

# Tips On Offsetting Pleasures Against Pains

Post by “Pacatus” of November 28, 2023 at 6:34 PM

## [Quote from Nate](#)

The placebo effect is a measurably powerful phenomena that can be exploited as an emotional tool.

Yes the placebo effect can be powerful, and often works therapeutically. The trick may be then to convince the patient that the placebo was effective just because of their own psychi-somatic connections, and to help them (e.g. via counseling/therapy) to access those connections.

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An old joke:

A patient returns to the doctor to request a refill on his prescription -

The doctor says: “Well, I have to tell you - what I prescribed in your case was just a placebo.”

Patient: “Does that mean you won’t refill the prescription?”

Doctor: “You do understand what a placebo is, don’t you?” 🤔

Patient: “Yes, I do. But they work, and I need the prescription refilled ...” 😬 😄