

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

Post by “Pacatus” of December 13, 2023 at 6:14 PM

[frank1sy](#)

Can we talk about pleasure versus displeasure in making lists? 😊 (Okay, bad joke.) 😭

Every action you list, but for shunning by her family, is up to her – including refusing to argue back, even if that means walking away each and every time. (I’ve been in some very fraught and emotionally debilitating situations that I had to leave; hopefully, I would handle them better today – generally by being willing to leave sooner.) But I want to point out that 2. involves a question of self-honesty or pretense, and potentially damaging cognitive dissonance. So I don’t think that feigning accord is a sustainable option for anyone’s wellbeing.

With that said, I don’t see how the pleasure of staying with what you’ve implied are, essentially, an emotionally abusive family could possibly outweigh the pain – unless they desist from their behavior when Sally is around.