

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

**Post by “Godfrey” of December 13, 2023 at 4:59 PM**

One thing that is commonly missed is that EP is a philosophy of personal responsibility. In a world in which there is no supernatural god, no afterlife, no absolute forms or essences, how do we avoid nihilism and live our lives? This is the context in which pleasure and pain are the guides. Some people choose abstract ideas such as virtue for a guide, but what is that other than a mental construct? Some people choose sex, drugs and R&R, but I question whether this is being aware of their pain or simply papering over it.

Pleasure and pain are innate, biological tools for guidance. To properly use them one must delve into the nuances of their own awareness and come to terms with what they find, keeping in mind that there is no neutral state. Often what appears to be neutral, when examined, contains pains and pleasures that we've just never noticed. That's where the real work takes place.