



PHIL 205 – Critical Thinking and Writing in Philosophy  
San Diego Miramar College  
Reflection 2.1  
March 9, 2025

Subject: Attitudes about death and dying in argument form. Should we fear death?

Physically, we should fear death. That means that we should avoid reckless actions such as speeding above the speed limit, balancing on a tightrope without experience above 100 feet off the ground, or jumping into the Gorilla cage in the zoo, as those activities and exposures to physical danger and fatal damage to one's body might cause one's death and the beautiful experience, we call life might abruptly end. Psychologically, we should not fear death, as fearing death constantly daily forbids you to enjoy the beauty of life, to experience life with calmness and an optimistic view upon the future. Becoming stressed about death bewilders your judgment, which might indirectly cause an early death.

In short, we should fear death by protecting ourselves physically by avoiding any physical dangers and forbidding reckless actions. On the other hand, we shouldn't live with a constant fear of death to avoid psychological stress and enjoying life more optimistically and realistically, as the stress of death fogs not only your judgment but your appreciation of life.

Answer to classmate:

Hi Hadisa,

Something that caught my attention from your response is the fact of you mentioning that death is a natural emotion, something I agree upon. It even seems innate in several species, not only us humans. Furthermore, your premise emphasizing the thought of death and how it helps us value our time is something that seems to be true; knowing that this experience we call life will eventually end might seem frightened at first, but in reality it is just another reason to enjoy it, to enjoy the ephemeral experience that we have, and make the most out of it.