

# The attitude to have when working at your Job

Post by "Godfrey" of May 6, 2022 at 1:38 PM

I would only add the importance of being aware of your feelings of pleasure and pain, and make choices and avoidances accordingly.

As [Don](#) mentioned, even a dream job has negative aspects and days where you're just not into being there. But from time to time it can be useful to take stock of your situation. Beyond financial necessity, are you getting any sort of gratification from your work or are you trying to paper over misery with a coating of pleasure?

I sometimes think of Epicurean ethics as applying on different "levels". This isn't a matter of ranking pleasures, but is an understanding that some aspects of life have a greater overall effect on a person than others. For example, for me, fully embracing the Epicurean worldview has an extremely wide ranging effect. How we spend the majority of our time (job, living situation &c) also has great importance. I try to pursue desires or pleasures which resonate throughout my experience.

One model that I've come across that I've applied to choices and avoidances is to take into consideration autonomy (am I in a situation where I'm able to do things which are important to me?), competence (am I able to feel a sense of growth or accomplishment in what I'm doing?) and relatedness (friendship, being in nature, feeling awe, connectedness). I consider these aspects to be varieties of pleasure, and when I can combine all three I tend to find a particular richness in the particular activity.