

Thoughts on Categorizing Desires: Natural, Necessary, and Vain

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[Kalosyni](#) gave me an idea:

- Incremental changes in lifestyle combined with a trial & error (controlled experiment) can establish a personal table of preferences
- Record the degree of pleasure on a scale
- In case of pain, trace back to the pleasurable activity that caused it and calibrate for the future.
- Identify the biggest sources of long term pain at the moment of realisation. Keeping a record should make it obvious what the fundamental issues are.

A very simple personal record app will do it. Anyone came across something that already exists and fits the bill?