

Sunday November 9, 2025 - Zoom Discussion 12:30 PM EST - Epicurus on Good And Evil

Post by "Kalosyni" of November 11, 2025 at 10:06 AM

[Quote from DaveT](#)

And Pleasure is easy to obtain, yes, but it's hard to measure.

[Quote from DaveT](#)

[Quote from Don](#)

I'm not sure what you mean by "hard to measure."

I was thinking it is hard to restrain yourself, the temptation is always "just a little bit more"

Here is what I found for myself:

- 1) Have gratitude for pleasure as it comes and pay attention to the experience as it unfolds.
- 2) Don't worry about whether or not future pleasures will come...because they will! But realize that they may not be in the exact same "package" (or object).
- 3) If you can't "get" or experience something (a specific thing) anymore, then you need to find substitutes.
- 4) If you feel like you are "always wanting more" (chocolate, sex, glass of wine...etc, etc.) then:
 - a) you need to start paying more attention to the experience and see when the switch between immediate enjoyment and satisfaction (fulfilment and feeling like you had enough) occurs.
 - b) take something to excess and observe the process of pleasure switching to pain -- really observe and learn when the switch happens and then use that learning for making good choices in the future.
 - c) make sure you aren't "using" your pleasure as a distraction from mental pains (and if so implement a plan to deal with all that, maybe with self-help or a therapist).