

Pleasure vs pain - example and thoughts!

Post by "Don" of May 21, 2023 at 7:05 PM

[Quote from Pacatus](#)

Apologies Don if I am misinterpreting/misrepresenting you here. 😞

No apologies necessary, [Pacatus](#). 😊 I can see how what I said might be interpreted that way.

[Quote from Pacatus](#)

But neither do I want to be continually working an abacus in my head to calculate, calculate, calculate (nor a set of scales to weigh, and weigh and weigh) - or even to think, think, think. 🤔

I definitely don't advocate literal calculations like adding up Utilitarian dolor (pain) and hedon (pleasure) points for decision-making. The word used there in Greek for "ask" actually means "one must apply, administer, of instruments or drugs." We use our faculty of choice and rejection like applying a treatment, a tool, or a medicine to our lives.

I think it becomes second nature to apply that idea to decisions. I don't think Epicurus was saying to make a list of pros and cons for every decision every moment. But I do think he was saying to get in the habit of not making rash decisions and such.

[Quote from Pacatus](#)

With that said: although it might be "a bit early," I'm going to enjoy an afternoon martini (even if it leads to an unplanned nap 😴). 😊

😊👍 Substitute a cold IPA and I'm right there with you!