

# Mental pleasure/pain more intense and longer lasting than physical pleasure/pain

Post by "Don" of December 13, 2023 at 1:34 PM

[Quote from BrainToBeing](#)

I'm more interested in doing something constructive as my core driver.

And "doing something constructive" gives you pleasure, right?

[Quote from BrainToBeing](#)

I deny pleasure where pursuing it would not be constructive (e.g. coffee and a glass of wine at dinner are my only drugs). I voluntarily accept pain where it comes necessarily as a consequence of doing something constructive (e.g. vigorous exercise entails some pain).

"And because pleasure is the fundamental and inborn good, this is why not every pleasure is seized and we pass by many pleasures when greater unpleasant things were to result for us as a result: and we think many pains better than pleasures whenever greater pleasure were to follow for a longer time by patiently abiding the pain." -Epicurus, letter to Menoikeus

I don't know. You might be an Epicurean after all. 😊