

Practical exercises: PD3

Post by “Cassius” of July 8, 2021 at 10:27 AM

[Quote from Godfrey](#)

The mere act of focusing on pains increases them.

I would think the same thing could be said about pleasures?

When we're talking about focusing on something, that's a mental choice to take over the role of deciding what is most important at the moment, and surely it makes sense whenever possible to focus on pleasures, since ultimately they are the reason we do everything else (even accept short-term pains).