

# Imagery On The Interplay Between "Pursue Pleasure" and 'Avoid Pain"

**Post by "Don" of March 28, 2023 at 11:40 PM**

[Joshua](#) 's video and [Cassius](#) 's "glass full/empty" metaphor are spot on. This is something I can never wrap my brain around. Why insist it's either/or?? By definition, if one side of the seesaw goes down, the other side goes up. By pursuing pleasure, we are, by definition, avoiding pain. As we reduce pain, we increase pleasure. "The feelings - pleasure and pain - are two." It's all a matter of focus or perspective, and sometimes one focus is helpful. Other times, the other focus is helpful.