

A psychologist and a functional medicine practitioner discuss happiness, eudaimonia, wellness, free will and more

Post by “BrainToBeing” of December 29, 2023 at 5:28 PM

[Quote from Pacatus](#)

All ethics is about how one gets from an “is” to an “ought.”

Hi Pacatus, I did previously respond to your excellent contribution above; however, apparently it was lost in the upgrade.

Anyway, I have a different framework for your quote above. I would say ethics is about getting from "me" to "we". The trouble with "ought" is "who do we consider to be authoritative in defining 'ought'?" It involves an expectation that has debatable foundation. In addition, "ought" is external - what the psychologists call "an external locus of control". Thus, it is not something that someone wants to do, but rather something that someone feels an obligation to do. I think real ethics are internal, not external. I think we achieve excellent ethics when the foundation of our behavioral choices is not "me" but "we" - involving a larger group of valued considerations. And, I think at the top of optimal ethics is a "we" that is planetary large. However, I realize that is "a bridge too far" for many.

Anyway, some other thoughts to put in the mix.