

## Is [X] a waste of time?

Post by “Cassius” of October 1, 2020 at 7:24 AM

So in terms of Joshua's precise question this is where I see the heart of it:

[Quote from JJElbert](#)

I myself have this same nagging feeling sometimes; if not for video games, I could have really learned Latin or Greek, mastered an instrument, improved my drawing, made tons more friends, explored the natural world, written a book, read hundreds more books, gone to the gym everyday—and on it goes. The pleasure of something I enjoy, soured by the anxiety of leisure.

Only Joshua can answer that for himself, but if in fact it was or is attainable for Joshua to achieve some of those other goals, and if in fact Joshua would experience greater pleasure from those goals than from the video games, then "yes" it would be proper to evaluate at least some amount of the time spent on video games as a less than optimum use of Joshua's time. I'll avoid the word "waste" as having more implications than might be appropriate, but I think "less than optimum" would clearly be applicable. We only have a limited and short time to live, and if we are truly setting our goal as the most pleasurable life that is possible to us, then in fact we should pursue *the most pleasurable life that is possible to us*.