

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

Post by “Rolf” of June 25, 2025 at 8:21 AM

## [Quote from Kalosyni](#)

How much work should be put into pursuing what is hedonically pleasurable and how much work should go into pursuing human needs.

I would argue that “what is pleasurable” and “human needs” are one and the same. I’m not sure if Epicurus himself said this, but personally I find it most prudent to focus my efforts first on needs (that is, necessary desires), since their absence tends to result in pain.

Once I have those secured, I am free to pursue unnecessary pleasures (what I assume you mean by “what is hedonically pleasurable”). I don’t see it as “work” though. If the work I put into attaining something pleasurable causes an more pain than the resulting pleasure, it’s not something I want to be pursuing anyway.