

Name _____

Letters from a Stoic by Seneca

Open-Ended Response Answer Key

1. Virtue in Stoic philosophy, as explained by Seneca, is central to leading a good life. It relates to happiness by emphasizing that true happiness is achieved through moral excellence and self-improvement. Virtuous actions and choices lead to a more fulfilled and content life.
2. Seneca's views on the acceptance of what is beyond one's control align with Stoic principles that emphasize focusing on what can be controlled—their thoughts, actions, and responses. This acceptance contributes to a more tranquil life by reducing anxiety and frustration caused by attempting to control external factors.
3. Seneca provides practical advice for cultivating resilience by encouraging readers to view hardships as opportunities for growth. For example, he suggests that facing challenges with a philosophical mindset and by preparing for difficulties in advance can help individuals develop inner strength.
4. Seneca's writings have had a significant impact on the development of Stoic thought, and they continue to be relevant in contemporary life and philosophy. His emphasis on virtue, resilience, and self-examination resonates with individuals seeking guidance on leading a meaningful and ethical life in today's world.

