

# The Nature of Work

Post by "Don" of February 22, 2021 at 8:34 AM

## [Quote from isychos](#)

I understand, well at least I think I understand, that it would be unreasonable to expect to experience a continual flow of pleasurable feelings, however if the pain I am experiencing does not lead to pleasure in the future, then that pain, dare I say, is to be avoided. Perhaps I am being too rigid in how I apply my calculation of pleasure vs pain sometimes??

You've hit on one of the issues of the motto "Pleasure is the goal." You're absolutely right that it's unreasonable to expect warm feelings of pleasure all the time... Unless we're gods... Which we're not. The Epicurean goal is to lead the most pleasurable life possible. So, you're on the right track with your understanding.

## [Quote from isychos](#)

Could you please also help me in clarifying if I have understood this correctly: that the feelings are two, pleasure and pain, if I am not experiencing one I am experiencing the the other, as there is no neutral state, or have I reduced this a little too far?

You're right. We can experience a reaction of pleasure or pain. But don't get the technical definition of feeling in an Epicurean sense confused with the definition of feeling from an everyday sense as in feeling = emotions like sadness, anger, joyfulness, etc. All of those have pleasure or pain at their root.

This may be in the weeds for you right now but I've found the work of Dr. Linda Feldman Barrett on constructed emotions very helpful in sorting out the difference.

I hope that helps. Keep the questions coming! 😊