

Is motivation to pursue pleasure the same as the motivation to remove pain?

Post by “Kalosyni” of February 10, 2022 at 11:18 AM

[Quote from Godfrey](#)

Trying to remove the pain always causes me to focus even more on the pain, whereas acknowledging the pain and pursuing pleasure has led me to much better outcomes. Often it might be just taking "baby steps" of agency, little nibbles of pleasure leading toward a larger meal.

Focusing on the problem makes the pain more observable also. It's important to see that if one just launches into pursuing pleasure then there is a chance that it is just a temporary "band-aid"...although there could be a place for this in some situations.

Speaking of "nibbles of pleasure leading toward a larger meal"...the food analogy brings up a common problem of using food to cope with mental pain, especially fun foods and treats, which will result in weight gain and health problems down the road.

There is the need to address the root cause of the mental pain, or you may end up not ending the pain, as well as developing some kind of addiction to mask the pain.

So first analyze the situation and to find the best way to remove pain, then add in pleasure into that mode...the medicine of removing pain may be bitter, but make sure to also add some honey to the rim of the glass.

In a best case scenario, I can imagine an Epicurean community in which everyone lived in the same city or nearby, and we could help each other out...and this would be similar to Christian church communities such as "barn raisings" etc.