

# Choice & Avoidance: towards a better translation for avoidance

Post by “Kalosyni” of August 15, 2024 at 3:38 PM

[Quote from Julia](#)

I would like to present for discussion a perspective and (mostly) a choice of words

This sounds like it could be helpful on an individual level, but may not necessarily be helpful for finding agreement or consensus.

I always think it is important to go back to the extant texts, and study various translations. We have the concepts as they are presented in the texts, and then we can expand those specific texts to see how they can apply to modern day situations.

Another aspect is investigating modern psychology and neuroscience in specific situations. When you mention the word "play" that reminds me about something [Don](#) posted (an article or podcast) about including more play in one's life. (I'm not sure where that is located).

I apologize that I'm not being very helpful in discussing language usage which seems to be the direction that post 1 above is going in. ( [Cassius](#) maybe can help).