

Calculus, Minimalism, Consumerism, Finding the Path

Post by "Garden Dweller" of October 12, 2019 at 2:16 PM

Here is an attempt to describe "Hedonistic Calculus" as it might be applied today.

Rational Behavior Decisionmaking

Levels of Behavior Decisionmaking

Present Moment Distress Reduction

Be attentive to one's body and respond to distress in the present moment.

One should constantly monitor your body's senses: are you sitting comfortably, are your clothes and shoes comfortable, are you warm or cold, are you hungry or thirsty, do you have any mental stress or physical discomfort? When you sense any of these distress indicators, take action to remedy the discomfort as soon as you can.

Present Moment Positive Emotion Enhancement

Over one's life, one should learn specific behaviors that enhance feelings of joy, kindness, love, grace and other positive emotions (pleasurable emotions). Behaviors which bring pleasure might include calling a friend for a conversation, preparing a meal, writing a poem, taking a nap, designing a project, organizing one's desk, reading a book or going for a walk. The behaviors which an individual finds pleasurable are individual to that person. Each person must make themselves aware of the types of behaviors which enhance one's positive emotions, and in the present moment, should select that behavior which the individual feels would be most pleasurable. It may be helpful to make a list of behaviors that have been enjoyable in the past to help one remember the options that one has in the present moment.

Future Distress Reduction

There are a number of problems which one can avoid in the future by taking action today. Examples are preparing a financial budget to avoid a lack of funds, exercising to improve future health, medical care to heal a wound, working today to avoid future poverty, brushing one's teeth to avoid tooth decay. Select this type of preventative behavior when a relatively minor negative experience today will prevent a major discomfort tomorrow.

Future Positive Emotion Enhancement

Some actions one can do today can reap benefits in the future. Examples are planting a seed to enjoy the future crop, getting an education which will improve one's career, investing savings

so that one may enjoy free time from employment. Select this type of action strategically, with a consideration as to risk and reward, in particular regarding what one is giving up today.

Suggestions for starting out with a system of rational behavior choices:

Make a list of foods which cause indigestion or other problems and avoid them.

Make a list of things which you enjoy doing and which bring pleasure, so you can refer back to them when you have time and don't know what to do.

Make a list of preventative actions you wish to take and know how they need to be applied in order to be effective.

Imagine the type of life one would like to have in the future and ask oneself what can one do today to bring that life into effect.