

Forward vs Backward Momentum

Post by “Julia” of September 24, 2024 at 9:49 AM

Hello everybody 😊

I started at the bottom in the illustration (at the “Misery” point). Being there was painful, but it was also easy: I didn't need to expend a lot of energy, I didn't need to try, exert myself, and so on. Now, as I do my best to act according to proper choice (capture pleasure) and avoidance (set free from pain), things get less painful – but they also get harder. On some days, it is very tempting to give up, because the self-defeating backward momentum/pull to try less, work less hard, exert myself less is always there, and always easy – unpleasant results, but easy to do! – and the only reason I don't give up is because I know full well how painful things get down that road. I'm quite certain there will come a tipping point mid way, from whereon I will be in forward momentum, on a roll, and the pull of doing what is easier / the temptation of reduced energy expenditure will actually draw me in the direction of pleasure (up) instead of in the direction of pain (down). It has always been *more pleasurable* to do my best with choice & avoidance and to act accordingly, but it's not yet the *easier* thing to do. (Of course, part of making the correct action the easier action is habituation.)

My question is: Is there a passage in the texts to help me keep going until I reach that tipping point?

Thank you ☐☐

(The numbers and minor asymmetries in the graphic have no deeper meaning; it's just a quick sketch to help me explain. Crossing the X axis would be the tipping point where the direction of the pull/momentum changes and things get both better and easier (instead of better but harder).)

