

# Is there Choice without satisfaction? What's the name of the pleasure of Choice itself?

Post by "Kalosyni" of March 18, 2025 at 9:53 AM

## [Quote from Julia](#)

Only when I ask "Name the satisfaction/relief this will bring" am I forced to actually think about the consequences, and because they're positively framed, it also motivates me to follow through:

This is going beyond the scope of what we have available from the extant texts of Epicurus.

You might look onto "Compassionate Communication" (NVC) by Marshall Rosenberg:

## Quote

In Nonviolent Communication (NVC), Marshall Rosenberg posits that all human actions stem from the attempt to meet needs, and that there are nine major categories of basic human needs, often called "universal human needs": sustenance, safety, love, understanding/empathy, creativity, recreation, sense of belonging, autonomy, and meaning.

Here's a more detailed breakdown of these needs:

- **Sustenance:**

This encompasses the basic needs for survival, including food, clothing, shelter, and other necessities.

- **Safety:**

This includes protection from harm, both physical and emotional, as well as security and stability.

- **Love:**

This refers to the need for connection, belonging, and affection, not just romantic love, but also friendship, family, and community.

- **Understanding/Empathy:**

This is the need to be heard, understood, and validated, both by ourselves and by others.

- **Creativity:**

This encompasses the need for self-expression, innovation, and the ability to create and contribute.

- **Recreation:**

This includes the need for rest, relaxation, play, and enjoyment.

- **Sense of Belonging:**

This is the need to feel connected to others and to be part of a community or group.

- **Autonomy:**

This refers to the need for independence, self-determination, and the freedom to make choices.

- **Meaning:**

This encompasses the need for purpose, significance, and a sense of contribution to something larger than oneself.

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For the last category "meaning", I would reframe it as "making sense of life/my life" (to avoid going into a religious framing of the concept of purpose).

[https://en.m.wikipedia.org/wiki/Nonviolence\\_and\\_meaning](https://en.m.wikipedia.org/wiki/Nonviolence_and_meaning).

The communication aspect of NVC also includes internal habits of thinking.