

# Implementing Personal Hedonic Calculus

Post by "Kalosyni" of December 6, 2021 at 4:39 PM

Here are some excerpts of the main points from my latest blog post, which I hope upholds this forum's take on Epicureanism. Feel free to correct me if something isn't quite "kosher" in the Epicurean sense, or if there is anything that should be added.

## Quote

The following blog post came to me after reading an email in which a friend wrote the phrase: "I guess I better....". It got me thinking, because I've also noticed that phrase in my self, in various situations. It is sometimes also phrased as "I guess I better stop...." The following is intended to be helpful for evaluating whether or not a given activity is "working" or bringing benefits or bringing pleasure for your unique situation.

"Activities Evaluation" (both long-term and short-term).

State the specific activity that you wish to evaluate:

Evaluate this activity by choosing the best guess for each point below:

1) How likely is this to result in the pleasure and enjoyment of increased future security?(Increased resources of monetary, material goods, or friendship/community).

---Gauranteed/Likely/Uncertain/Unlikely/Impossible---

2) How likely is this to result in the pleasure and enjoyment of increased status or good reputation? (Being evaluated by others as knowledgeable, wise, skilled, courageous, or compassionate AND which also leads to increased resources of friendship/community.

\*Virtuous activities engaged in during isolation and/or exhibited only in the presence of strangers are less likely to increase "social security" and less likely to lead to long-term benefit).

---Gauranteed/Likely/Uncertain/Unlikely/Impossible

3) How likely is this to result in the pleasure and enjoyment of more stable existing relationships and/or new friendships/new community engagement?

---Guaranteed/Likely/Uncertain/Unlikely/Impossible---

4) How likely is this to result in pleasure and enjoyment from increased skill and artistic flow? (The joy of doing this, and the enjoyment of the focused discipline to do this).

---Gauranteed/Likely/Uncertain/Unlikely/Impossible---

5) How likely is this to result in immediate sensory pleasure and enjoyment?

---Gauranteed/Likely/Uncertain/Unlikely/Impossible---

6) How likely is this to result in a bad outcome? (Loss of property/wealth/reputation, loss of friendship/community, loss of good health, emotional/physical pain caused to self or to others, or a conflicting opportunity cost (time which could have gone to establishing future security -or- a more pleasure-worthy endeavor).

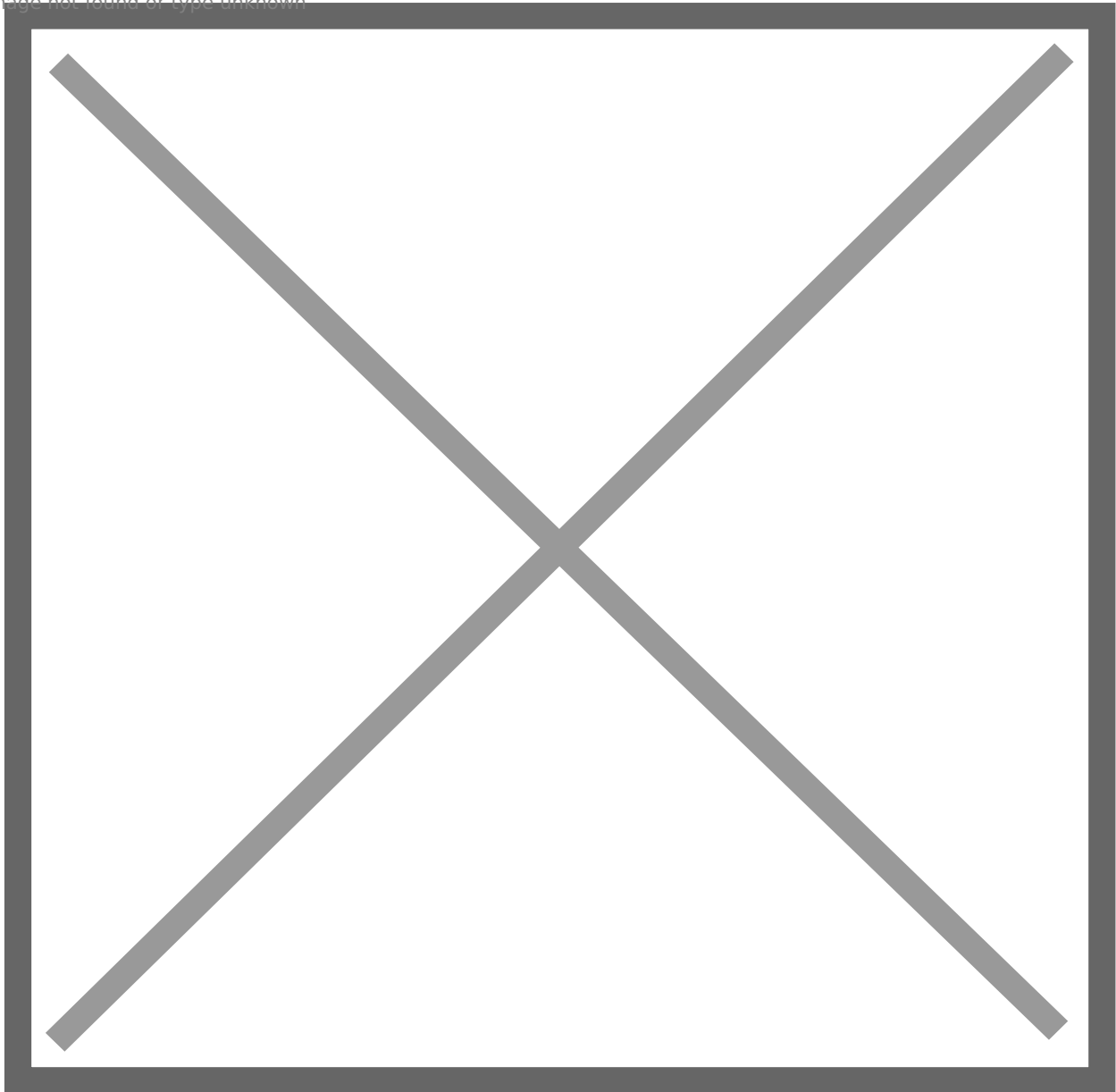
---Gauranteed/Likely/Uncertain/Unlikely/Impossible---

7) How likely is this to lead to an immediate sense of satiation or feeling of satisfaction?

---Gauranteed/Likely/Uncertain/Unlikely/Impossible---

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### [Evaluation of Activities for Benefit and Pleasure](#)

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