

# Dealing with the Feeling of Frustration - a practical method

**Post by “Cassius” of March 12, 2023 at 6:11 PM**

Often in my view these questions get resolved through a common sense basic observation of all that we find to be desirable, mental or physical, it that way because the feeling of pleasure tells us it is so. There are no bright line categories that apply to everyone because the universe doesn't give us categories -those are in the mind - the universe just gives us the faculty of pleasure and pain by which to evaluate everything.

It is up to each one of us to decide what level of pain we are willing to accept in return for what amount of pleasure. All of us accept the pains of daily life in order for us to continue to live and experience pleasure.

The implicit presumption in some arguments that all pain is unacceptable is simply not what Epicurus taught. He said we explicitly choose pain at times in order to avoid more pain or attain greater pleasure.

It therefore seems to me that every discussion of choices needs to state that emphatically at the beginning.

Yes you want to minimize pain, but you also want to maximize pleasure, and how you choose to strike that balance has no rules except your own decision as to how to live your life.