

# Free Will and the Recognition of Pleasure, or the Role of Desire

**Post by "Don" of April 24, 2020 at 7:15 PM**

Wondering: Is the practice of "choice and avoidance" predicated on the fact that we are able to exercise our free will? Sometimes we choose wisely, sometimes we choose poorly in our desire to achieve pleasure. But it's up to us to make those choices?