

Episode 195 - Cicero's On Ends - Book Two - Part 05

Post by "Don" of October 11, 2023 at 10:16 PM

When I have these thoughts about getting up in the morning, I sometimes think that I have the decision to stay in bed. Would this ultimately lead to more pleasure and pain? I would lose my job. My marriage would suffer. I wouldn't have any money to do the things I desire to do.

So, the decision to get up is a classic choice/rejection decision to me. I have the personal responsibility to get out of bed or not. I make the decision to get up the vast majority of days, unless I'm sick or the basement's flooded or some other responsibility that can't be ignored. Again, do I leave the house and ignore the problem. That would be indeed lead to more pain in the long run!