *your action* (worrying) is futile and actively hinders you. You do not need this action.

Whatever is not needed simply falls away.

← ... ↑ 1 ↓

Jaz_the_Nagai · 5h

Epictetus said it better!

← ... ↑ 1 ↓

imsowavy1 51 · 4h

what did he say?

← ... ↑ 2 ↓

Departments · 4h

Physical pain means little to me from all of the skating, snowboarding, bmx I've done. Fallen on my ass, bruised up, handle bars jabbing deep into my abs.

Whenever I get hurt unless it's really bad it doesn't really phase me. I just tend to it and move on.

If only this worked with emotional pain. (Maybe I haven't been through enough yet)

← ... ↑ 1 ↓

secondtolastaccount 3 · 4h

I see you guys, [r/getmotivated](#), whenever I browse [r/all](#). For anyone who likes the quote, I highly recommend reading all of Marcus Aurelius. It is the diary of a conscientious, conscious, humble, balanced human being. He was a big deal, even in his own time, and yet he was intensely self-aware (and literate) in a way that anyone today can appreciate.

For OP -

But I have a difficult time understanding how to take control over your worries.

You don't. You don't control them. You observe them. You put them into context, into relation with many other emotions.

Seneca was using primitive mindfulness tricks to gain perspective, to practice feeling the various feelings and so feel a measure of, if not control, familiarity at least, with the unpleasant or uncomfortable side of being human. As others noted, some Buddhists do something similar and for similar reasons.

He gained his perspective through observation of his historical context and then used the same insights and abilities to put himself and his daily exertions in their own proper place. This was not a man who was easily distracted, who made excuses or who lacked motivation. That is what this sub is about, yes?

I think, spend more time on Marcus Aurelius and less on the Stoics. If you want to read one of the people who made Marcus Aurelius think the way he thought (and who is also very readable in modern translation), check out Epictetus. There are some very interesting, and empowering, insights in these early writings that mirror the interesting and empowering insights in Eastern writings that so enchant so many Westerners. They amount to mindfulness and to perspective. Mindfulness does not equate to control, it is observation. Perspective, though... it can amount to a feeling of control. It's very interesting.

← ... ↑ 1 ↓

[deleted] · 4h

[deleted]

← ... ↑ 1 ↓

imsowavy1 51 · 4h

...

← ... ↑ 2 ↓

Samwyzh 2 · 4h

notmyselftorment

← ... ↑ 1 ↓

Sanikbam 2 · 4h

Starting days with cold showers, delay instant gratification such as masturbation, and considering whether luxury goods are really worth it.

← ... ↑ 1 ↓

More Comments (43)