

# The attitude to have when working at your Job

Post by “Godfrey” of May 10, 2022 at 8:55 PM

That's a great question [reneliza](#) !

In the quote that you referenced I was attempting to articulate some of my thinking regarding pleasure and pain as guides. Part of the difficult work in following this ethical theory is to really listen to and feel our pain. Sometimes that pain is in the foreground as Epicurus described on his deathbed, but sometimes it's more of a chronic ache that we've become used to living with. It's the latter situation that I was trying to address.

We always seek to have a balance of pleasure over pain; sometimes we just need to take a penetrating look at our pain and examine a variety of solutions to what's ailing us. \*Ideally\*, we've been able to structure our lives so that each of our various "roles" brings us a balance of pleasure. If there's a particular role that brings a balance of pain, maybe there's a way to treat that. Or you could look at it as different "levels" of pleasures... or "reaches" of pleasure. What comes immediately to mind for me as a deep level or far reaching pleasure is an understanding of one's guiding philosophy, as this has a positive effect on all aspects of my life. Others are what Epicurus refers to as natural and necessary desires, which can give a person a grounding of pleasure in their life.

As for Epicurus on his deathbed, he knew it was the end for him and he was enjoying looking back on a life well lived, despite his extreme pain. That wasn't papering over pain, but an experience that anybody would want (*sans* the extreme pain!). And you don't have to die to do it, you can look back on a day well lived, or any experience well lived, and bask in a certain joy.