

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

Post by "BrainToBeing" of December 13, 2023 at 10:19 PM

[Quote from Pacatus](#)

So, are you really thinking in terms of "we" - which, by definition, also includes you (because "we" is relational)? Or are you saying that you think "constantly" only of others - and not yourself at all?

"We" definitely includes me. In my view, the journey is partly about discovering and honing the balance that comes from respect - self and others. I am in the process of creating some YouTube videos on "self" - how we develop it, how we can repair it. And in those perspectives I discuss (or soon will discuss) how the "self-other" dynamic is established, and repaired where that is necessary. Too much self builds narcissism. Too much other builds neurosis. And in the middle is balance - a "we" that includes you and me. (Intentionally, there is no link and no self-advocacy here. This is about "we", not "me".)

Cheers