

What amount of effort should be put into pursuing pleasure or removing pain?

Post by "Don" of June 24, 2025 at 7:24 PM

[Quote from Kalosyni](#)

There actually isn't anything physically painful about the idea "it takes too much time"...it is just a mental judgment that it doesn't seem worth the effort.

Ah! But I would posit that there is *mental* pain in considering all that time in the car, having to stop along the way, how much gas it might take, etc.

[Quote from Cassius](#)

[Quote from Don](#)

Sure, the motivation for the effort of learning a new skill or achieving a goal one wants is potentially pleasurable, but the effort experienced is painful in the form of repetitive exercises or practice. Frustration sets in that must be overcome. Feelings of inadequacy.

This comes very close, or is at least analogous, to the question of whether all "desire" should be seen to be painful.

My personal view is that not all desire is painful, and neither is all effort. And in the case of either desire or effort, even in those times where the desire or effort is painful, the ultimate question remains whether the resulting total pleasure is worth the total cost in pain.

I should have used "desire" instead of "motivation." And, using that, I suppose the desire is pleasurable to think of. I'm going to maintain that effort - expending energy for a given purpose - has pain associated with it. That's not too say you can't have "a good kind of tired" after expending it. But energy expenditure has some element of pain... Unless we're going to start talking about the "runner's high" and "being in the zone/going with the flow." Then, maybe?