

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

Post by “frank1syl” of December 13, 2023 at 5:55 PM

[Quote from Cassius](#)

I wonder whether it's not more practical to line things up in order of significance in terms of pain and pleasure, and then to deal with them in that order (considering whether they can be changed or not as part of the analysis)?

I would like to hear some examples of what Cassius says above. Let's say the situation is this: Sally has decided to follow the path of Epicureanism, much to the chagrin of her close-knit family of Catholics. She is experiencing a lot of mental anguish over the comments family members make (I'll let ya'll imagine what they are saying to her). Sally says to herself, "I think it would be practical to line things up in order of significance in terms of pain and pleasure and then deal with this situation in order of what I can change entirely, what I might be able to partially change, and what I can't change at all as part of my analysis of pain and pleasure." How would you line things up for Sally?

If I were Sally, perhaps I might make a list of family-related pain and pleasure:

1. Pain of being separated from my family, pleasure of being with my family.
2. Pain of falling into discord with family, pleasure of being in accord with them.
3. Pain of being separated from family, pleasure of finding and making a new "family" with like-minded Epicureans.

For each item on this list there are some aspects of it which are up to me (e.g. staying or leaving, being kind or rude), some aspects which are only partially up to me (e.g. choosing not to argue while family continue to try to argue), and some aspects which are not up to me at all (e.g. my family decides to shun me).