

Perspectives On "Proving" That Pleasure is "The Good"

Post by "Kalosyni" of December 20, 2022 at 12:27 PM

[Todd](#), I am sensing perhaps a bit of resistance toward pleasure? And maybe there could be something deeper going on in your resistance? Possibly you may be uncertain if you can trust your inner sense of pleasure?

We subjectively know what pleasure is, just as honey is sweet. And as Epicureans, we remember that we don't always choose for immediate pleasure, but we sometimes make choices that will lead to greater pleasure in the future. This means that we at times will be using trial and error and will observe the results from our choices -- and evaluate which choices were best -- and then we learn. For example: I used to drink more beer and wine, but then as I applied "choices and avoidances" then I could see that I actually had more pleasure by abstaining or only drinking small quantities. And also this points to both pleasure and pain are considered in choices and avoidances. What we have left of Epicurus' teachings is sometimes not as clear about all of this, but over time I believe we can develop the philosophy so that it is much easier to explain and discuss.