

On Stoicism

To everyone who gets triggered or offended by words, take some advice from the ancient Stoic philosophy: recognize your own complicity in how you react to what you hear or read other people say or write. The Stoics taught that our emotional reactions to outside stimuli are largely our responsibility. Accepting this basic truth will allow you to take your emotional power back from those who upset you (including your children). No more will you require that trigger warnings be observed by other people, or expect them to condescendingly walk on eggshells around you. You will have more control over your mind and body if you learn that you don't have to react in negative ways toward other people's words. Simply observe them as you would observe a loud animal in nature, with curiosity, humility, and skepticism. And that's today's two cents.