

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

Post by “BrainToBeing” of December 13, 2023 at 2:41 PM

[Quote from TauPhi](#)

Can I ask why you chose to deny yourself such pleasures?

I think constantly in terms of "we" rather than "me". And, in the consideration of "we" I need to ask who would pay the price if I think only of me. So, for example, when practicing medicine I very clearly knew the agenda was to do what was appropriate for the patient, and not just beneficial to my pleasure. I could have made a great deal more money and lived a much simpler life if I approached medicine for my "pleasure". And, yes, I realize that "down in the weeds" of "pleasure" is the idea that self-sacrifice may be interpreted as personal "pleasure". However, I can certainly tell you that doing what was right, rather than what was pleasurable, was not pleasure in many, many situations (long story with many elements).

[Quote from Don](#)

You might be an Epicurean after all. 😊

Maybe. I'm not the Epicurean scholar that you all are. I'm just trying to figure out how we all live successfully on this planet, have the planet do well under our tutelage, and have the future evolve constructively (in the broad perspective of that word).