

Atlantic Article: There are two kinds of happy people

Post by "Root304" of June 23, 2022 at 7:29 PM

Putting duty and "high ideals" above all has been a path towards disaster and regret for me. I have that impulse towards self-abuse and plowing through pain, and there just is no ultimate sense of achievement in the end, even when the job was done well. The unintended consequences of damaged relationships and sour mood in operating that way are always worse than just not getting the job done or having to work with imperfect outcomes. Putting the business of pleasure above all leads me to a better attitude and I perform a job, have that social interaction and fulfill that duty more artfully bringing more aspects of myself to the task, and the mindset sets me up for better quality work over time.

Edit: Turn that ol' formulation on its head. You strive for Pleasure and the work gets done along the way.